

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

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Updated September 2019

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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
Apple, slices, unsweetened-Peterson Farms	1/2 cup	7g
Applesauce, Unsweetened- Commodity	1/2 cup	~14 g
Applesauce, Unsweetened-Peterson Farms	4.5 oz 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
Applesauce Strawberry-Banana Unsweetened- Peterson Farms ASA10015 (Strawberry Banana Applesauce)	4.5 oz cup	14 g
Applesauce Cinnamon Unsweetened - Peterson Farms ASA10013	4.5 oz cup	14 g
Applesauce Blue Raspberry-Sweetened-Peterson Farms ASA10008	4.5 oz cup	22 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
Mandarin Oranges	1/2 cup	~18 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 Slices in Juice	1/2 cup	16 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 with blueberries)*	1 serving	~20 g
Gelatin Fruit Cup- with Blueberries*	1 serving	~12 g
Strawberry Compote* (topping)	2 oz	~15 g
Blueberry Compote* (topping)	2 oz	~11 g

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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
Purplelicious Juice-FUN!	4 fl oz	14g
Blue Razz Juice-FUN!	4 fl oz	14g
Apple Juice- Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 g
Orange Juice – Ardmore	6 fl oz	20 g
Apple Juice- Ardmore	6.75 fl oz	25 g
Tropical Fruit Punch- Ardmore	6.75 fl oz	27 g
Grape Juice- Ardmore	6.75 fl oz	27 g
Orange Tangerine Juice- Ardmore	6.75 fl oz	27 g
Food Item: Vegetarian Products	Serving Size	Grams of Carbohydrates
Garden Veggie Pattie- <i>MorningStar</i>	1 patty	14 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
Veggie Sausage Patty- <i>Kelloggs</i>	1 patty	4 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"	½ cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	½ cup	~24 g
Sweet Potato Fries- <i>McCain MCF04566</i>	½ cup	17 g
Maple Cinnamon Sweet Potato Fries*	½ 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
Hash Brown Rounds-6188	2 pieces	16g
Hash Brown Sticks-D6103903	8 sticks	32g
Emoticons Fries- <i>McCain 7054806</i>	4 pieces	18g
Emoji Fries (Smile Fries)- <i>McCain OIF03456</i>	4 pieces (1/2 cup)	20 g
Julienne Cut Fries-McCain 82304NK	3 oz	17 g
Potato Wedges- <i>Lamb Weston Q80</i>	½ cup	~18 g
Potato Wedges- <i>McCain OIF00024A</i>	½ cup	~15 g
Seasoned Potato Wedges*	½ cup	~18 g/ ~15 g

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Sweet Potato Matchstick Fry- <i>McCain MCF05004</i>	½ cup	25 g
Crinkle Cut French Fries- <i>Lamb Weston RR41</i>	½ cup	~17 g
Crinkle Cut French Fries- <i>McCain SNO63</i>	½ cup	~14 g
Spiral French Fries- <i>McCain 1000004108</i>	½ cup	~17 g
Straight Cut Fry- <i>Lamb Weston SP04</i>	½ cup	~14 g
Straight Cut Fry- <i>McCain GFR40</i>	½ cup	~13 g
Battered French Fries- <i>McCain MCX04717</i>	½ cup	~20 g
Mashed Potatoes- <i>Basic American Foods 3677739</i>	½ cup	~15 g
with Gravy	2 oz Gravy	~3 g
Confetti Fries (1/4 cup Crinkle Cut French Fries- <i>McCain SNO63</i> and ¼ cup Sweet Potato Fries- <i>McCain MCF04566</i>)	½ cup	~16 g
Breakfast Cubes- <i>Lamb Weston-32N</i>	½ cup	~19 g
Shoestrings French Fries #D6112399	3 oz	21 g
Food Item: Vegetables	Serving Size	Grams of Carbohydrates
Honey Glazed Carrots*	½ cup	~13 g
Maple Cinnamon Carrots*	½ cup	~8 g
Baby Carrot Packs – <i>Grimmway Farms</i>	1 package (2.6 oz)	7 g
Broccoli Italiano*	½ cup	~5 g
Baked Beans, Vegetarian	½ cup	~20 g
Baked Beans, Vegetarian Baked Beans- <i>BUSH's 01637</i>	½ cup	29 g
BBQ Baked Beans	½ cup	~26 g
Sautéed Broccoli*	½ cup	~5 g
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
WG Onion Rings- <i>Tasty Brands 33504</i>	5 pieces	28 g
Vegetable Pasta Salad* (Side Dish)	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

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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
Southwestern Slaw*	½ c	~7 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
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		
Boneless Wings Tyson 5210-0895	4 pieces	10g
Chicken Nuggets / Boneless Wings Tyson 70362-928	5 nuggets	13 g
Chicken Nuggets/Boneless Wings Tyson 08552D	5 pieces	~13 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- Chicken Breast Fritter Chunks BrakeBush #08226D	3 oz serving	~13 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
Chicken Nuggets-Breast Chunks #08477D	3 oz	14 g check with manager if they are using this product
Chicken Siracha Chunks #D6115517	3 oz	13 g check with manager if they are using this product
Popcorn Chicken		
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	16 g
Popcorn Chicken- # 08227D	3 oz serving	~19 g – check with manager if they are using this product

