

Carbohydrate Count of Common Food Items K-5/K-8

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Updated September 2017

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Food Item: Fruit and Fruit Juices and WGR Fruit Sides	Serving Size	Grams of Carbohydrates
Apple, fresh- Commodity	2 3/4" apple	~ 21 g
Apples, fresh, sliced	1/2 cup	~8 g
Apple, Slices, unsweetened, Canned – Mussleman's/Commodity	1/2 cup	~12 g
Apples, slices, unsweetened, frozen- Commodity	1/2 cup	~11 g
Applesauce, Unsweetened- Commodity	1/2 cup	~14 g
Applesauce Cups, Unsweetened – Commodity	4.5 oz cup	~14 g
Applesauce Strawberry Unsweetened- Peterson Farms ASA10014	4.5 oz cup	14 g
Blueberries, frozen- Commodity	1/2 cup	~ 9 g
Cherries, canned/frozen - Commodity	1/2 cup	~ 9 g
Cherries, dried- Commodity	1/4 cup	~ 32 g
Pear, fresh- Commodity, 100 count	2 1/2" x 3 1/2" long pear	~25 g
Pear, fresh- 120 count	1 each (120 count)	~ 18 g
Pear, fresh, sliced	1/2 cup	~11 g
Pears, Diced, Canned in Juice	1/2 cup	~ 14 g
Peaches, sliced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, frozen, Cup- Commodity	4.4 oz cup	~19 g
Peaches, sliced, frozen- Commodity	1/2 cup	~16 g
Pineapple Tidbits in Juice	1/2 cup	~15 g
Raisins- Commodity	1.33 oz box	~ 30 g
Warm Cinnamon Apples*	1/2 cup	~13 g
Watermelon Fruit Salad*	1/2 cup	~10 g
Whole Grain Apple Crisp*	1 serving	~33 g
Whole Grain Blueberry Crisp*	1 serving	~30 g
Whole Grain Peach Crisp*	1 serving	~35 g
Whole Grain Pear Crisp*	1 serving	~37 g
Gelatin Fruit Cup* (not blueberries)	1 serving	~20 g
Gelatin Fruit Cup- Blueberry*	1 serving	~12 g
Strawberry Compote (topping)	2 oz	~15 g
Blueberry Compote (topping)	2 oz	~11 g
Mixed Berry Compote (topping)	2 oz	~11 g
Apple Juice – Ardmore	4 fl oz	14 g
Fruit Punch – Ardmore	4 fl oz	14 g
Grape Juice – Ardmore	4 fl oz	18 g
Orange Juice – Ardmore	4 fl oz	12 g
Apple Juice- Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 g
Orange Juice – Ardmore	6 fl oz	20 g

