

Pediatric Carb Counting Menu

The carbohydrate counting diet is intended to calculate the amount of carbs eaten at each meal to help calculate insulin doses for those who have Diabetes. Please note the numbers next to the food items indicate the grams of carbs in each item. When nothing is listed, this item is carbohydrate free. There are no carbohydrate restrictions at meals, however ask your dietitian if you have questions about how much is a healthy amount for yourself.

Breakfast

Entrees

- **Scrambled Eggs** - Regular (1) or Low Cholesterol (1)
- **Hard Cooked Egg** (0)
- **Scrambled Tofu** (5)
- **Buttermilk Pancakes** - Regular (33) / WW (41)
- **French Toast** - Regular (15) or Whole Wheat (22)
- **French Toast Sticks** (30)
- **Create-Your-Own Burrito**
 - Tortilla** - Corn (12) / Flour (12) / WW (22)
 - Protein** - Scrambled Egg (1) / Diced Ham (1) / Beans (40)
 - Cheese** - American (0) / Swiss (1) / Cheddar (0)
 - Veggies** - Diced Tomatoes (1), / Onions (2) / Olives (2) / Mushrooms (1) / Spinach (1) / Peppers (2)
- **CYO Omelet** (1)
 - Protein** - Diced Ham (1)
 - Cheese** - American (0) / Swiss (1) / Cheddar (0)
 - Veggies** - Diced Tomatoes (1), / Onions (2) / Olives (2) / Mushrooms (1) / Spinach (1) / Peppers (2)
 - Extras** - Salsa (1) / Sour Cream (1)

Fruit

- **Apple** (18)
- **Banana** (22)
- **Orange** (16)
- **Red Grapes** (14)
- **Fresh Fruit Cup** (12)
- **Fresh Fruit Cup, no Grapes** (8)
- **Applesauce** (14)
- **Peach Slices** (14)
- **Mandarin Oranges** (12)
- **Pear Halves** (17)

Sides

- **Pork Bacon** (0)
- **Pork Sausage** (0)
- **Turkey Bacon** (0)
- **Turkey Sausage** (0)
- **Hash Brown Potatoes** (15)
- **Hot Cereal**
 - Oatmeal (24)
 - Cream of Wheat (17)
 - Grits (26)
- **Cold Cereal**
 - Cheerios (20)
 - Corn Flakes (18)
 - Rice Chex (16)
 - Raisin Bran (28)
 - Granola (23)
- **Whole Milk Yogurt**
 - Strawberry (20)
 - Vanilla (20)
- **Greek Yogurt** -
 - Strawberry (13)
 - Vanilla (11)
- **Bagel**
 - Regular (42)
 - Wheat (59)
 - Cinnamon (42)
- **Bread**
 - Whole Wheat (13)
 - White (13)
- **Blueberry Muffin** (18)
- **Whole Wheat English Muffin** (20)
- **Buttermilk Biscuit** (22)

Beverages

- **Coffee & Decaf** (0)
- **SF Hot Cocoa** (10)
- **Hot Tea & Decaf** (0)
- **1% Milk** (6)
- **Fat Free Milk** (6)
- **Whole Milk** (6)
- **Low Fat Chocolate Milk** (12)
- **Lactaid Milk** (6)
- **Soy Milk** (9)
- **Unsweet Tea** (0)
- **SF Lemonade** (0)
- **Fruit Infused Water** (0)
- **Smoothies** - Mixed Fruit (16) / Orange (40) / Strawberry-Banana-Soy (29)

Condiments

- **Salt**
- **Pepper**
- **Herb Seasoning**
- **Equal / Splenda**
- **Honey** (1)
- **Cinnamon**
- **Butter / Margarine**
- **Ketchup** (3)
- **Mustard**
- **Mayonnaise**
- **Peanut Butter** (5)
- **SF Jelly** (3)
- **Cream Cheese** (1)
- **Non-Dairy Creamer** (1)
- **Lemon Crystals** (0)
- **Salsa** (1)
- **BBQ Sauce** (3)
- **Tartar Sauce** (1)
- **Parmesan Cheese**
- **SF Syrup** (4)
- **Italian Dressing** - Reg (1) / LC (0)
- **French Dressing** - Reg (3) / LC (4)
- **Ranch Dressing** - Reg (0) / FF (2)
- **Oil & Vinegar** (0)
- **Balsamic Vinegar** (3)

