

<p>alfredo sauce (5g, ½ cup)</p> <p>apple (22g per)</p> <p>apple jacks (25g, cup)</p> <p>apple juice (22g per container)</p> <p>applesauce (13g, ½ cup)</p> <p>baked apples (39g ½ cup)</p> <p>baked beans (26g ½ cup)</p> <p>banana (27g per)</p> <p>biscuits (30g per)</p> <p>black bean burger (24g per)</p> <p>breadsticks (7g per stick)</p> <p>breakfast potatoes (26g ½ cup)</p> <p>broccoli (8g, 4 piece)</p> <p>brownie (22g per)</p> <p>cake with icing (48g per)</p> <p>cheerios (22g, cup)</p> <p>chicken sandwich (13g per)</p> <p>chili (23g ½ cup)</p> <p>chips (24g, 1 bag)</p> <p>chocolate cake with icing (40g per)</p> <p>chocolate milk (26g per)</p> <p>coco puffs (26g, cup)</p> <p>cookies (10g per)</p> <p>corn (17g ½ cup)</p> <p>corn on cob (14g ½ ear)</p> <p>crackers (11g pack)</p> <p>croutons (5g, 6 piece)</p> <p>dinner rolls (31g per)</p> <p>eggs (5g cup)</p> <p>french toast (26g/2 slices)</p> <p>frosted flakes (28g, cup)</p> <p>fruit loops (26g, 1 cup)</p> <p>fruit mix (32g 1 cup)</p> <p>grapes (16g, 1 cup)</p> <p>green beans (4g, ½ cup)</p> <p>ham and turkey bagel sandwiches (42g per)</p> <p>hot chocolate (21g cup)</p> <p>hot dogs (2g per)</p> <p>lasagna (44g a piece)</p> <p>lemonade (19g, cup)</p> <p>long cut fries (22g, 3oz)</p> <p>lucky charms (22g, cup)</p> <p>mac and cheese (33g cup)</p>	<p>marinara (8g, ½ cup)</p> <p>mashed potatoes (26g, ½ cup)</p> <p>milk (15g per)</p> <p>orange (21g per)</p> <p>orange juice (27g, cup)</p> <p>pancakes (27g, 2ea)</p> <p>pea/carrot mix (9g, 2/3 cup)</p> <p>peppered gravy for biscuits (15g, 1oz)</p> <p>pizza (49g per)</p> <p>popcorn chicken (18g, 10 piece)</p> <p>potato salad (18g, ½ cup)</p> <p>potato soup (27g, cup)</p> <p>pulled pork sandwich, bun (22g per)</p> <p>refried beans (40g, ½ cup)</p> <p>rice krispies (29g, cup)</p> <p>salsa (2g, 2tbsp)</p> <p>soft shells (24g shell)</p> <p>spaghetti (41g, 2oz)</p> <p>spanish rice (120g cup)</p> <p>steak fries (26g ½ cup)</p> <p>sugar free syrup (4g, 1 pack, please request)</p> <p>sweet potato fry (16g, 20 each)</p> <p>taco shells (6.5g shell)</p> <p>tater tots (16g, 2.5oz)</p> <p>texas toast (14g per)</p> <p>tomato soup (20g ½ cup)</p> <p>tortellini (37g cup)</p> <p>veggie burger (21g per)</p> <p>waffle fries (38g, 10ea)</p> <p>waffle sticks (27g, 2 sticks)</p> <p>watermelon (21g, cup)</p> <p>wild rice (19g, 1/3 cup)</p> <p>yogurt (on pack)</p>
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