

<u>Food:</u>	<u>Carb</u> <u>Count:</u>	<u>Food:</u>	<u>Carb</u> <u>Count:</u>
1% Milk	13g	Apple Juice	13g
5 Saltine Crackers (2.4 per cracker)	12g	Blueberries on a Cloud	12g
Apple Betty	43g	Broccoli	3g
Apple Sauce	23g	Brussel Sprouts (1/2 C)	4g
Arnold Palmer Sandwich	15g	Buttered Noodles	20g
Baked Ham	0g	Cheddar Doritos	20g
Baked Pumpkin	14g	Cheese SmartPizza (Tony's- 4.48oz)	35g
Baked/Creamy Potato Soup	21g	Cheese SmartPizza (Tony's- 4.5oz)	34g
Banana w/ chocolate sauce	30g	Cheesy Cauliflower Soup	10g
BBQ Bacon Ranch Chicken on Bun	31g	Chicken Cordon Blue Sammy	33g
BBQ Pulled Pork Sammy	41g	Chicken Salad Sandwich	22g
BBQ Sauce- 1 tbsp	7g	Fortune Cookie	5g
Beef Noodle Soup	35g	French Onion Soup	5g
Beets	6g	French Toast (FarmRich 4 sticks)	46g
Belgian Waffle	27g	Fruit Punch	14g
Black Beans	20g	Grape Juice	19g
Bologna Sandwich	26g	Grapes (1/2 cup)	8g
Breaded Pork Chop	18g	Homemade Cheese & Sausage Pizza	28g
Buffalo Chicken Pizza	42g	Homemade Cheese Pizza	26g
Hamburger Bun	23g	Italian Dressing (1tbsp)	2g
Cheddar Broccoli Soup	11g	Italian Wedding Soup	10g
Cheddar Smashed Potatoes	17g	KFC/Cisco Coleslaw (1/2 C)	15g
Cheeseburger Bar	21g	Lemon Sherbert Cup	23g
Chicken Fajitas	18g	Mac Salad (1/2 cup)	39g
Chicken Noodle Soup	8g	Mandarin Oranges	17g
Chicken Nuggets	14g	Maple Sweet Potatoes	18g
Chicken Tenders (Brakebush)	17g	Mashed Potatoes	17g
Chicken Tortilla Soup	13g	Mini Corn on the Cobb	9g
Chili	33g	Monster Dill Pickle	2g
Chocolate Ice Cream (3 oz)	14g	Nacho Cheese	6g
Chocolate Milk	23g	Nachos	20g
Churro	13g	NE Clam Chowder	23g
Cinnamon Roll w/ Icing	60g	Orange Juice	13g
Confetti Corn	13g	Oriental Blend Vegetables	3g
Corn bread	23g	Peaches (1/4 c)	12g
Cottage Cheese (1% 1/2 C)	6g	Pears (1/2 canned)	19g
Dinner Roll	15g	Peas	10g
Egg Salad Sandwich	24g	Popcorn chicken	14g
Fiesta Rice	20g	Ranch Dressing	2g
French Bread Pizza	35g	Roast Turkey w/ gravy	3g
Fries	10g	Roasted Brussle Sprouts	10g
Garden Minestrone Soup	18g	Salami Sandwich	22g
Garlic Basil Chicken	0g	Sausage Patty	0g
Garlic Breadstick	27g	Seasoned Rice (Ben's Long Grain Wild Rice)	42g
Garlic Toast	14g	Skim Milk	13g
Goulash	25g	Sloppy Joe	29g