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Popcorn Chicken- # 08125D	13 pieces	19 g – check with manager if they are using this product
Popcorn Chicken- # 6100521D	3 oz serving	13 g- check with manager if they are using this product
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	12 pieces	16 g
Popcorn Chicken #D6113668	4 oz	16 g check with manager if they are using this product
Tenders		
Chicken Tenders - Tyson 70332-928 WGR	3 tenders	12 g
Chicken Tenders #07637D/07437D/8216D	3 oz	12 g check with manager if they are using this product
Chicken Tenders # 08481D	3.6 oz	22 g check with manager if they are using this product
Chicken Tenders #6100144	3 oz	13g
Chicken Tenders #6100145	3 oz	12g
Chicken Tenders #D6110362	2 tenders/3.5 oz	22 g check with manager if they are using this product
Chicken Tenders #D6115956	3 oz	12 g check with manager if they are using this product
Chicken Tenders #D6115955-J38320	3 oz	13 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		
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Crispy Chicken Patty - Tyson 70302-928 WGR	1 each	9 g
Crispy Chicken Patty Tyson 02154-928	1 each	15 g check with manager if they are using this product
Crispy Chicken Patty Tyson 070362-928	1 each	9 g check with manager if they are using this product

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Crispy Chicken Patty- <i>House of Raeford #08250D</i>	1 each	~13 g check with manager if they are using this product
Crispy Chicken Patty- <i>BrakeBush #08248D</i>	1 each	~17 g check with manager if they are using this product
Crispy Chicken Patty- <i>Advance Pierre #08170D</i>	1 each	~11 g check with manager if they are using this product
Crispy Chicken Patty- <i>Fit Foodz 08475D</i>	1 each	19 g check with manager if they are using this product
Crispy Chicken Patty- <i>John Soules Foods 6100578-6100702</i>	1 each	16 g check with manager if they are using this product
Crispy Chicken Patty- <i>John Soules Foods 6100579-6100703</i>	1 each	16 g check with manager if they are using this product
WG Hot & Spicy Chicken Patty- <i>Tyson 70314-928</i>	1 each	17 g
Grilled Chicken Patty- <i>Tyson 70320-928 (Baked Chicken)</i>	1 each	2 g
Grilled Chicken Patty- <i>#D6112502/#D6112503</i>	1 each	3 g check with manager if they are using this product
Chicken & Cheese Taquito	2 each	30 g
WG Flour Mini Chicken Tacos	3 each	31 g
Boneless Dark Chicken # <i>D6116209</i>	3 oz	1g check with manager if they are using this product
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- <i>Tyson 19777-328</i>	2 each	4 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g
<i>Soft Flour Chicken Taco with White or Brown Rice</i>		
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
6" Soft WGR Flour Tortilla- <i>Mission 33822</i>	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- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
WG Corn Taco Shells- <i>Mission 7381</i>	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

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Chicken Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice & Beans*</i>	½ cup	~20 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
OR		
Chicken Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
Food Item: Chicken Recipes Continued		
Serving Size		
Grams of Carbohydrates		
Chicken Caesar Salad		
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
Chicken Caesar Salad Wrap		
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>	½ oz (1 TBSP)	~1.5 g
Crispy Chicken Salad		
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	
Teriyaki Chicken & Rice		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g

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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
Food Item: Chicken Recipes Continued		
Serving Size		
Grams of Carbohydrates		
<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
<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>		

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WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice & Beans*</i>	½ cup	~20 g
Grilled BBQ Chicken Sandwich		
<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	
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Grilled Chicken Club on a Roll		
<i>WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)</i>	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
Scoop A Bowl- Fajita Chicken		
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
Scoop A Bowl- Chicken Taco		
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
Chicken Ranchero Wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
Grilled Chicken Patty- <i>Tyson 70320-928</i> or Fajita Chicken or 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 - <i>Tyson 19957-328</i>	2.25 oz	2.25 g
Dipper Day – Chicken Sticks with Waffle Sticks		

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Updated September 2019

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
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Chicken Gyro Pita		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	2 tbsp	2 g
Baked Chicken with Stuffing & Gravy		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Bread Stuffing*	½ cup	~26 g
Gravy- Monarch	2 oz	~3 g
Cheesy Chicken Flatbread with Ranch Dressing		
Flatbread WGR – Rich's 14010	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- Tyson 22830-928	2.3 oz	0 g
OR		
Crispy Chicken Patty WGR Breading- Tyson 70302-928	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	