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Food Item: Vegetarian Products	Serving Size	Grams of Carbohydrates
Garden Veggie Pattie- <i>MorningStar</i>	1 patty	15 g
Spicy Black Bean Burger- <i>Dr.Praegers</i>	1 patty	16 g
Chik'n Nuggets <i>MorningStar</i>	5 nuggets	~22 g
Chickenless Nuggets- <i>Dr.Praegers</i>	4 nuggets	20 g
Food Item: Potato/Sweet Potato Products/Recipes		
Sweet Potato Tots- <i>Lamb Weston L0094</i> "Roasted Sweet Potato Bites"	10 pieces (1/2 cup)	~34g
Sweet Potato Tots- <i>McCain MCF05034</i>	12 pieces (1/2 cup)	~26 g
Sweet Potato Chunks- Commodity "Roasted Sweet Potato Bites"	1/2 cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	1/2 cup	~24 g
Sweet Potato Fries- <i>McCain MCF04566</i>	1/2 cup	17 g
Maple Cinnamon Sweet Potato Fries*	1/2 cup	~20 g
Sweet Potato Waffle Fries – <i>McCain MCF05074</i>	~ 5 pieces	~23 g
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Patties- <i>McCain Ore-Ida OIF00589A</i>	2 pieces	31 g
Smile Fries- <i>McCain OIF03456</i>	4 pieces (1/2 cup)	20 g
Potato Wedges- <i>Lamb Weston Q80</i>	1/2 cup	~18 g
Potato Wedges- <i>McCain OIF00024A</i>	1/2 cup	~15 g
Seasoned Potato Wedges*	1/2 cup	~18 g/ ~15 g
Crinkle Cut French Fries- <i>Lamb Weston RR41</i>	1/2 cup	~17 g
Crinkle Cut French Fries- <i>McCain SNO63</i>	1/2 cup	~14 g
Spiral French Fries- <i>McCain 1000004108</i>	1/2 cup	~17 g
Straight Cut Fry- <i>Lamb Weston SP04</i>	1/2 cup	~14 g
Straight Cut Fry- <i>McCain GFR40</i>	1/2 cup	~13 g
Battered French Fries- <i>McCain MCX04717</i>	1/2 cup	~20 g
Mashed Potatoes- <i>Basic American Foods 3677739</i>	1/2 cup	~15 g
with Gravy	2 oz Gravy	~3 g
Confetti Fries (1/4 cup Crinkle Cut French Fries- <i>McCain SNO63</i> and 1/4 cup Sweet Potato Fries- <i>McCain MCF04566</i>)	1/2 cup	~16 g
Food Item: Vegetables	Serving Size	Grams of Carbohydrates
Honey Glazed Carrots*	1/2 cup	~13 g
Maple Cinnamon Carrots*	1/2 cup	~8 g
Baby Carrot Packs – <i>Grimmway Farms</i>	1 package (2.6 oz)	7 g
Broccoli Italiano*	1/2 cup	~5 g
Baked Beans, Vegetarian	1/2 cup	~20 g
BBQ Baked Beans	1/2 cup	~26 g
Sautéed Broccoli*	1/2 cup	~5 g

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Food Item: Chicken Products		
All Chicken Products below are served with a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) or ¾ Cup Pasta / Buttered Noodles (~30 g) or ¾ Cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~32 g/~30 g/~39 g) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
	Serving Size	Grams of Carbohydrates
Nuggets		
Chicken Nuggets / Boneless Wings Tyson 70362-928 WGR	5 nuggets	13 g
Chicken Nuggets- Chicken Breast Chunk Fritters- Spare Time #07436D	3 oz serving	12 g check with manager if they are using this product
Popcorn Chicken		
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	16 g
Popcorn Chicken- # 06755D	5.25 oz serving	~35 g – check with manager if they are using this product
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	12 pieces	16 g
Tenders		
Chicken Tenders - Tyson 70332-928 WGR	3 tenders	12 g
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
Sticks		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
Grilled or Roasted Chicken		
BBQ Grilled Chicken*	1 each	~7 g
BBQ Roasted Chicken* (breast & wing or thigh & drumstick)	1 serving	~5 g
Roast Chicken	1 serving	0 g
Baked Chicken: Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
All Chicken Products below are served on a 1.8/ 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) or 10" WW Wrap (29 g) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
Crispy Chicken Patty - Tyson 70302-928 WGR	1 each	9 g
Crispy Chicken Patty- House of Raeford #07225D	1 each	20 g check with manager if they are using this product
Crispy Chicken Patty Tyson 02154-928	1 each	15 g check with manager if they are using this product
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g

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Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
<i>Meatball Parm Sub</i>		
WW 5" Hero Roll- will vary by manufacturer	1- 5" Hero	
Chicken Meatballs- Tyson 19777-328	2 each	4 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~5 g
<i>Soft Flour Chicken Taco with White or Brown Rice</i>		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	1/2 cup	~22g/~21 g/~27 g
<i>Hard Chicken Tacos with White or Brown Rice</i>		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
WG Corn Taco Shells- Mission 7381	2 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~22g/~21 g/~27 g
<i>Chicken Nacho Platter with Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice & Beans*</i>	1/2 cup	~20 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
OR		
<i>Chicken Nacho Platter with <u>NO</u> Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
<i>Chicken Caesar Salad</i>		
1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1.8 oz Dinner Roll	
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g
<i>Chicken Caesar Salad Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g

