

Carbohydrates		
Item	Serving Size	Total Carbohydrate
1%WhiteMilk	8oz	16grams
Apple Slices	1/2 cup	7.6 grams
Applesauce	1/2 cup	15.2 grams
Breaded Ravioli	7 pieces	29 grams
Brownie Cup	1 each	26.5 grams
Brownie Cup	1 each	26.5 grams
Brunch for Lunch: Confetti Pancakes	1 bag	36 grams
Brunch for Lunch: Maple Waffle	1 each	35 grams
Carrot Sticks	1/2 cup	7 grams
Celery Sticks	1/2cup	1.782 grams
Chicken & Veg Pot Stickers	6 pieces	31 grams
Chicken and Cheese Taquitos	1 pk	15 grams
Chicken Drumstick	1 each	6 grams
Chicken Strips	3 pieces	12 grams
Chicken Zoo Crew	3 pieces	12 grams
Chocolate Chip Cookie	1 each	18 grams
Corn	1/2 cup	14 grams
Craisin	pk	28 grams
Cucumber Coins	1/2 cup	3.78 grams
Diced Peaches	1/2 cup	14 grams
Diced Pears	1/2 cup	19 grams
Double Dog	1 pk	31.5 grams
Dried Apple Crisp	pk	10 grams
Edamame	1/2 cup	9 grams
Emoji Potatoes	4 pieces	18 grams
Grilled Cheese Sandwich	each	30 grams
Grilled Chicken with Fried Rice	bowl	29 grams
Hashbrowns	2 pieces	15 grams
Honey Roasted Sunflower Seeds	1 pk	7 grams
Juice	4 oz	14 grams
Jumbo Corn Dog	1 each	27.8 grams
Kiwi	1 each	10.1 grams
Marinara Cup	1/2 cup	7 grams
Mini Cheeseburgers	1 pk	31.6 grams
Mini Confetti Pancakes	1 pk	36 grams
Mixed Fruit Cup	1/2 cup	18 grams
NF Choco Milk	8oz	22 grams
Orange Wedges	1 each	15.4 grams
Pepperoni Pizza	1 each	31 grams
Pumpkin Cookie	1 each	22 grams
Raisin	box	29 grams
Romain Salad	1 cup	2.80 grams
Romain Salad w/ tomatoes	1 1/4 cup	4.25 grams
Round Cheese Pizza	each	26 grams
Salsa Cup	1/2 cup	5 grams
Smile Potatoes	4 pieces	20 grams
Snap Peas	1/2 cup	2.4 grams
String Cheese	1 each	1 gram
Teriyaki Beef Dipper with Fried Rice	1 bowl	34 grams
Turkey Cookie	1 each	22 grams
Waffle Crackers	pk	20 grams

Watermelon, diced	1/2 cup	7.55 grams
Mini Corn Dogs	6 pieces	30 grams
Asian Bites	1 bowl	19 grams
Chip	bag	20 grams
BBQ Sauce	pk	4 grams
Ketchup	pk	0 gram
Mustard	pk	0 gram
Hot Sauce	pk	1 gram
Sweet and Sour Sauce	pk	4 grams