

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

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"Approximately" will be shown as the symbol: ~

Updated January 2018

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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 | 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 (Strawberry Applesauce) | 4.5 oz cup | 14 g |
| Warm Cinnamon Apples* | 1/2 cup | ~15 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 |
| Fruit Cocktail- Commodity | 1/2 cup | ~15 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 |
| 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 |
| Emoji Fries (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: Vegetables | Serving Size | Grams of Carbohydrates |
|---|---------------|------------------------|
| Warm Cheesy Broccoli* | ½ cup | ~5 g |
| Sautéed Spinach* | ½ cup | ~5 g |
| Corn Cobette (3")- <i>Simplot</i> | 1 each/2 each | 19 g/ 38 g |
| Corn Medley* | ½ cup | ~14 g |
| Corn, Steamed | ½ cup | ~15 g |
| Roasted Vegetables*(zucchini, yellow squash, red bell pepper, red onion, seasoning) | ½ cup | ~3 g |
| Tex-Mex Green Beans* | ½ cup | ~7 g |
| Sautéed Green Beans* | ½ cup | ~4 g |
| Green Beans Italiano* | ½ cup | ~4 g |
| Stir Fry Vegetables* | ½ cup | ~12 g |
| <i>Vegetable Pasta Salad* (Side Dish)</i> | 1 cup | ~24 g |
| Food Item: Veggie Salads | | |
| Black Bean and Corn Salad* | 2/3 c | ~25 g |
| Cannellini Bean Salad* | 2/3 c | ~21 g |
| Chickpea Salad* | 2/3 c | ~19 g |
| Lentil Salad* | ¾ c | ~22 g |
| Spicy Black Bean Salad* | ½ c | ~24 g |
| Three Bean Salad* | ½ c | ~21 g |
| Carrot Raisin Salad* | ¾ cup | ~19 g |
| Creamy Cole Slaw* | ½ c | ~8 g |
| Country Slaw* | ½ c | ~5 g |
| Creamy Cucumber Salad* | 2/3 c | ~8 g |
| Cucumber, Tomato & Onion Salad* with Basil | ¾ c | ~5 g |
| Southwestern Corn or Fiesta Corn* | ½ c | ~18 g |
| Corn Salad* | 2/3 c | ~17 g |
| Green Bean Salad* | 2/3 c | ~4.5 g |
| Italian House Salad* with no dressing | 1 portion | ~5 g |
| Tomato Salad* | ½ cup | ~4.5 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 | 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 |
| Chicken Nuggets- Chicken Breast Chunk Fritters- Spare Time #07444D | 3 oz serving | 11 g check with manager if they are using this product |
| Chicken Nuggets- Homestyle Breast Chunks #08162D | 6 oz serving | 22 g check with manager if they are using this product |
| Popcorn Chicken | | |
| Popcorn Chicken- Tyson 70368-928 WGR | 12 pieces | 16 g |
| Popcorn Chicken- # 08125D | 13 pieces | 19 g – check with manager if they are using this product |
| 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 |
| Chicken Tenders #07637D/07437D | 3 oz | 12 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 |
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| 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 |
| Crispy Chicken Patty- Advance Pierre #08170D | 1 each | ~11 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 |
| Food Item: Chicken Recipes | Serving Size | Grams of Carbohydrates |
| Meatball Parm Sub | | |
| 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) | ~4 g |
| Soft Flour Chicken Taco with White or Brown Rice | | |
| 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 |
| Hard Chicken Tacos with White or Brown Rice | | |
| 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 |
| Chicken Nacho Platter with Rice & Beans | | |
| WGR Corn Tortilla Chips Tostitos | 13 each | 20 g |
| Rice & Beans* | 1/2 cup | ~20 g |
| Ground Chicken Crumbles- Tyson 19957-328 | 2.25 oz | 2.25 g |
| OR | | |
| Chicken Nacho Platter with NO Rice & Beans | | |
| WGR Corn Tortilla Chips Tostitos | 16 each | ~24 g |
| Ground Chicken Crumbles- Tyson 19957-328 | 2.25 oz | 2.25 g |

