

Food Item	Portion Size	Carb Count
Bread, Corn Muffin	1 each	30 grams
Breadstick	1.5 oz	21 grams
Graham Crackers, 3 ct.	2 packs	32 grams
Pasta Salad-HS	3/8 cup	11.82 grams
Rice, Brown	1/2 cup	35 grams
Rice, Brown w/Black Beans	1/2 cup	26.82 grams
Rice, Brown w/Brown Gravy	1/2 cup	19.82 grams
Rice, Brown w/Chix Gravy	1/2 cup	19.44 grams
Rice, Mexican	1/2 cup	16.52 grams
Roll, Honey Wheat	1 each	20 grams
Wheat Crackers, 4 packs	8 crackers	20 grams
Toast	1 slice	13 grams
Yeast Roll, homemade	2 oz.	26.1 grams
Yeast Roll, homemade	1 oz.	13.5 grams