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Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
<i>Crispy Chicken Salad</i>		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
OR		
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
OR		
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	
with		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
OR		
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
OR		
1 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 oz	
<i>Teriyaki Chicken & Rice</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Teriyaki Sauce- <i>JTM 73470</i>	~ 3 Tbsp	~20 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<i>Sweet & Sour Diced Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<i>Sweet & Sour Popcorn Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
<i>Chicken Fajita Wrap</i>		
10" WGR Wrap- <i>Mission 33825</i>	1 each	29 g
<i>Chicken Fajita Pita</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- <i>Grecian Delight</i>	2 tbsp	2 g

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<i>Sweet & Sour PINEAPPLE Diced Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
<i>Sweet & Sour PINEAPPLE Popcorn Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Pineapple Tidbits	¼ cup	~7.5 g
<i>Fiesta Chicken Nacho Platter with NO Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Fajita Chicken-USDA	2.55 oz	~1 g
<i>OR Fiesta Chicken Nacho Platter with Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
Rice & Beans*	½ cup	~20 g
<i>Grilled BBQ Chicken Sandwich</i>		
BBQ Grilled Chicken*	1 each	~7 g
OR		
BBQ Grilled Chicken #07443D	4.25 oz	~8.5 g check with manager if they are using this product
1.8 oz Bun (grams of carbohydrates will vary by manufacturer)	1.8 oz	
<i>Grilled Chicken Club on a Roll</i>		
WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken - <i>Tyson 70320-928</i>	1 each	2 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<i>Scoop A Bowl- Fajita Chicken</i>		
Tostitos Oven Baked Scoops(.875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Fajita Chicken-USDA	2.55 oz	~1 g

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<i>Scoop A Bowl- Chicken Taco</i>		
Tostitos Oven Baked Scoops (.875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<i>Chicken Ranchero Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Grilled Chicken Patty- <i>Tyson 70320-928</i> <i>or</i> Fajita Chicken <i>or</i> Diced Chicken	1 each	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing KE708	1 tbsp	1 g
Salsa	1 oz.	2 g
<i>Walking Chicken Nachos</i>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Ground Chicken Crumbles - <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<i>Dipper Day – Chicken Sticks with Waffle Sticks</i>		
WG Chicken Fries (Sticks)- <i>Tyson 70367-928</i>	8 pieces	16 g
Waffle Sticks- <i>ConAgra #8615140333 (see page 16 for "Breakfast for Lunch" serving size)</i>	2 sticks	~19 g
<i>Chicken Parmesan Hero</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~5 g
<i>Chicken Gyro Pita</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- <i>Grecian Delight</i>	2 tbsp	2 g
<i>Baked Chicken with Stuffing & Gravy</i>		
Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
Bread Stuffing*	½ cup	~26 g
Gravy- <i>Monarch</i>	2 oz	~3 g

