

| Canned Fruit | Total carbs | Fiber | Sugar | |
|--|--------------------|--------------|--------------|--|
| Apples, sliced, cinn sugar, 1/2 cup | 12.68 | 0.91 | 10.87 | |
| Apples, sliced, plain, 1/2 cup | 8.87 | 0.99 | 6.9 | |
| Applesauce, 1/2 cup | 15.36 | 2.05 | 12.29 | |
| Applesauce, variety (pre-packaged) | 14 | 1 | 12 | |
| Frozen Fruit Cups | 17 | 3 | 15 | |
| Fruit Cocktail, 1/2 cup | 9.7 | 1.94 | 6.79 | |
| Mandarin Oranges, 1/2 cup | 20.57 | 0.89 | 19.68 | |
| Peaches, diced, 1/2 cup | 14.49 | 1.63 | 12.86 | |
| Pears, diced, 1/2 cup | 14.07 | 2.01 | 12.06 | |
| Pearsauce, pre-packaged | 15 | 2 | 12 | |
| Pineapple, 1/2 cup | 18.89 | 0.86 | 17.17 | |
| Rips Slush | 16 | 0 | 12 | |
| Strawberries, sliced, frozen, 1/2 cup | 34.79 | 1.83 | 32.05 | |
| | | | | |
| | | | | |
| Fresh Fruit | Total carbs | Fiber | Sugar | |
| Apple, 1/2 each | 15 | 2.64 | 11.4 | |
| Apple, wacky 1 each | 30 | 5.2 | 22.8 | |
| Banana, whole | 37.74 | 4.33 | 19.57 | |
| Cantaloupe, 1/2 cup | 12.75 | 1.42 | 12.18 | |
| Clementine's, approx. 3 (equivalent to 1 whole orange) | 13.13 | 1.9 | 10.22 | |
| Grapes, 1/2 cup | 15.25 | 0.65 | 13.12 | |
| Honeydew, 1/2 cup | 16.92 | 1.55 | 15.51 | |
| Kiwi, 1 1/2 each | 15 | 3.15 | 9 | |
| Orange, whole | 11 | 2.3 | 9 | |
| Peach, whole | 21.17 | 3.48 | 19.66 | |
| Pear, whole | 30.27 | 6.73 | 19.06 | |
| Plum, whole | 8 | 0.9 | 7 | |
| Strawberries, 1/2 cup | 6.48 | 1.44 | 4.32 | |
| Tangerines, 3 each | 33.49 | 4.46 | 25.12 | |
| Watermelon, 1/2 cup | 10.97 | 0.58 | 8.88 | |
| | | | | |
| Juice | Total carbs | Fiber | Sugar | |
| Apple | 13.5 | 0 | 12.5 | |
| Orange | 13.5 | 0 | 11.5 | |
| | | | | |
| Protein Packs | Total carbs | Fiber | Sugar | Allergens |
| Monday Protein Pack (Yogurt, Mozzarella String Cheese, Granola) | 40.07 | 2 | 21.05 | Tree nuts, Milk/Dairy, Wheat/Gluten, Soy |
| Tuesday Protein Pack (Fajita Chicken, Cheddar Cheese, Dinner Roll) | 20.89 | 3 | 3.88 | Milk/Dairy, Wheat/Gluten |
| Wednesday Protein Pack (Hard boiled egg, Honey Roasted Sunflower Seeds, Dinner Roll) | 25.56 | 5 | 6.56 | Egg, Wheat/Gluten, Soy |
| Thursday Protein Pack (Mozzarella Cheese, Turkey Pepperoni, Goldfish Crackers IW) | 15.76 | 1 | 0 | Milk/Dairy, Wheat/Gluten |
| Friday Protein Pack (Yogurt, Mozzarella Cheese, ZeeZee Grahamz) | 41.07 | 0 | 23.05 | Milk/Dairy, Wheat/Gluten |
| | | | | |
| Grain | Total carbs | Fiber | Sugar | Allergens |
| Goldfish Crackers 1/2 cup | 17.27 | 1.82 | 0 | Milk, Wheat, Soy |
| Biscuit | 22 | 3 | 2 | Wheat, Milk, Soy |
| Breadstick | 15 | 2 | 2 | Wheat, Soy |
| Dinner Roll | 26 | 2 | 4 | Wheat, Soy |
| Hummus | 8.87 | 1.82 | 0.78 | Tree nut, Soy |
| Silly Spaghetti | 8.58 | 1.27 | 1.59 | Milk, Wheat, Soy |
| LiveWell Salad | 9.5 | 2.47 | 0.66 | None |
| Blueberry Mini Muffins | 35.61 | 1.26 | 18.94 | Egg, Milk, Wheat, Soy |
| Carnival Rice Salad | 4.86 | 1.84 | 0.26 | Soy |
| | | | | |
| Protein | Total carbs | Fiber | Sugar | Allergens |
| Yogurt | 19.07 | 0 | 15.05 | Milk |
| Cottage Cheese | 4 | 0 | 3 | Milk |
| Chicken | 1 | 0 | 0 | Milk |
| Pepperoni | 1 | 0 | 1 | None |
| Cheese | 1 | 0 | 0 | Milk/Dairy |
| Taco Meat | 0.48 | 0.23 | 0.06 | None |
| Hard Boiled Eggs | 1 | 0 | 1 | Egg |