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Lunch/Dinner

Entrees

- **Herb Baked Chicken Breast** (0)
- **Roast Turkey Breast** (0)
- **Crispy Baked Fish** (20)
- **Baked Breaded Chicken Tenders** (21)
- **BBQ Pulled Pork** (17)
- **Grilled Cheese** (28)
- **Cheese Quesadilla** (36)
- **Macaroni & Cheese** (36)
- **Hummus w/ Pita & Vegetables** (35)
- **Fresh Fruit Plate** (44)
- **Create Your Own Deli Sandwich**
 - Bread** - White (27) / Wheat (25)
 - Protein** - Ham (1) / Turkey (0) / Tuna Salad () / Chicken Salad (3) / PB&J (8)
 - Cheese** - American (0) / Swiss (1) / Cheddar (0) / Provolone (1)
 - Veggies** - Tomatoes (1) / Onions (2) / Green Peppers (2) / Mushrooms (1) / Leaf Lettuce (0) / Iceberg Lettuce (1) / Spinach (1)
 - Extras** - Pickles (0) / Hummus (15)
- **Create Your Own Grill Sandwich**
 - Bun** - White (26) / Wheat (26)
 - Protein** - Grilled Chicken (0) / Hamburger (0) / Turkey Burger (0) / Veggie Burger (16)
 - Cheese** - American (0) / Swiss (1) / Cheddar (0) / Provolone (1)
 - Veggies** - Tomatoes (1) / Onions (2) / Green Peppers (2) / Mushrooms (1) / Leaf Lettuce (0) / Iceberg Lettuce (1) / Spinach (1)
 - Extras** - Pickles (0) / Hummus (16) / Salsa (1) / Sour Cream (1)
- **Create Your Own Salad**
 - Protein** - Ham (1) / Turkey (0) / Chicken (0) / Egg (0)
 - Cheese** - American (0) / Swiss (1) / Cheddar (0)
 - Veggies** - Leaf Lettuce (0) / Mixed Greens (1) / Iceberg Lettuce (1) / Spinach (1) / Diced Tomatoes (1) / Onions (2) / Mushrooms (1) / Cucumbers (1) / Olives (2) / Green Peppers (2) / Carrots (2)
 - Dressings**
 - Italian - Regular (1) / Low Calorie (0)
 - French - Regular (3) / Low Calorie (0)
 - Ranch - Regular (0) / Fat Free (2)
 - Oil & Vinegar (0)
- **Create Your Own Pasta**
 - Pasta** - Spaghetti (33) / Elbow Macaroni (33) / Whole Grain Penne (24) / Cheese Tortellini (15)
 - Protein** - Meatballs (2) / Beef (0) / Chicken (0)
 - Sauce** - Red (3) / White (11) / Meat (8) Sauce
 - Cheese** - Mozzarella (1) / Parmesan (0)
- **Create Your Own Pizza** (79)
 - Cheese/Sauce** - Mozzarella (1) / Marinara (3) / Alfredo (11)
 - Toppings** - Pepperoni (0) / Onions (2) / Olives (2) / Mushrooms (1) / Green Peppers (2)
- **Create Your Own Taco**
 - Tortilla** - Corn (12) / Flour (12) / WW (32)
 - Protein** - Chicken (0) / Beef (0) / Fish (10) / Beans (40)
 - Toppings** - Cheddar (0) / Olives (2) / Tomatoes (1) / Onions (2) / Lettuce (1)
- **Create Your Own Rice Bowl**
 - Rice** - White (22) / Brown (20) Rice / Quinoa (28)
 - Protein** - Chicken (0) / Tofu (4) / Black Beans (40)
 - Veggies** - Bamboo Shoots (0) / Peas (13) / Broccoli (0) / Carrots (0) / Red Pepper (0) / Onion (0) / Celery (0) / Green Pepper (2) / Mushrooms (0) / Cabbage (0)
 - Sauce** - Stir Fry Sauce (0) / Oil (0)

Sides & Soups

- **Broccoli** (4)
- **Collard Greens** (11)
- **Corn** (18)
- **Yellow Squash** (4)
- **Green Peas** (13)
- **Sliced Carrots** (7)
- **Green Beans** (6)
- **Side Garden Salad** (2)
- **Baked French Fries** (18)
- **Baked Sweet Potato Fries** (20)
- **Macaroni & Cheese** (23)
- **Mashed Potatoes** (22)
- **Rice** - White (22) / Brown (20)
- **Quinoa** (28)
- **Black Beans** (40)
- **Gravy** - Poultry (3) / Brown (4)
- **Broth** - Beef (3) / Chicken (2) / Vegetable (2)
- **Chicken Noodle Soup** (11)
- **Garden Vegetable Soup** (7)
- **Tomato Soup** (16)

Desserts

- **Angel Food Cake** (28)
- **Fruit Crisp** (24)
- **Vanilla Wafers** (18)
- **Graham Crackers** (17)
- **Cookie** - Chocolate Chip (22) / Sugar (22) / Oatmeal Raisin (22)
- **Regular Gelatin** - Berry (18) / Citrus (18)
- **Diet Gelatin** - Berry (1) / Citrus (1)
- **Pudding** - Chocolate (26) / Vanilla (29)
- **Sugar-Free Pudding** - Chocolate (13) / Vanilla (13)
- **Lemon Fruit Ice** (20)
- **Orange Sherbet** (32)
- **Sugar Free Popsicle** (4)
- **Ice Cream** - Vanilla (16) / Chocolate (17) / Strawberry (16)

Snacks

- **Saltines** (5)
- **Baked Chips** (22)
- **Pretzels** (23)