



# CARB COUNTS

## Thursday Banquet

Thursday, July 7, 2022

FOOD	PORTION SIZE	CARBS
Mixed Field Greens	1 cup	5
Dressing: Ranch	individually packaged	see label
Dressing: Balsamic	individually packaged	see label
Dressing: Italian	individually packaged	see label
Sliced BBQ Beef Brisket	3oz	0
Salmon Fillet w/ Lemon Butter Sauce	3oz	0
Breaded Chicken Fritters	2	10
GF Chicken Fritters	1	8
Ketchup	1 packet	2
Honey Mustard	1 container	8
BBQ Sauce	1 packet	14
Mac and Cheese	1/2 cup	18
GF Mac and Cheese	1/2 cup	22
Kale Pesto Pasta Vegetable Primavera	1/2 cup	22
GF Kale Pesto Pasta Vegetable Primavera	1/2 cup	26
Broccoli and Cheese Casserole (GF)	1/2 cup	16
Parkerhouse Dinner Rolls (Vegan)	1	22
GF Dinner Roll	1	22
Margarine and Butter	1	0
Apple Crisp (GF)	1 spoon	42
Vanilla Ice Cream	1 scoop	16
Coconut Rice Pudding (GF)	1	18
Coffee, Decaf, Hot Teas	—	0
Unsweetened Iced Tea	8oz	0
Sugar Free Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16