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<i>Deli Sandwiches</i> – served on WW Bread (0.9 oz slice- grams of carbohydrates will vary by manufacturer) OR WW Kaiser (1.8 oz- grams of carbohydrates will vary by manufacturer) OR 10" WGR Wrap (29 grams) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
<i>Chicken Salad*</i>	½ cup	~3 g
<i>Waldorf Chicken Salad*</i>	½ cup	~6 g
<i>Tuna Salad*</i>	½ cup	~4 g
<i>Egg Salad*</i>	1/3 cup	~2 g
Beef/Turkey Bologna- <i>StonyCreek 3345</i>	2 oz	4 g
Roast Beef- <i>Berks 6185</i>	2 oz	1 g
Deli Ham- <i>Berks 5194</i>	2 oz	1 g
Deli Turkey Ham- <i>Jennie-O 8028</i>	3.58 oz	1 g
Salami- <i>Berks 3212</i>	0.5 oz	0 g
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	2 g
<i>Turkey Ranchero Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - <i>Jennie-O 835402</i>	3 oz	~1.5 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<i>Ham & Cheese Melt on Pretzel Bun or Sandwich</i>		
Deli Ham- <i>Berks 5194</i>	2 oz	1 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
OR		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
<i>Turkey Club on a Roll</i>		
<i>WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	2 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<i>Grilled Cheese Sandwich or Wedges or Sticks</i>		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
<i>Egg & Cheese on a Bun or Pretzel Bun</i>		
Egg Patty- <i>Papettis 46025-85017</i>	1 each	1 g
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
OR		
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g

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Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
Mini Cheese Ravioli		
Mini Cheese Ravioli- <i>Tasty Brands 00834WG</i>	7 each	15 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~7 g
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
OR		
Garlic WG Bread Stick* <i>Bake Crafters 5011</i>	1 each	14 g
Pasta with Chicken & Broccoli*		
	2- 6 oz spoodles	~49 g
Breakdown: (WW Pasta – 1cup (~42 g), Broccoli-1/2 cup (~2.5 g), rest of the carbs from Milk, Mozz Cheese & Flour)		
Pasta with Meatballs		
WW Pasta	¾ cup	~30 g
Chicken Meatballs- <i>Tyson 19777-328</i>	3 each	6 g
Marinara Sauce- <i>Red Gold</i>	4 oz (1/2 cup)	9 g
Macaroni & Cheese- Land o Lakes or JTM		
WGR Macaroni & Cheese- <i>Land O Lakes 432777</i>	2/3 cup	31 g
OR		
WGR Macaroni & Cheese <i>JTM 5765</i>	2/3 cup	30g
WITH		
<i>Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)</i>		
OR		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
Macaroni & Cheese- Scratch		
*WGR Macaroni & Cheese	2/3 cup	~23 g
<i>Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)</i>		
OR		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
Pasta with Meat Sauce*		
WW Pasta	¾ cup	~30 g
Meat Sauce *	2/3 cup	~6 g
Vegetable Pasta Salad* (Side Dish)		
	1 cup	~24 g

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All Beef Products below are served on a 1.8/2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Beef Patty- <i>AdvancePierre</i>	1 each	0 g
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese	1 each	~1 g
All Beef Products below are served on a 1.75 or 1.8 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
<i>Beef Nacho Platter with Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice & Beans*</i>	½ cup	~20 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739</i>	2 oz	Less than 1 g
OR		
<i>Beef Nacho Platter with NO Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739</i>	2 oz	Less than 1 g
<i>Hard Beef Tacos with White or Brown Rice</i>		
Beef Crumbles- <i>Advance Pierre 9737 or 9739</i>	2 oz	Less than 1 g
WG Corn Taco Shells- <i>Mission 07381</i>	2 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
<i>Soft Flour Beef Taco with White or Brown Rice</i>		
Beef Crumbles- <i>Advance Pierre 9737 or 9739</i>	2 oz	Less than 1 g
6" Soft WGR Flour Tortilla- <i>Mission 33822</i>	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
<i>Philly Cheesesteak Hero</i>		
Beef Philly Steak- <i>JTM 5813CE</i>	2.15 oz	~2 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<i>Steak Calzone - Giorgio</i>		
	1 each	28 g

