

Bartow County School Nutrition
Fruit Carbohydrate Counts SY20-21**

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

Fruit:	Carbs:
Applesauce (1/2cup)	13-14g
Applesauce Cups (1/2 cup) Blue Raspberry Flavor has 22g CHO	14g
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
Craisins, Strawberry Flavor	28g

This institution is an equal opportunity provider.

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
Suncup 100% Natural Fruit Punch (4oz)	14g
Apple & Eve 100% White Grape Juice (4.23 oz)	20g
Suncup 6.75 oz Juice Box – Orange Tangerine*	24g
Suncup 6.75 oz Juice Box – Very Berry*	26g
Suncup 6.75 oz Juice box – Fruit Punch*	25g
Suncup 6.75 oz Juice Box- Apple*	23g
Apple & Eve 6.75 oz Juice Box – Strawberry Kiwi*	22g
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

*The 4 oz. juice boxes may be provided with breakfast and lunch meals. The 6.75 oz juice boxes are only served at ASP or sold as Extra Sales items.