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| Food Item: Chicken Recipes Continued | Serving Size | Grams of Carbohydrates |
|---|---|------------------------|
| <i>Chicken Caesar Salad</i> | | |
| 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) | 1.8 oz Dinner Roll | |
| Diced Chicken- <i>Tyson 22830-928</i> | 2.3 oz | 0 g |
| Light Caesar Dressing- <i>Kens KE0808</i> | 1 oz (2 TBSP) | 3 g |
| <i>Chicken Caesar Salad Wrap</i> | | |
| 10" WGR Wrap- <i>Mission 33825</i> | 1 each | 29 g |
| Diced Chicken- <i>Tyson 22830-928</i> | 2.3 oz | 0 g |
| Light Caesar Dressing- <i>Kens KE0808</i> | 1 oz (2 TBSP) | 3 g |
| <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 |
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|--|---|--|
| <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- Mission 33825 | 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 |
| <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> | | |
| <i>BBQ Grilled Chicken*</i> | 1 each | ~7 g |
| OR | | |
| BBQ Grilled Chicken #07443D/07579 | 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 | |

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|--|--|------------------------|
| Grilled Chicken Club on a Roll | | |
| WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer) | 1 each | |
| Grilled Chicken - Tyson 70320-928 | 1 each | 2 g |
| Turkey Bacon - Jennie-O 2711-06 | 1 slice | 0 g |
| Scoop A Bowl- Fajita Chicken | | |
| 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 |
| Fajita Chicken-USDA | 2.55 oz | ~1 g |
| Scoop A Bowl- Chicken Taco | | |
| 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 |
| Ground Chicken Crumbles- Tyson 19957-328 | 2.25 oz | 2.25 g |
| Chicken Ranchero Wrap | | |
| 10" WGR Wrap- Mission 33825 | 1 each | 29 g |
| Grilled Chicken Patty- Tyson 70320-928 <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 |
| Walking Chicken Nachos | | |
| 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 - Tyson 19957-328 | 2.25 oz | 2.25 g |
| Dipper Day – Chicken Sticks with Waffle Sticks | | |
| WG Chicken Fries (Sticks)- Tyson 70367-928 | 8 pieces | 16 g |
| Waffle Sticks- ConAgra #8615140333 (see page 16 for "Breakfast for Lunch" serving size) | 2 sticks | ~19 g |
| Chicken Parmesan Hero | | |
| 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- Red Gold | 2 oz (1/4 cup) | ~4 g |

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| Chicken Gyro Pita | | |
| 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 |
| Baked Chicken with Stuffing & Gravy | | |
| 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 |
| Cheesy Chicken Flatbread with Ranch Dressing | | |
| Flatbread WGR – <i>Rich's 14010</i> | 1 each | 28 g |
| Light Ranch Dressing | 1 tbsp | 1 g |
| Strawberry Fields Chicken Salad | | |
| Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples* | 1 portion | ~10 g |
| WITH | | |
| Diced Chicken- <i>Tyson 22830-928</i> | 2.3 oz | 0 g |
| OR | | |
| Crispy Chicken Patty WGR Breading- <i>Tyson 70302-928</i> | 1 each | 9 g |
| Served with: | | |
| Toasted Pita Wedges- grams of carbohydrates will vary by manufacturer | 1 each | |
| OR | | |
| a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) | 1 each | |
| Crispy Chicken BLT on a Croissant or Roll | | |
| Crispy Chicken Patty | See page 4- confirm with manager which manufacturer they are using | |
| WG Croissant Roll- <i>Hadley Farms 139</i> | 1 each | 26 g |
| OR | | |
| a 1.8 oz Kaiser (grams of carbohydrates will vary by manufacturer) | 1 each | |
| Chicken Fried Rice* | | |
| | 1 ¾ cups | ~62 g |
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Carbohydrate Count of Common Food Items K-5/K-8

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"Approximately" will be shown as the symbol: ~

Updated January 2018

| <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 |

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

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Updated January 2018

| Deli Sandwiches- Continued | Serving Size | Grams of Carbohydrates |
|--|--------------|------------------------|
| <i>Grilled Cheese on a Pretzel Bun</i> | | |
| WG Pretzel Bun- <i>SuperPretzel 7051</i> | 1 each | 29 g |
| <i>Sausage & Cheese on a Croissant Roll</i> | | |
| WG Croissant Roll- <i>Hadley Farms 139</i> | 1 each | 26 g |
| <i>Bacon Egg & Cheese on an English Muffin</i> | | |
| English Muffin, WG, 2 oz- <i>BakeCrafters#802</i> | 1 each | 24 g |
| <i>Ham, Egg, & Cheese on a Roll</i> | | |
| Egg Patty- <i>Papettis 46025-85017</i> | 1 each | 1 g |
| <i>WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)</i> | 1 each | |
| Deli Ham- <i>Berks 5194</i> | ½ oz | 0 g |
| <i>Turkey & Cheese on a Croissant Sub Roll</i> | | |
| WG Croissant Sub Roll- <i>Hadley Farms 1023</i> | 1 each | 27 g |
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Carbohydrate Count of Common Food Items K-5/K-8

