

Bartow County School Nutrition
Fruit Carbohydrate Counts ** SY18-19

**NOTE: Carbohydrate grams may fluctuate due to product substitutions by vendor or size of fresh fruit.

Fruit:	Carbs:
Applesauce (1/2cup)	13g
Mandarin Oranges (1/2 cup)	21g
Pineapple Tidbits (1/2 cup)	21g
Peaches (1/2 cup)	14g
Pears (1/2 cup)	16g
Mandarin Orange/Pineapple Mix (1/2 cup)	20g
Fruit Cocktail (1/2 cup)	17g
Apple Crisp (1/2 cup)	21g
Peach Crisp (1/2 cup)	26g
Peach Skillet (1/2 cup)	25g
Frozen Strawberry Cups	21g
Frozen Fruit Side Kicks	20g
Fruit Pearls, Wildberry & Strawberry	9g
Raisins, Original (Individual Box)	29g
Raisins, "Raisels" Flavored (Individual Box)	35g
Suncup 100%Grape Juice (4oz)	19g
Suncup 100% Orange Juice (4oz)	14g
Suncup 100% Apple Juice (4oz)	14g
Suncup 100% Orange Pineapple Juice (4oz)	15g
100% Blueberry Juice (4oz)	16g
Red grapes, fresh (1/2 cup)	15g

Green grapes, fresh (1/2 cup)	15g
Banana, fresh (medium)	27g
Apple (medium)	20g
Cantaloupe, fresh (1/2 cup)	7g
Honeydew, fresh (1/2 cup)	8g
Orange, fresh (medium)	15g
Pear, fresh (medium)	27g
Watermelon, fresh (1/2 cup)	6g
Peach, fresh (medium)	8g
Strawberries, fresh (1/2 cup)	6g

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