



# Carbohydrate Counts

updated 9/8/16

MENU ITEM	CARB GRAMS	MENU ITEM	CARB	MENU ITEM	CARB
<b>BREAD</b>		<b>SNACKS</b>		<b>CONDIMENTS</b>	
WH GRAIN WHITE BRD	14	SNYDER PRETZELS	20	BBQ SAUCE	9
WHEAT HAMBURGER BUN	22	1 PK LANCE WAFERS	9	KETCHUP	3
LG WH GR DINNER ROLL	19	RICE KRISPIE TREAT	30	BLUE CHEESE	2
SM WH GR DINNER ROLL	14	EAGLE CHIPS	17	RASP VINAIGRETTE	7
6" WHITE WH WHT STEAK	29			SALSA	3
WHITE WH WHT KAISER	30				
WHEAT HOT DOG ROLL	20				
WH WHT ENGLISH MUFFIN	28				
8" WH WHT TACO SHELL	22				
WHEAT KAISER 9-12	33				
MINI WHEAT PITA	25				
ZUCHINI BREAD	43				
BANANA BREAD	44				
BREAD BOWL	28				
WH GR BOSCO STICK	17				
WH GR CORN MUFFIN	36				
TEXAS TOAST	15				
WG CROISSANT	30				
HEATZEL PRETZEL	15				
CORN MUFFIN	36				28
BREAD BOWL	28				20
WH GR BOSCO STICK	17				
WH GR CORN MUFFIN	36				
TEXAS TOAST	15				
WG CROISSANT	30				
HEATZEL PRETZEL	15				
CORN MUFFIN	36				
TWISTED BREADSTICK	17				
				<b>CONDIMENTS</b>	
				BBQ SAUCE	9
				KETCHUP	3
				BLUE CHEESE	2
				RASP VINAIGRETTE	7
				SALSA	3

# Carbohydrate Counts

updated 9/8/2016

MENU ITEM	CARB GRAMS	MENU ITEM	CARB	MENU ITEM	CARB
<b>BKST CEREALS</b>		<b>BKST ITEMS</b>		<b>FRUIT</b>	
CHEERIOS	14	RS POPTARTS	38	APPLESAUCE	15
HN CHEERIOS	22	OLAF GRAHAMS	21	FRUIT CUP	19
RS FROSTED FLAKES	24	HONEY GRAHAM CRAX	17	SLICED PEACHES	18
CRISPIX	25	UBR BKST ROUND	44	CHILLED PEARS	13
RS CINN TOAST CRUNCH	22	APPLE CINN MUFFIN TOP	27	PINEAPPLE	15
RS APPLE JACKS	17	BANANA MUFFIN TOP	28	MAND ORANGES	19
KIX	15	EGGO MINI PANCAKE	34	FRESH APPLE	19
HONEY KIX	28	MINI LOAF	30	FRESH BANANA	26
RS TRIX	18	CINNI MINI'S	40	FRESH ORANGE	15
HEART TO HEART	22	OAT & HONEY GRANOLA		FRESH PEAR	25
RICE KRISPIES	16	BAR	29		
		BAKECRAFTERS		1 PKT CRAISINS	28
		BREAKFAST BAR	27	sidekick slush cup	20
		FRENCH TOAST			
		CRUNCHMANIA	37		
		CHOCOLATE CHIP		ORANGE JUICE	12
		FRENCH TOAST	36	APPLE JUICE	14
		ULTRA BAKED			
		CINNAMON BUN	37		
		egg and cheese on bun	20		
		NATURE VALLEY CRISPS	25		
		ANIMAL CRACKERS	20		
		BREAKFAST SIZE			
		HAM AND CH CROISSANT	17		
		EGG & CHEESE SANDWICH	20		
<b>SIDES</b>					
WHOLE GR PASTA	35			1% & SKIM	13
BROWN RICE	22			CHOC SKIM	26
SWEET POTATO	37			STRAW SKIM	24
MASHED SWEET POT	21				
MASHED POTATO	17				
MAC & CHEESE #6 / #8	32/19				

