

CARBOHYDRATE COUNTS FOR SECONDARY BAPS FOODS

MILKS: 8 OZ CARTONS

Chocolate Fat Free.....	22
Strawberry Fat Free.....	22
1% Plain.....	11

JUICES: 4 OZ CARTONS

Apple.....	14
Orange.....	12
Grape.....	18
Fruit Punch.....	14
Apple/Cherry.....	14

CEREALS: BOWL PACKS

(All are Whole Grain and Reduced Sugar)

Frosted Flakes.....	26
Marshmallow Mateys.....	23
Rice Krispies.....	16
Choc. Mini Wheats.....	22.93
Trix.....	24.81
Cinn. Toast Crunch.....	22
Cocoa Puffs.....	20.79
Honey Grahams.....	24
Honey Nut Cheerios.....	22
Cheerios.....	14

DAILY FRUITS/VEGETABLES

Green Salad.....	2.25
Baby Carrots.....	5.75
Apples.....	20.58
Oranges.....	10.58
Bananas.....	26.95

CICI'S MIDDLE/HIGH SCHOOL PIZZA:

Cheese.....	29.3
Pepperoni.....	29.53
Sausage.....	30.08

CONDIMENTS:

Jalapeno Ranch.....	2
Light Ranch.....	2
Italian.....	2
Raspberry Vinaigrette.....	7
Honey Mustard.....	4.73
Ketchup.....	6.67
BBQ.....	10
Pancake Syrup.....	26.14
Jelly 1 TBSP.....	14.69

APPLESAUCE FLAVORS:

Regular.....	21.00
Strawberry.....	23.00
Raspberry.....	23.00
Peach.....	22
Cinnamon.....	22

BREAKFAST (YOGURT) SMOOTHIES:

Brain Berry (Strawberry/Banana).....	41.90
Cherry Chip.....	27.63
Dreamy Peach.....	28.69
Nanaberry (Blueberry/Banana).....	38.34
Sunrise Luau (Pineapple).....	37.13

LUNCH FRUIT SMOOTHIES

Melon Raspberry.....	14.50
Peach Mango.....	14.50
Strawberry/Banana.....	15
Tropical Fruit.....	15.50

COOKIES WITHOUT NUTRITION LABELS:

Chocolate Chip.....	32
M&M.....	33
Frosted.....	26.70
Sugar.....	23.18

SUBWAY SANDWICHES:

Turkey.....	45.4
Ham.....	44.7
Club.....	43.9
Roast Beef.....	42.8
Turkey/Ham.....	45.1

OTHER SANDWICHES:

Peanut Butter & Jelly.....	28.53
Turkey & Cheese.....	29.50
Ham & Cheese.....	30.51

BOXED SALADS:

Southwest.....	68.29
Apple Pecan.....	60.53
Strawberry Chicken.....	63.36
Cobb.....	19.73
Salad w/Tuna.....	27.89
Chef w/ Ham.....	11.91
Chef w/ Turkey.....	12.90
Chef w/ Chicken.....	11.39

PUDDING:

Brownie Batter.....	20.01
Cup Cake Batter.....	19.01