

Item	CHO Grams	Item	CHO Grams
<b>Juice</b>		<b>Entrée's</b>	
Orange Juice	14	Apple fruit muffin	37
Apple Juice	14	Banana Bread	44
Apple Cherry Juice	14	Biscuit	27
Grape Juice	18	Blueberry fruit muffin	36
<b>Fruit (varies on size of fruit)</b>		Breakfast Pizza	24
Apple	34	Cheese Stick	1
Orange	19	Chicken Biscuit	39
Banana	30	Cinnamon Roll	36
Tangerine	13	Cinnamon Toasty Biscuit	29
Grapes	18	Graham Stick	21
Peach	12	Maple Waffles	38
Applesauce	14	Pancake/Sausage on a Stick	19
Pear	14	Sausage Biscuit	27
Fruit Coctail	13	Scrambled Eggs & Cheese Toast	14
Strawberry	11	Yogurt 4oz Cup	20
<b>Cereal (1oz) Bowl Pack</b>			
Frosted Mini Wheat	23		
Rice Krispies	23		
Rasin Bran	27		
Golden Graham	24		
Cinnamon Toast Crunch	22	White Milk	11
Cheerios Honey Nut	22	Chocolate Milk	23
Cheerios WG	20		

Icing ~10-15

per slice