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Updated January 2018

| 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- Red Gold | 3 oz | ~6 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 Alfredo with Chicken & Broccoli | | |
| WW Pasta | 1 cup | ~40 g |
| Alfredo Sauce- <i>JTM 5722</i> | ~2.5 oz | ~7g |
| Broccoli | ½ cup | ~5 g |
| Diced Chicken- <i>Tyson 22830-928</i> | 1.15 oz | 0 g |
| Pasta with Meatballs | | |
| WW Pasta | ¾ cup | ~30 g |
| Chicken Meatballs- <i>Tyson 19777-328</i> | 3 each | 6 g |
| Marinara Sauce- Red Gold | 4 oz (1/2 cup) | 8 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 |
| Cheeseburger Macaroni & Cheese | | |
| Cheeseburger Mac & Cheese | | |
| *Cheeseburger Macaroni & Cheese | 2/3 cup | ~22 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 |

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

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Updated January 2018

| Food Item: Pasta Dishes | Serving Size | Grams of Carbohydrates |
|--|-----------------------|-------------------------------|
| <i>Baked Ziti with Mozzarella Cheese*</i> | 1 ½ cups | ~51 g |
| Jumbo Cheese Ravioli with Marinara Sauce | | |
| Jumbo Cheese Ravioli- <i>Tasty Brand 00804WG</i> | 3 each | 24 g |
| <i>Marinara Sauce- Red Gold</i> | <i>3 oz</i> | <i>~6 g</i> |
| 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 |
| OR | | |
| Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer) | | |
| Buttered Noodles* | ¾ cup | ~30 g |
| Pasta Alfredo with Garden Vegetables | | |
| WW Pasta | 1 cup | ~40 g |
| Alfredo Sauce- <i>JTM 5722</i> | 4 oz | ~11g |
| Mixed Vegetables | ¼ cup | ~3 g |
| Pasta with Meat Sauce* | | |
| WW Pasta | ¾ cup | ~30 g |
| Meat Sauce * | 2/3 cup | ~6 g |
| <i>Vegetable Pasta Salad* (Side Dish)</i> | 1 cup | ~24 g |
| Cheese Lasagna Rollup with Marinara Sauce | | |
| Cheese Lasagna Rollup- <i>Tasty Brand 00801WG</i> | 1 each | 29 g |
| <i>Marinara Sauce- Red Gold</i> | <i>4 oz (1/2 cup)</i> | <i>8 g</i> |
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Carbohydrate Count of Common Food Items K-5/K-8

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Updated January 2018

| 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 | |
| | | |
| Steak Calzone - Giorgio | 1 each | 28 g |
| | | |

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

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Updated January 2018

| 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)- <i>Tostitos</i> | 1 bag | 19 g |
| Brown Rice/Long Grain White Rice/Medium Grain White Rice | ½ cup | ~21g/~20 g/~26 g |
| Beef Crumbles- <i>Advance Pierre 9737 or 9739</i> | 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- <i>Advance Pierre 9737 or 9739</i> | 2 oz | Less than 1 g |
| <i>Loaded Texas Wedges with Chili & Cheese</i> | | |
| <i>Chili Con Carne with Beans*</i> | 2/3 cup | ~8 g |
| Potato Wedges- <i>Lamb Weston Q80</i> | 1/2 cup | ~18 g |
| OR | | |
| Potato Wedges- <i>McCain OIF00024A</i> | 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- <i>Advance Pierre</i> | 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 - <i>Jennie-O 2711-06</i> | 1 slice | 0 g |
| <i>Hot Dog on a Bun with Chili</i> | | |
| <i>Chili Con Carne with Beans*</i> | ¼ cup | ~3 g |
| All Natural Beef Hot Dog- <i>Sabrett 1438</i> | 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- <i>Berks 6185</i> | 2 oz | 1 g |
| Beef Gravy- <i>Knorr's #84129492</i> | 3 oz | ~7 g |

