

Vegetables- School Year 2016-2017	Carbohydrate Grams/Serving
Veggie-Asian Stir Fry	3
Veggie-Beans-Baked	29
Veggie-Beans-Black	23
Veggie-Beans-Green-Stmd	4
Veggie-Beans-Lima	20
Veggie-Beans-Pinto	18
Veggie-Beans-Refried	13
Veggie-Blend-Frozen	2
Veggie-Broccoli-Stmd	3
Veggie-Brussels Sprouts-Roasted	8
Veggie-Cabbage-Stmd	2.5
Veggie-Carrots-Sticks	6
Veggie-Carrots-Stmd	8
Veggie-Cauliflower	2.5
Veggie-Cauliflower-Frozen-Stmd	2
Veggie-Cauliflower-Stmd	3
Veggie-Celery Sticks	2
Veggie-Collards & Turnips	2
Veggie-Corn-Canned-Steamed	12
Veggie-Corn-Frozen-Steamed	14
Veggie-Kale Chips	5
Veggie-Peas	9
Veggie-Plantains	38
Veggie-Potato-Baked (whole)	37
Veggie-Potato-Shoestring	17
Veggie-Potato-Sweet-Cross Trax Fries	16
Veggie-Potato-Sweet-Slim Stix Fries	20
Veggie-Potato-Waffle	22
Veggie-Spinach-Stmd	3
Veggie-Turnips	2
Veggie-Zucchini-Squash-Stmd	2
Fruits- School Year 2016-2017	Carbohydrate Grams/Serving
Applesauce	15
Fruit-Apples Sliced (per pkg)	14
Fruit-Banana-Ripe	27
Fruit-Berry-Salad (Strawberries, Grapes, Blueberries)	18
Fruit-Blueberries-Strawberries	6
Fruit-Canned-Pears	15
Fruit-Canned-Pineapple	20
Fruit-Cantaloupe-Wedge	8
Fruit-Craisins	12
Fruit-Craisins-Blueberry	28
Fruit-Frozen Cup-Mixed Berry Lemonade	19
Fruit-Frozen Cup-Orange Pineapple Cherry	19
Fruit-Frozen-Mango	17
Fruit-Frozen-Strawberries	13
Fruit-Grapefruit (per 1/2 section)	13
Fruit-Grapes-Red	9
Fruit-Grapes-White	9
Fruit-Mandarian Oranges	15
Fruit-Nectarines	15
Fruit-Oranges	15
Fruit-Peaches	15

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Fruit-Plums	8
Fruit-Raisins-Sour Lemon	25
Fruit-Raisins-Strawberry	25
Fruit-Strawberries-Fresh	5
Fruit-Tangelos	15
Fruit-Tangerines	12
Fruit-Watermelon	13
Juice-Apple-4oz	13
Juice-Orange-4oz	14