

Product Name	Serving Size	CHO (g)
Fruits/Juice		
Fresh Apple (163 size)	1 apple	15.00
Cinnamon Apples	1/2 cup	27.01
Applesauce	1/2 cup	14.00
Rosy Applesauce	1/2 cup	15.85
Strawberry Applesauce	1/2 cup	14.00
Banana	1 banana	17.68
Blueberries	1/2 cup	9.00
Cantaloupe	1/2 cup	6.17
Craisins	1 packet	28.00
Fruit Mix	1/2 cup	17.00
Orange	1/2 cup	11.72
Mandarin Oranges	1/2 cup	11.98
Diced Peaches	1/2 cup	14.00
Fresh Pear (120 size)	1 pear	25.00
Diced Pears	1/2 cup	16.00
Pineapple	1/2 cup	18.92
Raisins	1 box	29.00
Strawberries	1/2 cup	10.00
Apple Juice	1 container	14.00
Fruit Punch	1 container	14.00
Grape Juice	1 container	18.00
Orange Juice	1 container	12.00
Vegetables		
Baked Beans	1/2 cup	43.08
Campfire Beans	1/2 cup	28.96
Kickin' Pintos	1/2 cup	19.76
Green Beans	1/2 cup	4.05
Fresh Broccoli	1/2 cup	2.12
Steamed Broccoli	1/2 cup	5.05
Baby Carrots	1/2 cup	5.84
Steamed Carrots	1/2 cup	6.00
Cauliflower	1/2 cup	2.47
Celery Sticks	1/2 cup	1.84
Sweet Golden Corn	1/2 cup	16.00
Cucumber Slices	1/2 cup	2.62
Jicama	1/2 cup	6.02
Green Peas	1/2 cup	11.00
Mashed Potatoes	1/2 cup	15.30
Gravy	1/4 cup	5.96
Potato Smiles	1/2 cup	20.49
Tater Tots	1/2 cup	14.29
French Fries (FHS)	3/4 cup	19.79
Red Pepper Strips	1/2 cup	3.03
Garden Salad	1 cup	2.57
Spinach Salad	1 cup	1.97

Tomato Soup	6 ounces	15.00
Tomato Wedges	1/2 cup	3.40
Zucchini	1/2 cup	2.08
Milk		
Skim White	8 ounces	13.00
Skim Chocolate	8 ounces	20.00
1% White	8 ounces	13.00