Carbohydrate Count of Common Food Items K-5/K-8

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Updated September 2017

Food Item: Beef Recipes Continued	Serving Size	Grams of Carbohydrates
<i>Smokey BBQ Rib Sandwich</i>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre	1 each	9 g
<i>Scoop A Bowl- Beef Taco</i>		
Tostitos Oven Baked Scoops(.875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Beef Crumbles- Advance Pierre 9737 or 9739	2 oz	Less than 1 g
<i>Walking Beef Nachos</i>		
Nacho Cheese Doritos- RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Beef Crumbles- Advance Pierre 9737 or 9739	2 oz	Less than 1 g
<i>Loaded Texas Wedges with Chili & Cheese</i>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Potato Wedges- Lamb Weston Q80	1/2 cup	~18 g
OR		
Potato Wedges- McCain OIF00024A	½ cup	~15 g
<i>Beef BBQ Burger on a Bun</i>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- Advance Pierre	1 each	0 g
BBQ Sauce	1 Tbsp	~5 g
<i>Bacon Cheddar Burger on a Bun</i>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<i>Hot Dog on a Bun with Chili</i>		
Chili Con Carne with Beans*	¼ cup	~3 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
1.75 or 1.8 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<i>Roast Beef French Dip Sandwich</i>		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Roast Beef- Berks 6185	2 oz	1 g
Beef Gravy- Knorr's #84129492	3 oz	~7 g

Carbohydrate Count of Common Food Items K-5/K-8

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Food Item: Bags & Platters	Serving Size	Grams of Carbohydrates
<i>Bagel Bag</i>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
<i>Cereal Bag</i>		
Heartzels Pretzels Rold Gold	1 package	15 g
Cereal Bowl, Ready to Eat	1 oz	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) & 1 oz Cheese Stick	4 oz / 1 oz	grams of carb will vary/ 1g
<i>Yogurt Bag</i>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
<i>Fruit & Cheese Platter</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
<i>Hummus Platter</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
Sabra Hummus (Sesame) or Sesame Free Hummus*	4 oz	~16 g
<i>Yogurt & Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt</i>		
Cinnamon Granola- MOM Brands 100-42400-07485-1	½ cup	~34 grams
Low Fat Vanilla Yogurt- General Mills 70470 16632	8 oz	~39 grams
Fruit of the Day	½ cup	grams of carb will vary
<i>Muffin Meal Bag</i>		
WGR Muffin- Bake Crafters (see: Pancakes, Muffins, Waffles section)	4 oz (1 each)	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) & 1 oz Cheese Stick	4 oz /1 oz	grams of carb will vary/ 1g
OR (2) 1 oz Cheese Stick	2 (1 oz each)	~2 g

Carbohydrate Count of Common Food Items K-5/K-8

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Updated September 2017

Food Item: Quesadilla- Check with Cafeteria if they make purchase or make in-house		
WG Chicken & Cheese Quesadilla Pizza- <i>The Max</i> 127006	1 each	37 g
WG Pizza Cheese Quesadilla- <i>The Max</i> 126993	1 each	40 g
WG Chicken & Cheese Quesadilla*		
10" WGR Wrap- Mission 33825	1 each	29 g
WG Cheese Quesadilla*		
10" WGR Wrap- Mission 33825	1 each	29 g
Food Item: Turkey		
All Turkey Products below are served on a 1.8 oz or 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Turkey Hot Dog- <i>Kunzler</i> 1079	1 each	1 g
Food Item: Turkey		
	Serving Size	Grams of Carbohydrates
Pretzel Dog - <i>Kunzler</i> 1113	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
Roast Turkey with Gravy & Soft Roll or Stuffing		
a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
OR		
Bread Stuffing*	½ cup	26 g
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
Turkey, Open Faced Sandwich		
WW Bread (0.9 oz slice- grams of carbohydrates will vary by manufacturer)	2 slices	
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
Turkey Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
Rice & Beans*	½ cup	~20 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
OR		
Turkey Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
Turkey French Dip Sandwich		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
Deli Turkey - <i>Jennie-O</i> 835402	3.86 oz	2 g

