Chicken Nugget – E,S,W (1-CHO)

Carrot – GF,V (0-CHO)

Apples – GF,V (0.5-CHO)

Ranch – E,M, VEG (0-CHO)

Ketchup – GF,VEG (.5 CHO)

Ice Cream Sandwich – M,W,S,VEG (1 CHO)

Frozen Whole Fruit Sorbet- GF, V (1 CHO)

Milk cartons – M,GF,VEG (1 CHO)

Quorn Chik’n Tenders- E, VEG (0.5 CHO)

Soy Milk-S, GF, V (1 CHO)

Applegate Naturals Gluten Free Nuggets: GF (1-CHO)

.5 CHO= 6-10g Carbohydrate

1-CHO = 11-20g Carbohydrate