

## March 2015 Carb Count – Breakfast

Dairy Products	Portion Size	Carb Count
Cheese Stick	1	1
Yogurt Cup - Blueberry	4 oz.	20
Yogurt Cup - Cherry Vanilla	4 oz.	19
Yogurt Cup - Peach	4 oz.	19
Yogurt Cup - Raspberry	4 oz.	19
Yogurt - Strawberry/Banana	4 oz.	19
Yogurt - Vanilla	4 oz.	19

Entrees	Portion Size	Carb Count
Bagel, 3 oz.	½	17.5
Banana Bread	1 slice	44
Berry Bread	1 slice	43
Breakfast Bar, Large Benefit	1	
Apple Cinnamon		48
Banana Choc Chip		48
Choc Chip		47
French Toast		47
Breakfast Pizza	1	22
Breakfast Wrap	1	14
Bug Bites	1 package	21
Cereal	1 bowl	
Apple Jacks Reduced Sugar		24
Cheerios		20
Cinnamon Toast Crunch Red.		22
Multigrain Frosted Flakes		24
Fruit Loops Reduced Sugar		24
Mini Wheat		24
Lucky Charms		23
Cereal Bar	1	30
Choc Chip Waffle	1	43
French Toast Sticks	3	26
Granola	1 oz.	20
Jumpstarts	1	
Frosted Flakes		55
Fruit Loops		56
Apple Jacks		56
Cinn Toast Crunch		60
Trix		57
Muffin, Large 3.6	1	
Blueberry		46
Banana		49
Choc Chip		51
Apple		48
Muffin, Small 2 oz.	1	
Apple		26
Blueberry		25
Nutrigrain Bar	1	30

Oatmeal, Cooked	½ c	27
Oatmeal Bar, Apple Choc Chip	1	24 24
Pancake, Large	2	27
Pancakes, Mini	1 package	40
Pancake on A Stick	1	17
PBJ Sandwich	1	32
Sausage Patty	1	0
Yogurt Parfait w/Strawberries	1-4 oz. Yogurt 1 oz. Granola ½ cup Strawberries	45

<b>Fruit</b>	<b>Portion Size</b>	<b>Carb Count</b>
Apple Slices, Cinnamon Warm	½ c	9
Apple Slices, Fresh	½ c	12
Applesauce Cup	1	22
Banana medium size	1	24
Grapes, Lunch Bunch	½ c	14
Juice, Apple	1	14
Juice, Apple & Cherry	1	14
Juice, Fruit Punch	1	14
Juice, Grape	1	18
Juice, Orange	1	13
Kiwi Halves medium size	3	17
Mandarin Oranges	½ c	17
Orange Wedges	½ c	10.5
Pears, Diced	½ c	20
Peaches, Diced	½ c	17
Pineapple Tidbits	½ c	15
Strawberries, Whole Fresh	½ c	6

<b>Condiments</b>	<b>Portion Size</b>	<b>Carb Count</b>
Cream Cheese Packet	1-1 oz.	2
Pancake Syrup Lo Cal	1 packet	13
Salsa	1 – 3 oz.	6

<b>Milk</b>	<b>Portion Size</b>	<b>Carb Count</b>
Skim, White	8 oz.	13
Skim, Chocolate	8 oz.	18
1% Milk	8 oz.	13