

FRUIT TYPE	SERVING SIZE / NET CARB COUNT		SERVING SIZE / NET CARB COUNT	
Apple, fresh with peel	1/4 cup (2 wedges)	3.6 g	1/2 cup (3 wedges)	7.2 g
Apple, canned	1/4 cup	4.5 g	1/2 cup	9.0 g
Applesauce, canned (no added sugar)	1/4 cup	6.0 g	1/2 cup	12.0 g
Banana fresh, whole	< 3 inches	9.25 g	< 6 inches	18.5 g
Cantaloupe, melon, fresh	1/4 cup	3.35 g	1/2 cup	6.7 g
Fruit Mixed Cocktail) canned	1/4 cup	7.5 g	1/2 cup	15.0 g
Fruit, Salad. Mixed, fresh	1/4 cup	8.0 g	1/2 cup	16.0 g
Grapes, fresh (large)	1/4 cup (7 grapes)	7.5 g	1/2 cup (14 grapes)	15.0 g
Grapes 1/4 c (7 large) & Apples 1/4 c (2wedges)	1/4 cup	5.6 g (3.75 - 1.8g)	1/2 cup	11.1 g (7.5g – 3.6g)
Orange, fresh	1/4 cup (3 wedges)	7.75 g	1/2 cup (6 wedges)	15.5 g
Orange Mandarin, canned	1/4 cup	8.0 g	1/2 cup	16.0 g
Peaches, canned	1/4 cup	6.5 g	1/2 cup	13.0 g
Pears, canned	1/4 cup	9.0 g	1/2 cup	18.0 g
Pineapple Tidbits canned	1/4 cup	8.5 g	1/2 cup	17.0 g
Strawberries fresh or Diced Frozen Cup	1/4 cup	2.65 g / 11.0 g	1/2 cup	5.3 g / 22.00 g
Watermelon fresh	1/4 cup	3.10 g	1/2 cup	6.2 g

Fruits: All the canned fruit served in EBRP schools is packed in light syrup, with the exception of pineapple, which is in natural juice. For our diabetic students, I suggest draining the fruit first, and then rinsing the fruit of any remaining juice.

Applesauce has no added sugar.

VEGETABLE TYPE	SERVING SIZE/ NET CARB COUNT		SERVING SIZE/ NET CARB COUNT	
Beans, Green canned	1/4 cup	2.0 g	1/2 cup	4.0 g
Beans, Baked, canned	1/4 cup	11.5 g	1/2 cup	23.0 g
Beans Lima, frozen	1/4 cup	9.5 g	1/2 cup	19.0 g
Broccoli, Florets fresh Steamed	1/4 cup	2.0 g	1/2 cup	4.0 g
Carrots Baby fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Shredded or Matchstick, fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Sliced canned, low sodium	1/4 cup	3.0 g	1/2 cup	6.0 g
Coleslaw Mix (Cabbage Salad, w/dressing Herb	1/4 cup	1.8 g (0.8 g +1.0 g)	1/2 cup	3.6 g (1.6 g + 2.0 g)
Coleslaw Mix (Coleslaw), w/dressing, Lite-Mayo	1/4 cup	2.3 g (0.8 g + 1.5 g)	1/2 cup	4.6 g (1.6 g + 3.0 g)
Corn Canned steamed	1/4 cup	5.5 g	1/2 cup	11.0g
Cucumber Fresh Sliced, with peel	1/4 cup	2.0 g	1/2 cup	4.0 g
Greens, Turnips canned no salt added	1/4 cup	2.5 g	1/2 cup	5.0 g
Greens, Turnips, frozen	1/4 cup	1.5 g	1/2 cup	3.0 g
Lettuce, Iceberg	1/2 cup	0.6 g	1 full cup	1.2 g
Lettuce 100% Romaine, Dark Green Salad	1/2 cup	0.75 g	1 full cup	1.5 g
Okra, Frozen cooked (used in Gumbo)	1/8 cup	1.0 g	1/4 cup	2.0 g
Peas, Black Eyed	1/4 cup	8.0 g	1/2 cup	16.0g
Potatoes,				
Frozen, oven baked crinkle fries (~ 7-9 pcs.)	1/4 cup	6.75 g	1/2 cup	13.75 g
Frozen, oven baked rounds or tots (~8 pcs.)	1/4 cup	6.75 g	1/2 cup	13.75 g
Frozen, oven baked wedges w/skin (~ 5-7- pcs.)	1/4 cup	6.75 g	1/2 cup	13.75 g
Potatoes, Mashed flakes	1/4 cup	8.0 g	1/2 cup	16.0 g
Salsa, Tomato (1/8 cup = 2Tbsp =1 oz.)	1/8 cup	2.0 g		
(1/4 cup = 4Tbsp = 2 oz.)	1/4 cup	4.0 g	1/2 cup	8.0 g
Salsa Blend Cup, 1/4 c salsa 1/4 C spaghetti sauce)	1/4 cup	4.45 g (2.0 g + 2.45 g)	1/2 cup	8.9 g (4.0 g + 4.9 g)
Spaghetti Sauce	1/4 cup	4.9 g	1/2 cup	9.8 g
Sweet Potatoes, Canned, light syrup	1/4 cup	13.25 g	1/2 cup	26.5g
Sweet Potatoes, Fresh, Whole - 2-inch diameter	<2.5 inches long	11.8 g	<5 inches long	23.6g
Sweet Potato Fries Frozen, Oven Baked	1/4 cup	9.5 g	1/2 cup	19.0 g
Sweet Potato, Whole Baked Cinnamon & Brown Sugar	1/4 cup 1/2 tsp	11.8 g 2.25 g	1/2 cup 1/2 tsp	23.6 g 2.25 g
Tomato, Raw 1 slice, medium (1/4" thick)	1/8 cup -sliced	0.9 g	1/8 cup-diced	0.9 g
Vegetable Blend, frozen, steamed (carrots, broccoli, & cauliflower)	1/4 cup	2.0 g	1/2 cup	4.0g

