

Toombs County Schools

Lunch Items Carbohydrate List

* NOTE: Carbohydrate amounts may fluctuate due to product substitutions by vendor or size of fresh fruit.

| Description | Portion Size | Carbohydrates (Grams) |
|-----------------------------|---------------------|----------------------------------|
| Applesauce | 1/2 cup | 13 |
| Mandarin Oranges | 1/2 cup | 21 |
| Pineapple Tidbits | 1/2 cup | 21 |
| Peaches | 1/2 cup | 14 |
| Pears | 1/2 cup | 16 |
| Fruit Cocktail | 1/2 cup | 17 |
| Frozen Strawberry Cup | 1/2 cup | 21 |
| Raisins | box | 29 |
| "Raisels" Raisins, flavored | box | 35 |
| Grape Juice | 4 oz | 19 |
| Orange Juice | 4 oz | 14 |
| Apple Juice | 4 oz | 14 |
| Orange Pineapple Juice | 4 oz | 15 |
| Blueberry Juice | 4 oz | 16 |
| Red grapes, fresh | 1/2 cup | 15 |
| Green grapes, fresh | 1/2 cup | 15 |
| Banana, fresh | medium | 27 |
| Apple | medium | 20 |
| Cantaloupe | 1/2 cup | 7 |
| Honeydew | 1/2 cup | 8 |
| Orange, fresh | medium | 15 |
| Pear, fresh | medium | 27 |
| Watermelon, fresh | 1/2 cup | 6 |
| Peach, fresh | medium | 8 |
| Strawberries, fresh | 1/2 cup | 6 |