

Fruits and Vegetables – Carbs ½ Serving

**VEGGIES**

Beans, Baked	19.9
Beans, Charro	23.4
Beans, Refried	24.4
Beans, Pinto	24.8
Broccoli	2.8
Carrots, Baby – Fresh	8
Carrot Sticks – Fresh	8.3
Cooked Carrots	13.1
Celery Sticks w/ Sunbutter	9.7
Corn	17.4
Cucumber Slices	1.9
Green Beans	4.3
Mixed Vegetables	13.4
Peas	11.5
Pickles – 4 slices	0.7
Potatoes – Mashed	14
Potatoes – Crinkle Cut	20
Potato Waffle Fries	11.5
Potato Wedges	21
Tropical Trio Slush	20
Veggie Cup w/ Ranch	7

**FRUIT**

Apple slices	8
Apple slices – Cinnamon	20.2
Applesauce – Mixed Fruit	21
Applesauce – Strawberry	17.1
Applesauce – Watermelon	22
Applesauce – Blue Raspberry	17.1
Fresh Banana	27

Fresh Blueberries	13.7
Fresh Blueberries w/ Whipping	14.7
Fresh Apple (Med.)	8
Fresh Orange (Med)	15.4
Fresh Pears (small)	10.4
Fresh Watermelon	11.4
Fruit cocktail	17.6
Dried Cranberry	28
Juice – Apple	15.9
Juice – Orange	14
Mandarin oranges	19
Mango chunks	17
Mixed Berry Cups	20
Peach Cups	21
Peaches – Sliced – Can	14
Pears – Diced	19.5
Pineapple Tidbits	8.5
Raisins – Orange	34.6
Raisins – Chile Limon	36
Raisins – Lemon	32.6
Raisins – Fruit Splash	33.6
Raisins – Watermelon	34.6
Sidekick – Raspberry Lemon	23
Sidekicks – Strawberry Mango	23
Sidekicks – Sour cherry	23
Strawberry Cup	21
Slush Tropic – Blue Raspberry	15
Slush Tropic – Cherry Lime	15
Slush Tropic – Kiwi Strawberry	15
Welch’s Hula Cooler	19