

# Banquet Menu

## **Cubed Watermelon**

*1 cup = 12g carbs*

## **Green Salad with Italian Dressing**

*Salad: 1 cup = 3g carbs*

*Italian dressing: 2 tbsp = 3g carbs*

*Any salad toppings, please refer to packages for carb count*

## **Hamburgers and Hot Dogs with Buns**

*1 hamburger or hot dog = 0g carbs*

*Please refer to package for carb count of buns*

## **Grilled Chicken**

*1 piece = 0g carbs*

## **Corn on the Cob**

*6" ear of corn = 20g carbs*

## **Baked Beans**

*1/2 cup = 26g carbs*

## **Ice Cream**

*Please refer to package for carb count*

*\*Carb counts are estimated and may vary  
based on different preparations*