

**Bartow County School Nutrition**  
**Fruit Carbohydrate Counts \*\* SY17-18**

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

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

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

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