

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

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Updated November 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	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 <b>Strawberry</b> Unsweetened- Peterson Farms ASA10014	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* ( <b>not blueberries</b> )	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: 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	~21g
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* <b>with no dressing</b>	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 ( <b>grams of carbohydrates will vary by manufacturer</b> ) 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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*		
	Serving Size	Grams of Carbohydrates
<b>Nuggets</b>		
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
<b>Popcorn Chicken</b>		
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
<b>Tenders</b>		
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
<b>Sticks</b>		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
<b>Grilled or Roasted Chicken</b>		
<b>BBQ Grilled Chicken*</b>	1 each	~7 g
<b>BBQ Roasted Chicken*</b> (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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b>*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*</b>		
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
<b>Meatball Parm Sub</b>		
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
<b>Soft Flour Chicken Taco with White or Brown Rice</b>		
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
<b>OR</b>		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	1/2 cup	~22g/~21 g/~27 g
<b>Hard Chicken Tacos with White or Brown Rice</b>		
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
<b>OR</b>		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~22g/~21 g/~27 g
<b>Chicken Nacho Platter with Rice &amp; Beans</b>		
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
<b>OR</b>		
<b>Chicken Nacho Platter with NO Rice &amp; Beans</b>		
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
<b><i>Chicken Caesar Salad</i></b>		
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
<b><i>Chicken Caesar Salad Wrap</i></b>		
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
<b><i>Crispy Chicken Salad</i></b>		
Chicken Nuggets	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>OR</b>		
Popcorn Chicken	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>OR</b>		
Crispy Chicken Patty	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>with</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b>OR</b>		
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
<b>OR</b>		
1 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 oz	
<b><i>Teriyaki Chicken &amp; Rice</i></b>		
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
<b><i>Sweet &amp; Sour Diced Chicken with Rice*</i></b>		
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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Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
<b><i>Sweet &amp; Sour Popcorn Chicken with Rice*</i></b>		
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	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b><i>Chicken Fajita Wrap</i></b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b><i>Chicken Fajita Pita</i></b>		
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
<b><i>Sweet &amp; Sour PINEAPPLE Diced Chicken with Rice*</i></b>		
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
<b><i>Sweet &amp; Sour PINEAPPLE Popcorn Chicken with Rice*</i></b>		
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	<b>See page 4- confirm with manager which manufacturer they are using</b>	
Pineapple Tidbits	¼ cup	~7.5 g
<b><i>Fiesta Chicken Nacho Platter with NO Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Fajita Chicken-USDA	2.55 oz	~1 g
<b><i>OR Fiesta Chicken Nacho Platter with Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
Rice & Beans*	½ cup	~20 g
<b><i>Grilled BBQ Chicken Sandwich</i></b>		
<b><i>BBQ Grilled Chicken*</i></b>	1 each	~7 g
<b>OR</b>		
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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<b>Grilled Chicken Club on a Roll</b>		
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
<b>Scoop A Bowl- Fajita Chicken</b>		
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
<b>Scoop A Bowl- Chicken Taco</b>		
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
<b>Chicken Ranchero Wrap</b>		
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
<b>Walking Chicken Nachos</b>		
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
<b>Dipper Day – Chicken Sticks with Waffle Sticks</b>		
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
<b>Chicken Parmesan Hero</b>		
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)	~5 g

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<b><i>Chicken Gyro Pita</i></b>		
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
<b><i>Baked Chicken with Stuffing &amp; Gravy</i></b>		
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
<b><i>Cheesy Chicken Flatbread with Ranch Dressing</i></b>		
Flatbread WGR – <i>Rich's 14010</i>	1 each	28 g
Light Ranch Dressing	1 tbsp	1 g
<b><i>Strawberry Fields Chicken Salad</i></b>		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 g
<b>WITH</b>		
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b>OR</b>		
Crispy Chicken Patty WGR Breading- <i>Tyson 70302-928</i>	1 each	9 g
<b>Served with:</b>		
Toasted Pita Wedges- grams of carbohydrates will vary by manufacturer	1 each	
<b>OR</b>		
a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b><i>Crispy Chicken BLT on a Croissant or Roll</i></b>		
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
<b>OR</b>		
a 1.8 oz Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
<b><i>Chicken Fried Rice*</i></b>		
	1 ¾ cups	~62 g

