

Bartow County School Nutrition
Fruit Carbohydrate Counts ** SY19-20

**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)	18g
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 Sidekicks	22g
Frozen Fruit Luigi's	23g
Raisins, Original (Individual Box)	29g
Raisins, "Raisels" Flavored Sour Lemon, Orange, Watermelon, Fruit Splash (Individual Box)	37g
Raisins, "Raisels" Flavored Fiesta (Individual Box)	36g
Raisins, "Raisels" Flavored Grape, Tropical (Individual Box)	29g
Raisins, "Raisels" Flavored Pineapple, Lemon (Individual Box)	28g

This institution is an equal opportunity provider.

Suncup 100% Grape Juice (4oz)	19g
Suncup 100% Orange Juice (4oz)	13g
Suncup 100% Apple Juice (4oz)	13g
Suncup 100% Orange Pineapple Juice (4oz)	14g
Apple & Eve 100% Fruit Juice, Fruit Punch	15g
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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