

# Carbohydrate Count List

Breakfast – A la carte – Condiments



Cinnamon Roll	38g
Waffle	37g
Breakfast Bagel Pizza	30g
Muffin Top	BB-26g, CC-29g
Mini Pancakes	36g
Oatmeal Choc. Chip Bar	47g
Trix	23g
Lucky Charms	23g
Cinnamon Toast Crunch	22g
Cocoa Puffs	25g
Cheerios	21g

Unrustable	32g
Goldfish	14g
String Cheese	0g
Cinnabar	46g
4oz Yogurt-Danimals	12g

Ketchup Dunk Cup	6g
Boom Boom Cup	2g
Ranch Cup	1g
Italian Dressing Cup	4g
BBQ Cup	10g

White Cheddar Popcorn	10g
Flamin Hot Cheetos	16g
Cheetos Puffs	13g
Sour Cream & Onion Lays	19g
BBQ Lays	19g
Plain Lays	24g
Double Choc. Chip Cookie	32g
Candy Choc Chip Cookie	34g

