CARB COUNTS

Carb counts are as accurate as possible; however, brands are subject to change.

MEAT / MEAT ALTERNATE / ENTREE

PRODUCT	PORTION SIZE	CARBS. (Grams)
All-Beef Hot Dog on Bun	1 each	26g
All-Beef Meatballs on Bun	4 - .5 each / 1 roll	41g
Baked Scoops w/Taco Meat & Salsa	1 each	28g
Cheese, 1/2 on Grained Bread w/Yogurt	1/2 SW / 4 oz yogurt	36g
Cheese Sandwich on Grained Bread	1 each	31g
Cheeseburger on Bun	1 each	30g
Cheeseburger w/Turkey Bacon on Bun	1 each	32g
Cheesesteak on Bun	1 each	32g
Chicken, Baked	1 each	16g
Chicken & Cheese Quesadilla	1 each	33g
Chicken Nuggets	5 each	16g
Chicken Nuggets w/Roll	5 each / 1 roll	32g
Chicken Patty on Bun	1 each	39g
Chicken Patty (Hot & Spicy) on Bun	1 each	40g
Chicken Patty, Unbreaded on Bun	1 each	24g
Chicken Patty Parm	1 each	19g
Chicken Patty Parm on Kaiser Roll	1 each	48g
Chicken, Popcorn	12 each	16g
Chicken, Popcorn Hot & Spicy	12 each	16g
Chicken, Popcorn w/Roll	12 each / 1 roll	32g
Chicken Sticks	8 each	16g
Chicken Tenders	3 each	16g
Chicken Tenders, Hot & Spicy	3 each	17g
Chicken Tender Parm on Kaiser Roll	3 each / 1 Roll	48g
French Toast w/American Cheese	1 toast / 2 pcs cheese	41g
Grilled Cheese on Grained Bread	1 each	31g
Hamburger on Bun	1 each	29g
Italian Shorty w/ Lettuce & Tomato	1 each	50g
Mozzarella Stix w/Marinara Dip	2 each	50g
Mini Cheese Ravioli w/ All-Beef Meat Sauce	7 each	25g
Pasta & All-Beef Meatballs	Pasta .. 1/2 c / Meatballs .. 4 each	92g
Pasta & Chicken Tenders	Pasta .. 1/2 c / Tenders .. 3 each	98g
Pork Roll & Cheese on Pretzel Bun	1 each	32g
Pizza Bagel	1 each	30g
Pizza, Cheese .. 4 x 6	1 each	31g
Pizza, French Bread	1 each	34g
Pizza, Personal Pan	1 each	33g
Pizza, Stuffed Crust	1 each	31g
Sloppy Joe on Kaiser Roll	1 each	39g
Tacos w/Toppings .. Turkey Meat, L&T, Cheese, Salsa	2 each	48g

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MEAT / MEAT ALTERNATE / ENTREE

PRODUCT	PORTION SIZE	CARBS. (Grams)
Teriyaki Chicken	3 oz.	16g
Turkey & Cheese on Pretzel Bun	1 each	32g
Turkey, 1/2 Deli on Grained Bread w/ Yogurt	1/ 2 SW / 4 oz Yogurt	37g
Yogurt	4 oz	20g

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VEGETABLES		
PRODUCT	PORTION SIZE	CARBS. (Grams)
Baked Beans	1/2 cup	21g
Broccoli, Frozen	1/2 cup	8g
Carrots, Baby Fresh	1/2c or 6 pcs	9g
Carrots, Baby Fresh w/ Dip	6 pcs w/ 1.5 SS Dip	11g
Carrots, Canned	1/2 cup	6g
Carrot Stix .. Mini Bag	2 oz	7g
Celery / Carrot Stix w/Dip	1/2 cup / 1.5 SS Dip	8g
Celery, Fresh	1/2 c or 6 pcs	7g
Celery , Fresh w/Dip	6 pcs w/ 1.5 SS Dip	9g
Cherry Tomatoes	6 pcs	5g
Corn, Canned & Frozen	1/2 cup	16g
Corn On Cob	1 each	19g
Cucumber Salad	1/2 cup	12g
Cucumbers w/Dip	1/2 cup / 1.5 SS Dip	5g
Fries, Baked	1/2 cup	21g
Green Beans, Canned & Frozen	1/2 cup	6g
Hash Brown Patty	1 each	15g
Hash Brown Stick	1 each	15g
Lunch Entrée Salads: Garden	2 cups w/Dressing	7g
Romaine	2 cups w/Dressing	9g
Marinara Sauce	3.75 oz	16g
Mashed Potatoes	1/2 cup	13g
Peas, Canned & Frozen	1/2 cup	17g
Potatoes, Mashed	1/2 cup	15g
Potato Wedges	1/2 cup	19g
Salsa	3.75 oz	7g
Smiley Potato	4 pcs	20g
Spiral Fries, Seasoned	1/2 cup	20g
Sweet Potato Coins	8 pcs	30g
Sweet Potato Fries	1/2 cup	24g
Sweet Potato Tots	8 pcs	23g
Tater Tots	8 pcs	21g
Vegetable Medley, Frozen	1/2 cup	12g

