

# Carbohydrate Counts

## December/January 2017

REDLANDS UNIFIED SCHOOL DISTRICT  
Robin\_hernandez@redlands.k12.ca.us

<b>BREAKFAST ITEMS</b>		<b>VEGGIES</b>	
Bagels	34 g	Baby Carrots, ½ cup	5 g
Cream Cheese	1 g	Beans, Black ¼ cup	10 g
Cream Cheese, strawberry	4 g	Beans, Kidney ¼ cup	9 g
Berry Yogurt Parfait	51 g	Beans, Pinto ¼ cup	7 g
Breakfast Bacon Burrito	37 g	Broccoli Florets	7 g
Breakfast Crunch Bar		Cabbage Cup, ½ cup (MS & HS)	2 g
Triple Berry	42g	Carrot Coins, ¼ cup	3 g
Lemon Chip	41g	Carrot Sticks	6 g
Breakfast Turkey Sausage Pizza	27 g	Celery Sticks ½ cup	2 g
		Corn, ¼ cup	8 g
<b>Cereal</b>		Corn Cup, 1 serving	17 g
Cheerios, Honey Nut	22 g	Cucumber, Baby	5 g
Cinnamon Toast Crunch	22 g	Cucumber Slices, ½ cup	3 g
Frosted Mini Wheat's	23 g	Firehouse Beans, ½ cup	30 g
Rice Krispies	23 g	Green Peas	11 g
Cheerios	22 g	Jicama	7 g
Kix	14 g	Lettuce 4-Way Mix	2 g
Chocolate Chip Muffin	41 g	Shredded Carrots	5 g
Cinnamon Roll, Great Earth	43 g	Red Bell Peppers, ½ cup	2.7 g
Dutch Waffle	43 g	Romaine Mix	3 g
Egg & Cheese Muffin	33 g	Tomatoes, Cherry (¼ cup)	3 g
French Toast	37 g	Veggie Beans	14 g
French toast Sticks	26 g	Yellow Squash Coins	2 g
Mini Maple Pancakes	35 g	Zucchini Sticks, 1 serving	2 g
String Cheese, Land	1 g	Olives, Black Pitted	1g
Turkey Breakfast Wrap	26 g		
Turkey Sausage	0 g		
Yogurt	20 g		
Ultimate Breakfast Round, Baked	44 g		
WG Banana Square	47 g		
		<b>BEVERAGES</b>	
		Apple Berry Juice, 4 oz	14 g
		Apple Berry Juice, 8 oz	27 g
		Apple Juice, 4 oz	14 g
		Apple Juice, 8 oz	28 g





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Crackers, Animal Snackers	18g
Crackers, Graham MJM	20 g
Cracker, J&J WG Jungle	22g
Dinner Roll	8 g
Granola	26 g
Go'Bonzos, Spicy Nacho	24 g
Kettle Corn	15 g
Mini Banana Muffin	19 g
Nacho Doritos	20 g
Oven Baked Cheetos	18 g
Pretzel Sticklets	17 g
Vanilla Wafers	19 g
Tortilla Chips	19 g
Waffle Maple, Graham Crackers	72 g