Carbohydrate Count of Common Food Items K-5/K-8

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Bread Vendors: Anthony & Sons, Pechters, or Morabito		
please check with your cafeteria manager for the vendor your school uses		
Anthony & Sons	Serving Size	Grams of Carbohydrates
WW Junior Dinner Roll -#623	1.8 oz Roll	22 g
WW Hamburger Bun -#122	2 oz Bun	27 g
WG White Hamburger Bun -#466	2 oz Bun	29 g
WG White Hot Dog Bun -#311	2 oz Bun	28 g
WW Hot Dog Bun-#145	1.8 oz Bun	23 g
WW Ultragrain Bread -#523	2 (0.9 oz) Slices	20 g
WW 5" Hero -#307	2 oz Hero	25 g
WW Small Kaiser #306	1.8 oz Roll	22 g
WW Split Top Dinner Roll (small) #514	1 oz Roll	16 g
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
Pechters		
WG Dinner Roll -#7002	1.8 oz Roll	24 g
WW Hamburger Bun -#346	1.8 oz Bun	23 g
WG White Wheat Hamburger Bun-#7506	2 oz Bun	26 g
WG White Wheat Hot Dog Bun-#5405	2 oz Bun	26 g
WG Hot Dog Bun-#0313	1.8 oz Bun	23 g
WG Bread-#7989	2 (0.9 oz) Slices	22 g
WG White Bread-#7500	2 (1 oz) Slices	26 g
WW 5" Hero -#7961	2 oz Hero	25 g
WW Small Kaiser #197	1.8 oz Roll	25 g
WW Dinner Roll (small) #0445	1 oz Roll	17 g
WW Pita #0432 or Toasted Pita Wedges*	2 oz Pita	30 g
Morabito		
WG Dinner Roll #290	2 oz	26 g
WW Hamburger Bun -#84	1.8 oz	22 g
WG Hot Dog Bun-#590	1.8 oz	22 g
WG Bread-#28	2 (1 oz) Slices	34 g
WW 5" Hero -#591	2 oz	32 g
WG Small Kaiser #505	1.8 oz	30 g
WG Small Dinner Roll #60	1 oz	14 g
WW Pita #159 or Toasted Pita Wedges*	2 oz Pita	30 g
Food Item: Breads/Stuffing/Rice Dishes		
	Serving Size	Grams of Carbohydrates
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
English Muffin, WG, 2 oz- BakeCrafters#802	1 each	24 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g

Carbohydrate Count of Common Food Items K-5/K-8

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Food Item: Breads/Stuffing/Rice Dishes	Serving Size	Grams of Carbohydrates
Garlic / Herbed WG Bread Stick*- <i>BakeCrafters#5011</i>	1 each- 1 oz	14 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
WGR Garlic Bread *- HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor	½ of 5" Hero	
Bread Stuffing*	½ cup	26 g
Gravy- <i>Monarch</i>	2 oz	~3 g
Confetti Rice (Rice & Veggies) *	1 cup	~40 g
Food Item: Pancakes, Muffins, Waffles, French Toast		
	Serving Size	Grams of Carbohydrates
WW French Toast Sticks - <i>Pappettis 46025-75016</i>	3 sticks	23 g
WW French Toast Cin. Slice- <i>Michaels 46025-75014</i>	1 slice	~25 g
WW Mini Cinnamon French Toast- <i>Pillsbury</i>	1 package	37 g
WW Mini Triple Berry French Toast- <i>Pillsbury</i>	1 package	37g
Whole Wheat Waffles- <i>Aunt Jemima</i>	2 waffles	~32 g
Whole Grain Waffles- <i>Right Start RS9201WE</i>	2 waffles	~24 g
Whole Wheat Cinnamon Mini Waffles <i>Eggo</i>	1 package	35 g
Whole Wheat Maple Mini Waffles <i>Eggo</i>	1 package	35 g
Whole Wheat Waffle Sticks <i>ConAgra (This serving size is for Breakfast for Lunch Day, see Dipper Day serving size on page 7)</i>	3 sticks	~29 g
Whole Wheat Pancakes (<i>Buttermilk</i>) <i>Aunt Jemima</i>	2 pancakes	~27 g
Whole Grain Pancakes- <i>Commodity</i>	2 pancakes	~26 g
Whole Grain Pancakes <i>Right Start RS7245</i>	2 pancakes	~32 g
Whole Wheat Blueberry Mini Pancakes <i>Eggo</i>	1 package	35 g
Whole Wheat Maple Mini Pancakes <i>Eggo</i>	1 package	35 g
2 oz Muffins		
Apple Cinnamon Muffin - <i>Bake Crafters 1203</i>	2 oz muffin	26 g
Blueberry Muffin - <i>Bake Crafters 1201</i>	2 oz muffin	26 g
Chocolate Chip Muffin - <i>Bake Crafters 1204</i>	2 oz muffin	28 g
Banana Muffin- <i>Bake Crafters 1202</i>	2 oz muffin	28 g
4 oz Muffins		
Banana Muffin - <i>Bake Crafters 1324</i>	4 oz muffin	55 g
Blueberry Muffin - <i>Bake Crafters 1314</i>	4 oz muffin	51 g
Chocolate Chip Muffin - <i>Bake Crafters 1392</i>	4 oz muffin	56 g
Chocolate Chocolate Chip - <i>Bake Crafters 1392</i>	4 oz muffin	53 g

