

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