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<b><i>Deli Sandwiches</i></b> – 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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b><i>Chicken Salad*</i></b>	½ cup	~3 g
<b><i>Waldorf Chicken Salad*</i></b>	½ cup	~6 g
<b><i>Tuna Salad*</i></b>	½ cup	~4 g
<b><i>Egg Salad*</i></b>	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
<b><i>Turkey Ranchero Wrap</i></b>		
<b>10" WGR Wrap- Mission 33825</b>	<b>1 each</b>	<b>29 g</b>
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
<b><i>Ham &amp; Cheese Melt on Pretzel Bun or Sandwich</i></b>		
Deli Ham- <i>Berks 5194</i>	2 oz	1 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
<b>OR</b>		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
<b><i>Turkey Club on a Roll</i></b>		
<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
<b><i>Grilled Cheese Sandwich or Wedges or Sticks</i></b>		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
<b><i>Egg &amp; Cheese on a Bun or Pretzel Bun</i></b>		
Egg Patty- <i>Papettis 46025-85017</i>	1 each	1 g
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
<b>OR</b>		
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 November 2017

Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
<b>Mini Cheese Ravioli</b>		
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
<b>OR</b>		
Garlic WG Bread Stick* <i>Bake Crafters 5011</i>	1 each	14 g
<b>Pasta with Chicken &amp; Broccoli*</b>		
	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)		
<b>Pasta with Meatballs</b>		
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
<b>Macaroni &amp; Cheese- Land o Lakes or JTM</b>		
WGR Macaroni & Cheese- <i>Land O Lakes 432777</i>	2/3 cup	31 g
<b>OR</b>		
WGR Macaroni & Cheese <i>JTM 5765</i>	2/3 cup	30g
<b>WITH</b>		
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b>Macaroni &amp; Cheese- Scratch</b>		
*WGR Macaroni & Cheese	2/3 cup	~23 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b>Cheeseburger Macaroni &amp; Cheese</b>		
<b>Cheeseburger Mac &amp; Cheese</b>		
*Cheeseburger Macaroni & Cheese	2/3 cup	~22 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
<b><i>Beef Nacho Platter with Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739</i>	2 oz	Less than 1 g
OR		
<b><i>Beef Nacho Platter with NO Rice &amp; Beans</i></b>		
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
<b><i>Hard Beef Tacos with White or Brown Rice</i></b>		
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
<b><i>Soft Flour Beef Taco with White or Brown Rice</i></b>		
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
<b><i>Philly Cheesesteak Hero</i></b>		
Beef Philly Steak- <i>JTM 5813CE</i>	2.15 oz	~2 g
WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Steak Calzone - Giorgio</b>		
	1 each	28 g

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Food Item: Beef Recipes Continued	Serving Size	Grams of Carbohydrates
<b><i>Smokey BBQ Rib Sandwich</i></b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre	1 each	9 g
<b><i>Scoop A Bowl- Beef Taco</i></b>		
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
<b><i>Walking Beef Nachos</i></b>		
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
<b><i>Loaded Texas Wedges with Chili &amp; Cheese</i></b>		
<i>Chili Con Carne with Beans*</i>	2/3 cup	~8 g
Potato Wedges- <i>Lamb Weston Q80</i>	1/2 cup	~18 g
<b>OR</b>		
Potato Wedges- <i>McCain OIF00024A</i>	½ cup	~15 g
<b><i>Beef BBQ Burger on a Bun</i></b>		
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
<b><i>Bacon Cheddar Burger on a Bun</i></b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<b><i>Hot Dog on a Bun with Chili</i></b>		
<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)		
<b><i>Roast Beef French Dip Sandwich</i></b>		
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