Carbohydrate Count of Common Food Items K-5/K-8

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Food Items: Peanut Butter	Serving Size	Grams of Carbohydrates
Peanut Butter & Jelly- <i>Jamwich 92123</i>	2 packages	68 g
Peanut Butter- Commodity	2 TBSP / 4 TBSP	~ 8 g / 16 g
Food Items: Pizza	Serving Size	Grams of Carbohydrates
WW Pizzeria Style Pizza (NY Style) - <i>Nardones 16WPS2</i>	1 slice	29 g
Bella's Pizzeria Style Pizza (NY Style) <i>Nardones 16BWFC</i>	1 slice	30 g
WW Wedge Cheese Pizza- <i>Nardones 96 WWED2</i>	1 slice	30 g
4x6 WW Cheese Pizza - <i>Nardones 96WW2</i>	1 each	30 g
Bella's 4x6 WW Cheese Pizza - <i>Nardones 96BWW2</i>	1 each	30 g
6" WW Personal Pan Pizza - <i>Nardones 625WRM2</i>	1 each	31 g
WW "Deep Dish Pizza" 5" Personal Pan - <i>Nardones 5WRMNY2</i>	1 each	33 g
WW French Bread Pizza - <i>Nardones 60WUM2</i>	1 each	33 g
WW Stuffed Crust Pizza - <i>Gilardi 16272 20113</i>	1 each	33 g
WGR Domino's Smart Pizza	1 each	29 g
Papa John's Pizza Slice – WGR	1 each	39 g
Mini Pizza Bagels- <i>Tasty Brands 52222</i>	4 each	24 g
WW Turkey Pepperoni Pizza 4 x 6 (Pepperoni Pizza) <i>Nardones 96WWTP 4x6</i>	1 each	30 g
WW Pizza Sticks (Twisted Cheesy Breadsticks <i>Tasty Brands 62001</i>	2 each	34 g
WW Mozzarella Sticks - <i>Giorgio's</i>	6 each	36 g
<i>Mini Pepperoni or Cheese Calzones with Marinara*</i>		
Mini Pepperoni or Cheese Calzones-Giorgio's	3 pieces	34 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~5 g
<i>Garlic French Bread Pizza with Marinara</i>		
Garlic French Bread Pizza- <i>Nardones 60WGUM2</i>	1 each	29 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~5 g
WW Ranchero Pizza <i>Nardones 60WUM2</i>	1 each	30 g
with Ranch Dressing	1 tbsp	~3 g