SEASONAL FOODS - Any new items are shaded for quick identification.

Beans, Red & Brown Rice-----	1/2 cup = 20.4 grams Carbohydrate
Beans, White & Brown Rice-----	1/2 cup = 22.7 grams Carbohydrate
Cake, Plain, w/o Icing-----	8x10 piece = 31.6 grams Carbohydrate
Chili, Beef & Turkey -----	2.0 oz. serving=6 grams Carbohydrate
Cornbread, Whole Grain Dressing-----	1/2 cup = 20 grams Carbohydrate
Cranberry Sauce-----	1/8 cup = 14.0 Carbohydrate
Fish, Catfish-Breaded Fillet Strips-----	2 strips (approx. 4oz. = 12.0 grams Carbohydrate
Grilled Cheese Sandwich-----	1 sandwich = 34.0 grams Carbohydrate
	Bread (2 slices), 2oz. cheese (4 slices)
Mozzarella Cheese Stick-----	1 — 1 oz. stick = 0.5 grams Carbohydrate
Cheddar Cheese Stick-----	1 — 1 oz. stick = 0.5 grams Carbohydrate
Rice Dressing-----	1/2 cup = 15 grams Carbohydrate
(Brown Rice)	
Salad, [Meat (Grilled Chicken), Lettuce, Cheese, & Dressing]-Middle & High School Choice-----	13.2 grams
Salad, [Meat (Diced Ham), Lettuce, Cheese, & Dressing]-Middle & High School Choice-----	13.7 grams
Salad, [Meat (Beef and/or Turkey), Lettuce, Cheese, Salsa] -----	12.0 grams
Sweet Potatoes (Canned) -----	1/2 cup = 29.5 grams Carbohydrate
Tuna Salad-----	1/2 cup = 5.5 grams Carbohydrate
Turkey/Sausage Gumbo-----	(PK-5)- 3/4 cup = 31. 5 grams Carbohydrate
With 1/2 cup Brown Rice (21g)	(9-12) – 1 cup = 35 grams Carbohydrate
Turkey/Sausage Jambalaya-----	(PK-8) - 2/3 cup = 19.5 grams Carbohydrate
(Brown Rice)	(9-12) – 1 cup = 29.1 grams Carbohydrate
Turkey/Sausage Pastalaya-----	(PK-8) - 2/3 cup = 19.5 grams Carbohydrate
(Whole Wheat Pasta)	(9-12) – 1 cup = 29.1 grams Carbohydrate
Whole Grain Saltine Crackers-----	2 packs (4 saltines) = 8 grams Carbohydrate
	4 packs (8 saltines) = 16 grams Carbohydrate
Whole Wheat Pasta w/-----	(PK-5) - 2/3 cup = 22.6 grams Carbohydrate
Meat sauce	(6-12) - 1 cup = 34.0 grams Carbohydrate