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

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Updated January 2018

| 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 January 2018

| 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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Updated January 2018

| 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: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls | | |
| | 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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Updated January 2018

| Food Item: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls | 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 (2.2 oz) | 29 g |
| Soft Pretzel Stick- <i>Superpretzel 31012</i> | 1 each (1 oz) | 14 g |
| Holiday Pretzel (snowman shape) <i>SuperPretzel 3679</i> | 1 each (2.2 oz) | 30 g |
| Pumpkin Swirl Roll- <i>Hadley 373IW</i> | 1 each (2.7 oz) | 38 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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Updated January 2018

| 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- 14" Pie | 1 slice (1/8 pie) | 29 g |
| WGR Domino's Smart Pizza- 16" Pie | 1 slice (1/8 pie) | 39 g |
| Papa John's Pizza Slice – WGR | 1 each | 39 g |
| Mini Pizza Bagels- Tasty Brands 52222 | 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 |
| Mini Cheese Calzones or Mini Pepperoni Calzones with Marinara* | | |
| Mini Pepperoni or Cheese Calzones-Giorgio's | 3 pieces | 34 g |
| Marinara Sauce- <i>Red Gold</i> | 2 oz (1/4 cup) | ~4 g |
| Garlic French Bread Pizza with Marinara | | |
| Garlic French Bread Pizza- <i>Nardones 60WGUM2</i> | 1 each | 29 g |
| Marinara Sauce- <i>Red Gold</i> | 2 oz (1/4 cup) | ~4 g |
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Carbohydrate Count of Common Food Items K-5/K-8

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Updated January 2018

| Food Items: Pizza | Serving Size | Grams of Carbohydrates |
|---|------------------|------------------------|
| Pizza Bagels (Diana's Pizza Bagels) | | |
| WW Bagel- <i>Lenders</i> 2 oz 00074 or 00075 | 1 each | 28 g |
| Marinara Sauce- Red Gold | 2 oz (1/4 cup) | ~4 g |
| Mozzarella Cheese, Shredded | 2 oz | ~ 2 g |
| with choice of | | |
| Crispy Chicken Patty - <i>Tyson</i> 70302-928 WGR | 2 tbsp of patty | ~2.25 g |
| or | | |
| Chicken Meatballs- <i>Tyson</i> 19777-328 | 1 each | ~2 g |
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| Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used | | |
| | Serving Size | Grams of Carbohydrates |
| DANIMALS | | |
| Strawberry NF Yogurt Danimals - <i>Dannon</i> 2731 | 4 oz Container | 14 g |
| Strawberry Banana LF Yogurt Danimals - <i>Dannon</i> 2732 | 4 oz Container | 14 g |
| | | |
| FRUIT ON THE BOTTOM | | |
| LF Cherry Fruit on the Bottom Yogurt- <i>Dannon</i> | 5.3 oz Container | 25 g |
| LF Blueberry Fruit on the Bottom Yogurt- <i>Dannon</i> | 5.3 oz Container | 26 g |
| LF Mixed Berry Fruit on the Bottom Yogurt- <i>Dannon</i> | 5.3 oz Container | 25 g |
| LF Raspberry Fruit on the Bottom Yogurt- <i>Dannon</i> | 5.3 oz Container | 26 g |
| | | |
| LIGHT & FIT | | |
| Peach Light & Fit Yogurt <i>Dannon</i> | 5.3 oz Container | 13 g |
| Strawberry Light & Fit Yogurt <i>Dannon</i> | 5.3 oz Container | 13 g |
| Blueberry Light & Fit Yogurt <i>Dannon</i> | 5.3 oz Container | 13 g |
| | | |
| LOW FAT VANILLA | | |
| LF Vanilla Yogurt- <i>Dannon</i> | 5.3 oz Container | 22 g |

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

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Updated January 2018

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

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Updated January 2018

| 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 | 3 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 |
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Carbohydrate Count of Common Food Items K-5/K-8

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| Food Items: Sorbet | Serving Size | Grams of Carbohydrates |
|---|--------------|------------------------|
| 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 |
| Food Items: Milk | | |
| Fat Free Plain Milk- Cream-O-Land | ½ pint | 13 g |
| 1% Milk- Cream-O-Land | ½ pint | 13 g |
| Fat Free Chocolate Milk- Cream-O-Land | ½ pint | 23 g |
| Fat Free Vanilla Milk- Cream-O-Land | ½ pint | 20 g |
| Fat Free Strawberry Milk- Cream-O-Land | ½ pint | 21 g |
| Lactaid Plain Milk | ½ pint | 13 g |
| Food Items: Seafood | | |
| Fish Sticks- <i>USDA</i> | 4 each | 17 g |