

Carbohydrates

Item	Serving Size	# of Carbs
Apple - Fresh	1 each	22g
Apple Sauce	1/2 cup	21g
Applesauce	1/2 cup	21g
BBQ Sauce	1pc - 12gm	4g
Beans - Green	1/2 cup	4g
Beef Patties	1 each	5.37g
Bosco Sticks	2 each	52g
Bratwurst - Johnsonville 4-1	1 each	2g
Bread Hamburger Bun	1 Bun	25g
Bread Hot Dog Bun	1 Bun	19g
Bread white	1 slice	14g
Carrots - Canned	1/2 cup	6g
Cheese - American	1 oz	1g
Chicken Dog - Brakebush	2 each	6g
Chicken Giggles - brakebush	2 each	14g
Chicken Nuggets - Shamrock	3 each	17g
Chicken Nuggets Tyson	6 each	14g
Chicken Patty Breaded	1 each	11g
Chicken Popcorn - Pilgrim's Pride	3.08 oz	13g
Corn	1/2 cup	16g
Corn Dog Nuggets	6 each	21.9g
Corn Dog on a Stick	1 each	27g
Corn on the cob	1 each	19g
Fish - Breaded trout Melt	1 each	15g
Fish Nuggets - Icelandic	4 each	16g
Fish Sticks	4 each	17g
Hot Dog	1 each	2g
Jelly pc	10gm	7g
Ketchup	1pc - 9gm	3g
Mac & Cheese	1 cup	32g
Marinara Dippin Cup	1 each	4g
Mayonnaise pc	12gm	1g
Mixed Fruit	1/2 cup	18g
Mixed Lettuce	1/2 cup	.75g
Mixed Vegetables	1/2 cup	7.0g
Mustard pc	4.5gm	0g
Orange - Fresh	1 each	21g

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Item	Serving Size	# of Carbs
Pancake Syrup pc	1.5oz	33g
Pancakes	2 each	25g
Peaches diced	1/2 cup	17g
Pears Diced	1/2 cup	20g
Pineapple Tidbit	1/2 cup	15g
Pizza - French Bread Cheese - Schwan's	1 each	36g
Pizza - Pepperoni - Tony	1 each	34g
Pizza - Tony's Smart Cheese	1 slice	36g
Pizza - Tony's Smart Sausage	1 slice	35g
Pizza Puff -	1 each	50g
Potato - Smiles	1/2 cup	24g
Potato- Hash Browns	1/2 cup	14g
Potatoe - Oven Fries	1/2 cup	16g
Ranch Dressing	2tbsp	7g
Ravioli - Beef Chef Boy	1 cup	33g
Rib Patty Pork - Pierre	1 each	3.3g
Sausage Patty	1 each	0g
Sweet peas	1/2 cup	10g
Turkey & Gravy	5.23oz	3.6g