

# Carbohydrate Count List

Breakfast-Daily Offerings-Condiments-A la carte



Muffin Top  
Blueberry- 24g  
Chocolate Chip- 26g  
Apple Cinnamon- 27g  
Flatbread Breakfast Pizza- 13g  
Mini Pancakes- 38g  
Egg and Cheese on an English Muffin- 23g  
Pancake and Sausage on a Stick- 17g  
Oatmeal Chocolate Chip Bar- 46g  
Lucky Charms- 23g  
Cinnamon Toast Crunch- 22g  
Cheerios- 21g  
2.6oz Uncrustable- 32g  
Goldfish- 14g  
String Cheese 1g  
Cinnabar- 46g  
4oz Danimals Yogurt Cup- 12g  
Pinwheel Salad  
with Ranch- 34g  
with Italian- 36g  
Ketchup Packet- 2g  
Boom Boom Cup- 2g  
BBQ Cup- 10g  
Maple Syrup Cup- 22g  
Crouton Packet- 5g  
White Cheddar Popcorn- 10g  
Crunchy Baked Cheetos- 16g  
Flamin Hot Cheetos- 18g  
Regular Baked Lay's- 18g  
BBQ Baked Lay's- 19g  
Chocolate Chip Cookie- 34g  
Candy Chocolate Chip Cookie- 34g

