

<b>Food Type</b>		<b>Carb Count</b>	<b>Wheat (Gluten)</b>	<b>Egg</b>	<b>Milk</b>	<b>Peanut</b>	<b>Tree nut</b>	<b>Soy</b>	<b>Vegan</b>
Alfredo Sauce		7g , 2Tbsp			x				
Angel Food Cake		21g, slice	x	x	x			x	
Animal Crackers		21g per pkg	x					x	
Apple		19g per							x
Apple Juice		15g per							
Apple sauce		22g, 1/2 cup							
Bagel, blueberry		41g per	x	x				x	
Bagel, cinnamon raisin		40g per	x	x				x	
Bagel, petite		28g, 2per	x	x				x	
Bagels, plain		40g per	x	x				x	
Baked apples		44g, cup	x					x	
Baked beans		26g, 1/2 cup							
Banana		27g per							x
BBQ sauce		20g, 2Tbsp							
Biscuits		24g per	x		x				
Black bean burger		22g per	x	x				x	
Black Beans		23g, 1/2 cup							x
Blueberries, fresh		21g, cup							x
Bratwurst		3g per							
Breadsticks		22g per	x		x				
Breakfast potatoes		19g, 2/3 cup							
Broccoli		4g, 3pieces							
Brownie		22g per	x	x				x	
Buns, Hamburger (Klosterman)		28g per	x						
Buns, Hotdog (Klosterman)		20g per	x					x	
Buns, Pretzel		44g per	x						
Buns, Sub		28g per	x						
Cake with icing		48g per	x	x	x			x	
Carrots, baby fresh		12g, 4.5oz							x
Carrots, canned sliced		6g, 1/2 cup							
Celery Sticks		4g, cup							x
Cereal, Apple jacks		25g per			x				

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Cereal, Bunch O Crunch		24g, 3/4 cup							
Cereal, Cheerios		20g, cup							
Cereal, Cocoa Munchies		25g, 3/4 cup							
Cereal, Crispy Rice		29g cup							
Cereal, Frosted flakes		28g, 3/4 cup							
Cereal, Fruit Whirls		26g, cup							
Cereal, Granola		48g, 2/3 cup	x				x		
Cereal, Lucky charms		22g, 3/4 cup							
Cheese Peanutbutter crackers		32g per pkg	x		x	x		x	
Cheese, American slice		1g, 2slices			x			x	
Cheese, Mozzarella String		1g per			x				
Cheese, Shredded Cheddar		2g, 1/4 cup			x				
Cheese, Swiss slice		1g, 2slices			x			x	
Chicken Breast, Marinated		4g, per							
Chicken Patty		8g per	x						
Chicken Quessadilla		38g per	x		x			x	
Chicken Tenders		19g, 2per	x						
Chicken, Fried		7g, 3oz	x					x	
Chicken, Popcorn		13g, 11pieces	x						
Chicken, Shredded		0g							
Chili		23g, 1/2 cup							
Chips, Doritos		16g per			x				
Chips, Garden Salsa Sun Chips		18g per	x		x				
Chips, Lays BBQ		23g per							
Chips, Lays Regular		15g per							
Chips, Tostitos Tortilla		18g, 1oz							
Chocolate cake with icing		40g per	x	x	x			x	
Chocolate milk		20g per			x				
Chocolate Soy Milk		19g per						x	
Coffee Cake Muffin		70g per	x	x	x		x	x	
Cookie, chocolate chip		28g per	x	x	x				
Cookie, sugar		17g per	x	x	x			x	

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Corn bake		37g, 1/2 cup			x			x	
Corn cob, mini		19g per							
Corn, canned		17g, 1/2 cup							
Cornbread		27g, 1/4 cup	x	x	x		x	x	
Cottage cheese		5g, 1/2 cup			x				
Coutons		5g, 6per	x		x				
Crackers, oyster		11g pack	x						
Croissants		26g per	x		x				
Croutons		5g, 6pieces	x		x				
Deli spirals		3 1/2g per	x		x				
Dinner rolls		32g per	x		x			x	
Donut Holes		29g, 4per	x	x	x			x	
Eggs		4g per		x					
English muffin		24g per	x						
Fettuccini		42g, 2oz	x						
Fig newtons		20g, per pkg	x		x			x	
French Dressing		9g, 2Tbsp							
French toast		24g, 2 pieces	x	x	x			x	
French toast bake		24g, 1/2 cup	x	x	x			x	
Fresh green beans		8g, cup							
Fries, Long cut		22g, 3oz							
Fries, Steak		19g, 6pieces							
Fries, Sweet Potato		18g, 3oz							
Fries, Waffle cut		38g, 10 pieces	x						
Garbanzo Beans		16g, 1/2 cup							x
Garden burger		21g per	x		x				
Gold Fish		14g per pkg	x		x			x	
Graham Crackers		23g, 8 per	x					x	
Granola bar		17g per	x		x	x	x	x	
Grapes		23g, 3/4 cup							x
Green beans, canned		4g, 1/2 cup							
Ground Beef Patty		0							

