



CARB COUNTS

Friday Breakfast

Friday, July 8, 2022

FOOD	PORTION SIZE	CARBS
Orange Juice	5oz	19
Tomato Juice	5oz	5
Apple Juice	5oz	19
Sliced Fruit Display	Pineapple Cube: 2g, Cantaloupe Cube: 1g, Strawberry: 2g, 2 Grapes: 1g, 1 Blackberry: 1g, 1/4 cup Blueberries: 5g	
Cold Cereal	individually packaged	see label
GF Cold Cereal Selection	individually packaged	see label
Pancakes	1	14
GF Pancakes	1	31
Maple Syrup	1 ladle	26
Sugar Free Syrup	individually packaged	see label
Assorted Jellies: Orange Marmalade	1 Tbsp	13
Assorted Jellies: Grape Jelly	1 Tbsp	13
Assorted Jellies: Strawberry Jam	1 Tbsp	13
Sugar Free Preserves: Strawberry	1 pack	5
Sugar Free Preserves: Grape	1 pack	4
Margarine and Butter	1	0
Ketchup	1 packet	2
English Muffin	1	24
Bread: White	1	13
Bread: Wheat	1	13
GF Bread: White	1	24
GF Bagel	1	37
Hot Oatmeal	1 ladle	15
GF Oatmeal	1 ladle	28
Brown Sugar	1 Tbsp	12
Scrambled Eggs	-	0
Cheddar Cheese	-	0
Hard Boiled Eggs	-	0
Bacon	-	0
Sausage Links	-	0
Country Style Potatoes	1 scoop	8
Peppers and Onions	1 Tbsp	1
Whole Milk	individually packaged	see label
1% Milk	individually packaged	see label
Soy Milk	8oz	7
Lactose Free	8oz	13
Coffee, Decaf, Hot Teas	-	0