

Carbohydrate Count List

Breakfast – A la carte – Condiments



Muffin Top	BB-26g,CC-29g
Flatbread Breakfast Pizza	13g
Mini Pancakes	36g
Egg & Cheese on English Muffin	23g
Pancake & Sausage on a Stick	17g
Oatmeal Choc. Chip Bar	47g
Lucky Charms	23g
Cinnamon Toast Crunch	22g
Cheerios	21g

Un crustable	32g
Goldfish	14g
String Cheese	1g
Cinnabar	46g
4oz Yogurt - Danimals	12g

Ketchup Packet	2g
Boom Boom Cup	2g
Ranch Cup	1g
Italian Dressing Cup	3g
BBQ Cup	10g

White Cheddar Popcorn	10g
Flamin' Hot Cheetos	16g
Cheetos Puffs	13g
Sour Cream & Onion Lays	19g
BBQ Lays	19g
Plain Lays	19g
Double Choc. Chip Cookie	32g
Candy Choc Chip Cookie	34g