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Guacamole		3g, 2Tbsp							x
Ham		1g, 2oz							
Honey mustard		4g, 2Tbsp		x					
Hot chocolate		21g cup			x			x	
Hot dogs, beef		2g per							
Hotdog Chili Sauce		6g, 1/4 cup							
Hummus		7g, 2Tbsp						x	x
Icecream Sandwich		25g per	x		x	x	x	x	
Italian Dressing		3g, 2Tbsp							
Jelly		9g per							
Ketchup		4g, 1Tbsp							
Lasagna, cheese		28g per	x	x	x				
Lasagna, Italian sausage		25g per	x	x	x				
Lemonade		19g cup							
Macaroni and cheese		33g, cup	x		x				
Madarin Oranges		20g, 1/2 cup							x
Malibu burger		21g per	x					x	x
Marinara Sauce		9g, 1/2 cup							
Mashed potatoes		26g, 1/2 cup			x				
Meatballs		8g, 6per	x		x			x	
Meatloaf		7g, 3oz	x	x	x			x	
Milk, 1%		13g per			x				
Mini Muffins		16g per	x	x	x	x	x	x	
Nature Valley bar		29g per				x	x	x	
Oatmeal, Individual		19g per							
Orange		21g per							x
Orange juice		28g cup							
Oreos		16g, per pkg	x					x	
Pancakes		26g, 2pieces	x	x	x			x	
Pasta Salad		42g, 1/3 cup	x						
Peas and carrot mix		9g, 2/3 cup							
Penne Pasta		42g, 2oz	x						

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Peppered gravy		6g, 2 1/2 Tbsp	x		x			x	
Pineapple Tidbits		18g, 1/2 cup							x
Pizza, cheese		35g per	x		x			x	
Pizza, Pepperoni		35g per	x		x			x	
Popsicles		15g per							
Potato salad		16g, 1/2 cup		x					
Potato soup		16g cup	x		x			x	
Pretzels		12g per pkg	x						
Pulled pork		1g, 2oz							
Ranch Dressing		2g, 2Tbsp		x	x				
Refried beans		16g, 1/2 cup							
Ribs		5g, 5oz	x					x	
Rice krispie treats		28g per			x			x	
Rice, Spanish		45g, 2/3 cup							
Rice, White		36g, 1/4 cup							
Rice, Wild		44g, 2/3 cup							
Salsa		2g, 2Tbsp							
Sausage patty		1g per							
Sausage, Turkey		1g per							
Sausage, veggie		3g per	x	x	x			x	
Shell, Soft tortilla 6in ultragrain		15g per	x						
Shell, Taco corn		7g per							
Sliced Apples		7g per pkg							
Spaghetti		42g, 2oz	x						
Stuffing mix		20g, 1/2 cup	x						
Sweet N Salty Snack Mix		27g per pkg			x	x		x	
Sweet potato tots		22g, 1/3 cup							
Syrup		51g, 2oz							
Syrup, Sugar free individual		4g, per							
Taco seasoning		2g, 1.5tsp	x						
Tater tots		19g, 3oz							
Texas toast		19g per	x		x			x	

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Tomato soup		20g, 1/2 cup							
Tortellini		45g cup	x	x	x				
Turkey Bacon		1g, 2per							
Turkey Breast		1g, 2oz							
Vanilla Ice Cream Cup		19g per			x				
Vanilla Soy Milk		10g per						x	
Waffle sticks		27g, 2 sticks	x	x	x			x	
Watermelon		21g cup							x
Wheat Bread, Klosterman		18g per	x					x	
Yogurt		16g per			x				