

Condiments	Calories	Carbs (g)
1000 Island Dressing (1 packet) (E)	20	2
BBQ Sauce (1 packet) (SW)	35	7
French Dressing (1 packet) (E)	10	3
Honey Mustard Sauce (1 packet)	40	9
Hot Sauce (1 packet)	0	1
Italian Dressing (1 packet)	10	2
Jelly (1 packet)	35	9
Ketchup (1 packet)	10	3
Mayonnaise (1 packet) (EMS)	351	1
Mustard (1 packet)	3	0.3
Pancake Syrup	120	31
Ranch Dressing (1 packet) (M)	10	2
Salsa (1 packet)	10	2
Sour Cream (1 packet) (M)	25	4
Sweet & Sour Sauce (1 packet)	45	12
Tartar Sauce (1 packet) (ES)	50	1
Bread		
Bread	Calories	Carbs (g)
Biscuit (MW)	210	28
Garlic Toast (MSW)	100	15
Hamburger Bun (SW)	140	27
Hoagie Roll (SW)	190	39
Roll (EMSW)	160	27
Wheat Bread (1 slice) (SW)	60.5	12
Wheat Wrap (W)	170	24
Milk		
Milk	Calories	Carbs (g)
FF Chocolate Milk (M)	120	20
FF Strawberry Milk (M)	110	19
1% Milk (M)	110	13
Skim Milk (M)	90	13