

<b>Food Item</b>	<b>Carbs</b>
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(based on 1/2 cup servings)

Mixed Fruit	15
Pineapple	16
Pears	17
Peaches	14
Applesauce	16
Strawberry/Peach/mixed fruit (frozen)	22
Fresh Orange slices(4)	10
Fresh apple slices(3)	9.5
Corn	20
Fries	14
Mashed Potato	11.3
Au Gratin Potato	22
Tater Sticks(8)	30
Tri Potato	11
Potato Wedges	18
Roasted Potato	19
Tater Tots	18
Curly Fries	17
Potato Coins	18
Potato Smiles	20
Peas	11.4
Peas-n-carrots	8.1
Broccoli	10
Baked Beans	29
Green Beans	10
Carrots	12
Mixed Veggie(country mix)	20
Mixed Veggie(commodity)	6
Mixed Veggie(winter blend)	12
Red Peppers and Onions	2.6
Salisbury Steak	4
Chicken Fajita	2.7
8" Tortilla shell	22
Rice	21.5
Pizza	33
Gravy	3
Chips	18
Biscuit	29
WG Cookie	28
Dinner Roll (ss)	22
Dinner Roll (bimb)	20
Dinner Roll (rotella)	20
Hamburger Bun	31
Cheese Slice	.5
Chicken Tenders	16

<b>Food Item</b>	<b>Carbs</b>
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Mac-n-Cheese(SR)	42
Mac- n-cheese (Land o Lakes)	29
Cheese Quesadilla	41
BBQ Rib	2.7
Cheese French Bread	29
Garlic Bread	15
Baked Ham and Cheese	27.5
Hot Dog Bun	31
Chicken Noodle Soup	12
Nacho Meat	1
Tortilla Chips	30
Cheese Sauce	3
Beef Bean Burrito	40
Creamed Turkey	14
Steak Fingers	19
Goulash	22
Hamburger	2
Chili	12
Baked Cheese Sandwich	32
Spaghetti	18
Meatballs(5)	4
Chicken Quesadilla	31
Corn Dog	30
Country Baked Steak	17
Taco soft shell	13
Taco hard shell	7
Chicken Nuggets (5)	14
Cinnamon Roll	19
Fiestada Pizza	43
Mandarin Chicken	19
Chicken Patty	12
Sliced Ham (4 slices)	8
Spanish Rice	22
Breadstick	17
Hot Dog	2
Steak Bun	43
Cod Fillet	16
Sorbet Cup	19
Buttered Noodles	20.5
Lasagna Roll Up	22
Scotus Rock	56
Sloppy Joe meat/w bun	35.9
Chicken Chili Crispitos	23
Beef Stew (SR)	16.5