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Food Item: Bags & Platters	Serving Size	Grams of Carbohydrates
<b><i>Bagel Bag</i></b>		
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
<b><i>Cereal Bag</i></b>		
<b>Heartzels Pretzels Rold Gold</b>	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
<b><i>Yogurt Bag</i></b>		
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
<b><i>Fruit &amp; Cheese Platter</i></b>		
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
<b><i>Hummus Platter</i></b>		
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
<b><i>Yogurt &amp; Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt</i></b>		
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
<b><i>Muffin Meal Bag</i></b>		
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
<b>OR (2)</b> 1 oz Cheese Stick	2 (1 oz each)	~2 g

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

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<b>Bread Vendors: Anthony &amp; Sons, Pechters, or Morabito</b>		
<b>*please check with your cafeteria manager for the vendor your school uses*</b>		
<b>Anthony &amp; Sons</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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
<b>Pechters</b>		
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
<b>Morabito</b>		
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
<b>Food Item: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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

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<b>Food Item:</b> Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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
Pumpkin Pretzel (Pumpkin Shaped)- <i>SuperPretzel 3678</i>	1 each (2.2 oz)	30 g
<b>Pumpkin Swirl Roll- <i>Hadley 373IW</i></b>	<b>1 each (2.7 oz)</b>	<b>38 g</b>
WGR Garlic Bread *- <b>HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor</b>	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
<b>Food Item: Pancakes, Muffins, Waffles, French Toast</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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
<b>2 oz Muffins</b>		
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
<b>4 oz Muffins</b>		
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

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Food Items: Peanut Butter	Serving Size	Grams of Carbohydrates
Peanut Butter & Jelly- <i>Jamwich 92123</i>	<b>2 packages</b>	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- <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>	<b>2 each</b>	34 g
WW Mozzarella Sticks - <i>Giorgio's</i>	6 each	36 g
<b>Mini Cheese Calzones or Mini Pepperoni Calzones with Marinara*</b>		
Mini Pepperoni or Cheese Calzones-Giorgio's	3 pieces	34 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~5 g
<b>Garlic French Bread Pizza with Marinara</b>		
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



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"Approximately" will be shown as the symbol: ~

Updated November 2017

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

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

The following calculations are based on the manufacturer’s food labels and may be subject to change without warning. Carbohydrate Counts for \*items are based on Nutrikids Analysis of Maschio’s Recipes and may vary based on product availability.

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Updated November 2017

<b>Salad Dressing Bottles</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Caesar Dressing</b>		
Light Caesar Dressing- <i>Kens KE0808</i>	2 tbsp	3 g
Creamy Caesar Dressing- <i>Kens KE0670ZY</i>	2 tbsp	1 g
<b>Italian Dressing</b>		
Light Italian Dressing- <i>Kens</i>	2 tbsp	2 g
Low Calorie Italian Dressing <i>Kens KE0601ZY</i>	2 tbsp	3 g
<b>Ranch Dressing</b>		
Light Ranch Dressing- <i>Kens</i>	2 tbsp	2 g
<b>Salad Dressing PC’s</b>		
<b>Caesar Dressing</b>		
Light Caesar Dressing PC- <i>Cains</i>	1.5 oz	7 g
<b>French Dressing</b>		
Low Calorie French Dressing, PC- Americana	12 g packet	1 g
<b>Italian Dressing</b>		
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
<b>Ranch Dressing</b>		
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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Updated November 2017

<b>Food Items: Sorbet</b>		
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
<b>Food Items: Cookies</b>		
Fortune Cookie	1 each	~4 g
<b>Food Items: Pudding</b>		
Chocolate Pudding- Bay Valley 798 7345	½ cup	28 g
<b>Food Items: Soups</b>		
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
<b>Food Items: Milk</b>		
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