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FRUIT		
PRODUCT	PORTION SIZE	CARBS. (Grams)
Apple, Fresh	1 medium	19g
Apple, Slices (Fresh)	1/2 cup	8g
Applesauce	1/2 cup	15g
Banana, Fresh	1 medium	30g
Blueberries (Frozen) & Cream	1/2 cup	21g
Blueberries, Frozen	1/2 cup	19g
Cantaloupe, Fresh	1/2 cup	12g
Cherries, Frozen	1/2 cup	31g
Clementines, Fresh	1 each	15g
Grapes, Fresh	2 oz SS	19g
Honeydew, Fresh	1/2 cup	12g
Mixed Fruit, Canned	1/2 cup	18g
Orange, Fresh	1 medium	19g
Orange, Mandarin	1/2 cup	17g
Orange, Slices (Fresh)	2 oz SS	16g
Peaches, Canned Diced	1/2 cup	12g
Peaches, Canned Halves	1/2 cup	14g
Peaches, Canned Sliced	1/2 cup	16g
Peaches, Fresh	1 medium	15g
Peaches, Frozen Cup	1/2 c / 4.4 oz SS	15g
Pears, Canned Diced	1/2 cup	16g
Pears, Canned Halves	1/2 cup	14g
Pears, Canned Sliced	1/2 cup	16g
Pears, Fresh .. BOSC 100/Count	1 medium	26g
Pineapple, Canned Tidbits	1/2 cup	19g
Watermelon, Fresh	1/2 cup	21g
Juice Cup .. Wild Cherry	4 oz	18g
Mixed Berry Lemon	4 oz	18g
Orange Pineapple	4 oz	18g
Juice, Apple	4 oz	14g
Juice, Orange	4 oz	13g

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MILK		
PRODUCT	PORTION SIZE	CARBS. (Grams)
1% White Milk	8 oz	13g
LF Chocolate Milk	8 oz	22g
LF Strawberry Milk	8 oz	21g
Skim Milk	8 oz	13g
CONDIMENTS / OTHER		
Barbecue Sauce	1 oz PC	11g
Ketchup Packet	9g PC	2g
Mayonnaise	12g PC	1g
Mustard	5.5g PC	1g
Pancake Syrup	1.5 oz PC	31g
Dressing: (Garden entrée salad)		
Italian	12g Packet	2g
French	12g Packet	3g
Dressing: (Romaine entrée salad)		
Caesar	.75 oz SS Cup	2g
Dressing, Ranch .. Dip & Student Salad Bowl	1.5 oz SS Cup	3g
Dressing, Blue Cheese .. Dip	1.5 oz SS Cup	2g
Pudding .. Chocolate & Vanilla	1/2 cup	24g

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SIDE BREADS / GRAINS		
PRODUCT	PORTION SIZE	CARBS. (Grams)
Bageler, Original	2.5 oz	28g
Bagelar, Cinnamon	2.5 oz	33g
Cereal: (ALL SERVED WITH GRAHAMS .. ADD)		
Red. Sugar Cinnamon Apple Jacks	1 oz	24g Cereal / 21g Grahams
Reduced Sugar Froot Loops	1 oz	24g Cereal / 21g Grahams
Cinnamon Toast Crunch	1 oz	24g Cereal / 21g Grahams
Cereal Bar:		
Apple Cinnamon Cheerios	1.42 oz	30g
Golden Grahams	1.42 oz	30g
Cinnamon Toast Crunch	1.42 oz	30g
Cinnamon Burst Slice	3.4 oz	44g
Fruit Frudel, Apple or Cherry	2.29 oz	37g
Mini Cinnis	2.29 oz	40g
Mini Pancakes	3.53 oz	41g
Muffin N String Cheese	2 oz Muf / 1 oz String	33g
Oatmeal Chip Bar	2.4 oz	47g
Yogurt N Grahams	4 oz Yog / 1 oz String	41g
Pop Tart N String Cheese	1.75 oz Tart / 1 oz String	38g
Rice	2 oz	33g
Mexican Rice	1/3 cup	21g
Buttered Elbows	2 oz	42g
Buttered Curly Noodles	2 oz	40g
Fortune Cookie	1 each	29g