



# CARB COUNTS

## Sunday Breakfast

Sunday, July 10, 2022

FOOD	PORTION SIZE	CARBS
Orange Juice	5oz	19
Tomato Juice	5oz	5
Apple Juice	5oz	19
Sliced Fruit Display	<b>Pineapple Cube: 2g, Cantaloupe Cube: 1g,            Strawberry: 2g, 2 Grapes: 1g, 1 Blackberry: 1g,            1/4 cup Blueberries: 5g</b>	
Banana	Medium	30
Hot Oatmeal	1 ladle	15
GF Oatmeal	1 ladle	28
Brown Sugar	1 Tbsp	12
Cold Cereal Selection	individually packaged	see label
GF Cold Cereal Selection	individually packaged	see label
Whole Milk	individually packaged	see label
1% Milk	individually packaged	see label
Greek Yogurt	individually packaged	see label
Glazed Donut Holes	1	5
GF Donut	1	29
Mickey Waffles	1	18
GF Mickey Waffles	1	31
Bananas Foster Sauce	1 ladle	14
Maple Syrup	1 ladle	26
Sugar Free Syrup	individually packaged	see label
Scrambled Eggs	—	0
Cheddar Cheese	—	0
Ketchup	1 packet	2
Hard Boiled Eggs	—	0
Bacon	—	0
Sausage Links	—	0
Country Style Potatoes	1/2 cup	15
Peppers and Onions	1 Tbsp	1
Coffee/Decaf/Hot Tea	—	0