

Item	CHO Grams	Item	CHO Grams
<b>Juice</b>		<b>Entrée's</b>	
Orange Juice	14	Beef Hotdog on Bun	22
Apple Juice	14	Chicken Nuggets (5)	12
Apple Cherry Juice	14	Pizza, Cheese	34
Grape Juice	18	Pasta, Spaghetti and Meatballs	51
<b>Fruit (varies on size of fruit)</b>		Hamburger on Bun	30
Apple	34	Bean Burrito	40
Orange	19	Chicken Patty on Bun	44
Banana	30	Pasta, Alfredo w/Chicken	13
Tangerine	13	Pizza, Pepperoni	33
Grapes	18	Pizza, Fiestada	39
Peach	12	Fish Nuggets (4)	29
Applesauce	14	BBQ Chicken Breast only	1
Pear	14	Calzonette, Cheese	35
Fruit Cocktail	13	Beef, Taco Salad	42
Cantelope	12	Sandwich, Italian Hoagie on Bun	24
Icee, Whole Fruit	15	Sandwich, PBJ	60
Pineapple	14	Meatloaf	6
Watermelon	11	Corn Dog Nuggets	29
Strawberry	11	Pasta, Mini Cheese Ravioli (7)	16
Plum	11	Chicken Stir Fry	11
		Beef, Sloppy Joe on Bun	31
<b>Vegetable (1/2 Cup Portion)</b>		Yogurt Parfait w/fruit	77
Green Beans	4		
Mashed Potatoes	46		
Baby Carrots	6		
Romaine Salad	3		
Oven Baked Fries	24		
Oven Baked Tots	25		
Zucchini w/ Parm	16	Fried Rice	28
Beans, Baked	27	Macaroni and Cheese	20
Broccoli	5		
Beans, Refried	25		
Cauliflower	3		
Collard Greens	8		
White Milk 1/2 Pint	11	Twisted Breadstick	29
Chocolate Milk 1/2 Pint	23	Dinner Roll	20
		Hamburger Bun	31
		Hot Dog Bun	23
		2 Slices of Bread	27