

# Carb Counts

<u>Breakfast Entrée</u>	<u>Portion Size</u>	<u>Carb Counts</u>
Animal Crackers	1 Each	21G
Apple Frudel	1 Each	36G
Apple Oatmeal Bar 2.4 oz Breakfast	1 Each	48G
Banana Bread	1 Each	44G
Banana Muffin	1 Each	49G
Berry Bread	1 Each	43G
Blueberry Muffin	1 Each	48G
Blueberry Muffin Top	1 Each	26G
Cereal Bar, Cheerios Strawberry	1 Each	30G
Cereal Bar, Coco Puff	1 Each	30g
Cereal Bar, Fruity Cheerios	1 Each	29g
Cereal Bar, Golden Graham	1 Each	30G
Cereal Bar, Trix	1 Each	30G
Cherry Frudel	1 Each	37G
Choc Chip Muffin Top	1 Each	28G
Chocolate Chip Oatmeal Bar-2.4 oz Breakfast	1 Each	47G
Chocolate Muffin	1 Each	50G
Cinnamon Bun	1 Each	38G
Cinnamon Toast Crunch Cereal Bar	1 ea	30G
Cream Cheese	1 ea	2G
Frosted Cinnamon Pop Tart	1 Each	37G
Graham Bear, Apple Cinnamon	1 ea	21G
Graham Bear, Chocolate	1 Package	20g
Graham Bear, Vanilla	1 Package	20G
Honey Bun	1 Each	34g
Mini Cinis	1 Each	39G
Sliced English Muffin	1 Each	24G
Strawberry Oatmeal Bar-2.4 oz Breakfast	1 Each	46G
Strawberry Pop Tart	1 Each	38G
String Cheese	1 Each	0G
Super Bun	1 Each	29G

