

CARBOHYDRATE COUNTS**2014****PRODUCT****CARBS****BREAD**

WG White Bread per slice	17
4" WG Bun	25
WG Dinner Roll	18
WG Hot Dog Bun 6"	20
Ft. Long Bun 9"	
W Sub Bun	32
WG Breadstick 5"	18
WG Breadstick 8"	22
WG English Muffin	20
Cheetos - Fun Size	8
Crackers Oyster	10
Crackers Saltine	13
Doritos - Fun Size	10
Fritos - Fun Size	12
Garlic Bread each	14
Goldfish Chd. Crackers .75oz.	14
Pretzels - Fun Size	12
Rice 1/4c.	37.6
Rice Krispie Treat - Mini	8.5
Scooby Doo Crackers 1oz.	24
Teddy Grahams, Cinnamon .75oz	16

MILK

1% White Milk	13
FF Chocolate Milk	24
FF Strawberry Milk	28
FF Vanilla Milk	24
4oz. Yogurt	20
6oz. Yogurt	16

FRUIT 1/2c. Servings

Red Apple 113cnt. = 1/2c	22
Golden Apple 113cnt. = 1/2c	22
Banana = 1/2c	18
Oranges 113cnt. = 1/2c	21
Orange Juice 4oz.	13
Applesauce	22
Apple Slices	9
Apricots Halves	21
Mandarin Oranges	20
Mixed Fruit	18
Peaches Diced	17
Pears Diced	20
Pineapple Tidbits	20
Raisens 1 box	30.09
Raspberry Sherbet	27
Strawberry Cup	22
Strawberries, frozen sliced	33.05
Trail Mix	26