

Bakery Items & Dessert Nutrient Info

Food Item	Serving Size	Carbohydrate Grams
Bread Sticks, Whole Grain	1 stick	23.59
Bread Sticks, Whole Grain, Garlic	1 stick	26.04
Bun, Hamburger, Whole Grain	1 bun	38.69
Bun, Hamburger, Gluten Free IW	1 bun	44.00
Bun, Hogie	1 bun	40.21
Bun, Hot Dog, Gluten Free IW	1 bun	35.00
Baked Roll, Gluten Free	1 roll	52.00
Cake, Birthday Chocolate	1 piece	35.97
Cake, Birthday White	1 piece	48.79
Cookies, Heart	1 each	20.90
Cookies, Tree	1 each	11.62
Cookies, Shamrock	1 each	20.90
Cornbread	1 piece	0
Cowboy Bread	1 piece	22.88
Focaccia Bread	1 piece	17.08
Hot Rolls, 1 oz	1 each	18.96
Pumpkin Pie	1 slice	25.65