

Breakfast Items

Item	Carbs
Apple Jacks	16g
Cocoa Krispies	12g
Corn Pops	19g
Cheerios	14g
Fruit Loops	16g
Frosted Mini-Wheats	23g
Frosted Flakes	25g
Lucky Charms	21g
Raisin Bran	27g
Bran Muffin	28g
Breakfast Pizza	26g
French Toast Sticks	41g
Pancakes, whole wheat	12.67g
Pancake	42g
Sausage Pork Patty	0g
Sausage Pork Links	0g
Scrambled Eggs	3g
Waffle	41g
Yogurt	34g

Fruits & Veggies

Item	Carbs
Applesauce	13g
Apple, sliced	12g
Beans, baked	29g
Beans, green	4g
Blueberries	4.06g
Broccoli	4g
Chili con Carne	32g
Corn	17g
Fruit Cocktail	14g
Oranges, mandarin	14g
Peas	11g
Peaches, diced	19g
Peaches, sliced	17g
Pears, diced	20g
Pineapple, tidbits	15g
Potato, French Fries	15g
Potato, French Fries, commodity	20g
Potato, Mashed	21g
Potato, Rounds (Tater Tots)	21g
Potato, Rounds, commodity	9g
Potato, Scalloped	22g
Potato, Sweet	37g
Potato, Wedges, commodity	15g
Tomatoes, diced	8g
Vegetable Soup	18g

Entrees/Cheese

Item	Carbs
Beef, Crumbles	1.5g
Beef, Patty	1.38g
Bologna	2g
Cheese, American	<1g
Cheese, American (commodity)	<1g
Cheese, Cheddar	<1g
Cheese, Grated Parmesan	0g
Cheese, Mozzarella	1g
Chicken, Chunks	9g
Chicken, Diced	0g
Chicken, Fajita Strips	.3g
Chicken, Hot & Spicy Patty	12g
Chicken, Nugget	9g
Chicken, Parts	14g
Chicken, Patty	9g
Chicken, Popcorn	15g
Chicken, Sticks	10g
Chicken, Sticks Hot & Spicy	11g
Chicken, Tender	11g
Chili Con Carne w/ Beans	32g
Fish	28g
Franks, Turkey	0g
Ham	2g
Meatballs	4g
Peanut Butter	8g
Pizza, Cheese	
Pizza, Pepperoni	
Salami	1g
Taco, Turkey	3g
Tuna	0g

Bread & Pasta

Item	Carbs
Bagel, blueberry	
Bagel, cinnamon	
Bagel, plain	57g
Biscuit	
Breadstick (Rich's)	
Bread, Loaf	12g
Bun, Hamburger	22g
Bun, Hot Dog	22g
Cracker, Saltine	32g
Crouton	4g
Dough, Pizza, Wheat	5g
Jell-O	17g
Pasta, Macaroni	41g
Pasta, Noodles	40g
Pasta, Vegetable	41g
Taco shell	21g
Tortilla, flour	36g
Tortilla, whole grain	20g

Beverages & Desserts

Item	Carbs
Bar, Juice	
Juice, Apple	
Juice, Fruit Punch	14g
Juice, Grape	
Juice, Orange	
Juice, Orange, commodity	13.41g
Milk, 1%	13g
Milk, 2%	13g
Milk, Chocolate	28g
Milk, Strawberry	14g
Pudding, Chocolate	25g
Pudding, Vanilla	26g
Rice Krispy Treats	17g

Condiments & Sauces

Item	Carbs
Barbeque Sauce	12g
Cheese Sauce	5g
Dressing, Ranch	1g
Dressing, French	9g
Jelly, Grape	13g
Ketchup	4g
Mayonnaise	1g
Mayonnaise (Gallon) (Heinz)	
Mustard	0g
Mustard, Spicy	5g
Salsa	2g
Salsa, commodity	2g
Sour Cream	1g
Spaghetti Sauce	10g
Spaghetti Sauce, commodity	11g
Taco Seasoning	2g

Chips

Item	Carbs
Cheetos, Baked Crunchy	17g
Tostitos, Baked Scoops	19g
Sunchips, Original (1oz)	18g
Sunchips, French Onion (1oz)	18g
Sunchips, Harvest Cheddar (1oz)	19g
Sunchips, Multigran Garden Salsa (1.5 oz)	29g
Lay's, Baked BBQ (.875 oz)	19g
Lay's, Baked Cheddar & Sour Cream (.875 oz)	19g
Lay's, Baked Original (.875 oz)	20g
Pretzels, Tiny Twists (1 oz)	23g
Doritos, Nacho Cheese (1 oz)	17g
Doritos, Baked Original	16g