

Carbohydrate Count List

Breakfast – A la carte – Condiments - Daily Offerings



Muffin Top

Blueberry- 26g

Chocolate Chip- 29g

Flatbread Breakfast Pizza- 13g

Mini Pancakes- 36g

Egg and Cheese on an English Muffin- 23g

Pancake and Sausage on a Stick- 17g

Oatmeal Chocolate Chip Bar- 47g

Lucky Charms- 23g

Cinnamon Toast Crunch- 22g

Cheerios- 21g

2.6oz Uncrustable- 32g

Goldfish- 14g

String Cheese 1g

Cinnabar- 46g

4oz Danimals Yogurt Cup- 12g

Pinwheel Salad

with Ranch- 34g

with Italian- 36g

Ketchup Packet- 2g

Boom Boom Cup-2g

BBQ Cup- 10g

White Cheddar Popcorn- 10g

Flamin Hot Cheetos- 16g

Cheeto Puffs- 13g

Double Chocolate Chip Cookie- 32g

Candy Chocolate Chip Cookie- 34g