Grimmway Carroteenies	4g	Small Banana	15g
<u>Food:</u>	<u>Carb</u>	<u>Food:</u>	<u>Carb</u>
	<u>Count:</u>	Soft Shell Beef Taco	19g
Alphabet Soup	18g	Alfredo sauce	6g
BBQ Burger	32g	Canned Sweet Potatoes (1/2 C)	38g
Chicken Cordon Blue	9g	Wiscosin Cheese Soup	17g
Chicken Rice Soup	8g	Winter Mixed Veggies	10g
Chocolate Chip Cookie (Best Maid)	18g	Lemon Ice (Hershey's)	22g
Chocolate Pudding (1/2 cup)	27g	Baked Taco Casserole	39g
Croutons (5 pieces)	5g	Pesto	0g
Focaccia Herb Bread (2 oz)	12g	Fish fillet (highliner)	16g
Grape Juice (4oz)	19g	Spaghetti w/ meatballs	47g
Gravy	7g	Caeser Dressing	1g
Green Beans	3g	Spooky Sundae	16g
Ham & Cheese on Pretzel Bun	45g	Steamed Broccoli	5g
Ham Sandwich	33g	Strawberries/variety fruit cup	33g
Hamburger- Veggie Soup	6g	Chicken (Italian Glzd Grld Brst Strip)	2g
Herbed Rotini	42g	Strawberry Milk	23g
Homemade Mac & Cheese	44g	Stuffed Crust Pizza	43g
Hot Dog Bar	19g	Stuffing	15g
Hot Dog Mummies	29g	Sweet & Sour Sauce	8g
Idaho Potato	26g	Frozen corn (1 oz)	4g
John Morrell Hot Dog	4g	Syrup	21g
King's Hawaiian Roll	16g	Orange jello	18g
Mardarin Orange Sesame Dressing (2 tbsp)	9g	Herbed Potatoes	17g
Margarine Croissant (Hadley Farms)	27g	Tortilla wrap	33g
Meatballs (3 oz)	3g	Broccoli Salad	3g
Peach Sauce	9g	Corn Chowder	17g
Pineapple (1/2 C)	13g	Taco in a Bag	20g
Pittsburgh Salad w/ chicken	22g	Fries (Jersey Shore)	20g
Pittsburgh Salad w/ steak	20g	Pasta	41g
Rich's Southern Style Biscuit	25g	Tempura Chicken	9g
Sauteed Squash	3g	Tomato Basil Cous Cous	18g
Scalloped Potatoes (1/2 C)	14g	Tso's Sauce	8g
Smile Fries (McCain)	25g	Tuna Salad	22g
Spicy Chicken Patty	15g	Red Sauce	10g
Sprinkle Brown	42g	Pull-Apart Rolls (Signature Breads)	20g
Stewed Tomatoes	5g	Turkey Club Sandwich	22g
Stir fry Veggies (1/2 C)	5.5g	Turkey Noodle Soup	11g
Strawberries (1/2 C)	5g	Waffles (Aunt Jemma)	27g
Stuffed Shells (Maryvale Farms)	26g	Zesty Pasta Salad	32g
Sugar Cookie (Best Maid- Homestyle)	17g	Turkey Hot Dog	2g
Sweet Baby Ray's BBQ (1tbsp)	9g	Chicken Chili	6g
Sweet Potato- mashed (1/2C)	26g	Turkey Sandwich	33g
The MAX Fit For Kids Cheese Pizza	33g	Tuscan Blend Vegetables	4g
The MAX Lunch Around Cheese Pizza	39g	Variety Fruit Cup	15g
Toasted Cheese Sandwich	22g		

Tomato Soup (1 C)	25g	Vegetable Rotini Soup	16g
Unstuffed Pepper Soup	11g	Vegetable Soup	14g
Vanilla Ice Cream (3 oz)	14g	Whip Cream	2g
White Rice (1/2 C)	22g	White Bread (2 pieces)	22g

Carb

<u>Food:</u>	<u>Count:</u>	Wild Rice Garden Blend	20g
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Carb

Blueberry Yogurt	19g	<u>Food:</u>	<u>Count:</u>
Curly's BBQ Pulled Pork (3oz)	15g	Small Orange	11g
Cream of Mushroom Soup (6 oz)	12g	Pillsbury Biscuit (1/2)	14g
Rotella's Italian Bakery (white dinner roll)	21g	Small Apple	14g
Seasoned Potatoes (1/2 cup)	13g	Cheese Garlic Bread (NY Bakery)	17g
Turkey Club Sammy (w/ bacon)	30g	Canned Corn (1/2 cup)	17g
Black Bean/Quinoa Salad (1/2 Cup)	24g	Three Bean Salad (1/2 C)	19g
Goldfish Crackers	14g	Meatball Soup (1/2 Cup)	22.5g
Baked Beans (1/2 cup)	29g	Vanilla Pudding (1/2 C)	23g
Stokely's Shredded Sauerkraut (2 tbsp)	1g	Taco Burger	23g
Red/Blue Doritos	20g	AppleKuchen (2 x 2)	27g
Crustless Pumkin Pie (1/2 Cup)	20g	French Toast (Maplevalle-1, 2.9oz)	28g
Lamb's Seasoned CrispyCubes (1/2 c)	22g	Strawberry Shortcake	
Mrs. T's Classic Cheddar Pierogies (4)	42g/	(1/2 biscuit, 1/3 cup compote, whip)	29g
Rosina Italian Style Meatballs (6)	10.5g per	Salsa (2 tbsp)	2g
Cheese Sauce (1/4 cup)	5g	Bratswurst Sausage	2g
6' New England Frank Bun Top Sliced	6g	Chicken Pot Pie (Banquet)	36g
Hoagie/Sub Roll 6"(Maplevalle)	21g	Chipolte Ranch Dressing (2tbsp)	4g
Red Wine Vinegarette Dressing (2 tbsp)	30g	Ketchup (1 tbsp)	5g
Chick Peas (2 tbsp)	18g	Baked Pita (1/2)	27g
Peanut butter (2oz)	8g	Pepperoni Hot Pocket (Nestle)	35g
Hot Dog Bun (Harvest Pride)	11g	Lamb's Triangle Hashbrowns (1 patty)	12g
	24g		