Carbohydrate Count of Common Food Items K-5/K-8

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Food Items: Condiments	Serving Size	Grams of Carbohydrates
Check with your Cafeteria Manager the Brand/ Portion of Condiments used		
Cream Cheese, FF- Schreiber	1 pc container	~3 g
Cream Cheese- Schreiber	1 pc container	2 g
Jelly, Grape - Heinz	1 tbsp	13 g
Ketchup Packet (9 g)- Red Gold	1 packet	2 g
Ketchup- (9 g)- Heinz	1 packet	3 g
Ketchup (17 g)- Red Gold	1 TBSP	4 g
Ketchup- (17 g)- Heinz	1 TBSP	5 g
Mayo, Reduced Calorie- Kens	1 tbsp	1 g
Mayo, PC- Americana	1 packet	1 g
BBQ Sauce- Kens K0849	2 tbsp	10 g
Salsa, Mild- Red Gold	2 tbsp	2 g
Salsa, Chunky- USDA	2 tbsp	2 g
Sour Cream- Glenview Farms	2 tbsp	2 g
Sweet & Sour Sauce- Minh	2 tbsp	11 g
Syrup, Pancake- Americana	1.5 oz	31 g

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Salad Dressing Bottles	Serving Size	Grams of Carbohydrates
Caesar Dressing		
Light Caesar Dressing- <i>Kens KE0808</i>	2 tbsp	3 g
Creamy Caesar Dressing- <i>Kens KE0670ZY</i>	2 tbsp	1 g
Italian Dressing		
Light Italian Dressing- <i>Kens</i>	2 tbsp	2 g
Low Calorie Italian Dressing <i>Kens KE0601ZY</i>	2 tbsp	3 g
Ranch Dressing		
Light Ranch Dressing- <i>Kens</i>	2 tbsp	2 g
Salad Dressing PC's		
Caesar Dressing		
Light Caesar Dressing PC- <i>Cains</i>	1.5 oz	7 g
French Dressing		
Low Calorie French Dressing, PC- Americana	12 g packet	1 g
Italian Dressing		
Golden Italian Dressing, PC- <i>Kens</i>	1.5 oz	4 g
Fat Free Italian Dressing, PC- <i>Kens</i>	1.5 oz	5 g
Low Calories Italian Dressing, PC- <i>Heinz</i>	12 g packet	1 g
Ranch Dressing		
Light Ranch Dressing, PC- <i>Kens</i>	1.5 oz	7 g
Buttermilk Ranch Dressing PC- <i>Kens</i>	1.5 oz	2 g
Light Ranch Dressing, PC- Americana	12 g packet	3 g

Carbohydrate Count of Common Food Items K-5/K-8

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Food Items: Sorbet		
100% Blue Raspberry Sorbet- Luigi'#48443	4.4 fl oz	19 g
100% Watermelon Sours Sorbet- Luigi's# 48450	4.4 fl oz	20 g
100% Orange Juice Fruit Sorbet- Luigi's #48441	4.4 fl oz	19 g
100% Frozen Juice Sorbet Kiwi Strawberry-Luigi's #48445	4.4 fl oz	18 g
Food Items: Cookies		
Fortune Cookie	1 each	~4 g
Food Items: Pudding		
Chocolate Pudding- Bay Valley 798 7345	½ cup	28 g
Food Items: Soups		
Lentil Soup*	1 cup	~20 g
Minestrone Soup*	1 cup	~17 g
Minestrone Soup – <i>Campbells, prepared according to package</i>	8 oz (1 cup)	14 g
Pasta Fagiolo Soup*- Vegetable	1 cup	~25 g
Tomato Soup – <i>Campbells, prepared according to package</i>	8 oz (1 cup)	20 g
Chicken Noodle Soup*	1 cup	~24 g
Pasta Fagiolo Soup with Chicken*	1 cup	~27 g
Chicken & Rice Soup*	1 cup	~22 g
Veggie Tortilla Soup with crushed tortilla chips*	1 cup	~30 g