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

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Updated September 2019

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
Mini Chicken Taco Boat		
Mini Chicken Tacos- <i>Tasty Brands 25701</i>	3 each	31 g
Salsa Ranch*	2 oz	3 g
Black Bean & Corn Salad*	1/3 cup	12 g
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Boneless Chicken Wing Basket		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
Popcorn Chicken Mashed Potato Bowl		
Mashed Potatoes	½ Cup	15 g
Gravy	2 oz	~3 g
Shredded Cheddar Cheese	½ oz	0 g
Corn, Steamed	½ Cup	~ 15 g
Popcorn Chicken- <i>Tyson 70368-928 WGR</i>	9 Pieces	~12 g
WGR Soft Pretzel Rod 1 oz	1 each	14 g
or		
WGR Breadstick 1 oz.	1 each-confirm with manager which manufacturer they are using	
Tot-Chos		
Queso Blanco- <i>JTM 5718</i>	2 oz	2g
Chicken Taco Meat- <i>Tyson 019957</i>	1.5 oz	~3g
Tater Tots- <i>McCain OIF00215A</i>	16 pieces (1 Cup)	32g
Diced Red Peppers	1 Tbsp	~1g
Scallion	1 tsp	0g

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

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Updated September 2019

<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
<i>Cheese Omelet Sunny Fresh 40176</i>	1 each	1 g
Beef/Turkey Bologna- <i>StonyCreek 3345</i>	2 oz	4 g
Roast Beef- <i>Berks 6185</i>	2 oz	1 g
Roast Beef-D6103558	2 oz	1 g
Deli Ham- <i>Berks 5194</i>	2 oz	1 g
Deli Smoked Ham- <i>Hormel 39493</i>	1.98 oz	2 g
Deli Turkey Ham- <i>Jennie-O 8028</i>	3.58 oz	1 g
Pork Roll- <i>Hatfield 0 3238</i>	1 slice	2 g
Salami- <i>Berks 3212</i>	0.5 oz	0 g
Deli Turkey- <i>Jennie O 2099</i>	3 oz	0 g
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	3 g
<i>Turkey Ranchero Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - <i>Jennie-O 835402</i>	3 oz	~2 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>		
American Cheese	2 slices	2 g
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	3 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	

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

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American Cheese	4 slices	4 g
Grilled Cheese Sandwich -Bakecrafters	1 sandwich	31g
Deli Sandwiches- Continued	Serving Size	Grams of Carbohydrates
Grilled Cheese on a Pretzel Bun		
American Cheese	4 slices	4 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
Sausage & Cheese on a Croissant Roll		
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
Sausage Patty- <i>Tyson 17443-928</i>	1 each	1 g
American Cheese	2 slices	2 g
Sausage, Egg & Cheese on a Bun		
WW Hamburger Bun-2oz	1 each	~27 g
Sausage Patty- <i>Tyson 17443-928</i>	1 each	1 g
American Cheese	2 slices	2 g
Bacon Egg & Cheese on an English Muffin		
English Muffin, WG, 2 oz- <i>BakeCrafters#802</i>	1 each	24 g
American Cheese	1 slice	1 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
Ham, Egg, & Cheese on a Roll		
Egg Patty- <i>Sunny Fresh 40710</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
American Cheese	1 slice	1 g
Turkey & Cheese on a Croissant Sub Roll		
WG Croissant Sub Roll- <i>Hadley Farms 1023</i>	1 each	27 g
Deli Turkey - <i>Jennie-O 835402</i>	3.00 oz	~2 g
American Cheese	1 slice	1 g
Southwest Turkey Flatbread		
Flatbread WGR – <i>Rich's 14010</i>	1 each	28 g
Deli Turkey - <i>Jennie-O 835402</i>	3.00 oz	~2 g
Salsa-Ranch Spread*	1 oz.	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Egg & Cheese on a Bun or Pretzel Bun		
American Cheese	1 slice	1 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g

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

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1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
OR		
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
Deli Sandwiches- Continued	Serving Size	Grams of Carbohydrates
<i>Bacon Egg & Cheese on a Croissant</i>		
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
American Cheese	1 slice	1 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
<i>Four Cheese Cheese Tortellini-Tasty Brands 00830WG</i>		
	14 each	19 g
<i>Mini Cheese Ravioli</i>		
Breaded Mini Cheese Ravioli <i>41834</i>	7 each	29 g
Mini Cheese Ravioli- <i>Tasty Brands 00834WG</i>	7 each	15 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~6 g
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
	OR	
<i>Garlic WG Bread Stick* Bake Crafters 5011</i>	1 each	14 g
<i>Breaded Ravioli with Marinara Sauce</i>		
<i>Breaded Ravioli Tasty Brands 41834</i>	7 each	29 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~6 g
<i>Pasta Alfredo with Chicken & Broccoli</i>		
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
<i>Pasta with Meatballs</i>		
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)	8 g
<i>Macaroni & Cheese- Land o Lakes or JTM</i>		
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

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

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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
<i>Macaroni & Cheese- Scratch</i>		
<i>*WGR Macaroni & Cheese</i>	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
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
<i>Cheeseburger Macaroni & Cheese</i> <i>Cheeseburger Mac & Cheese</i>		
<i>*Cheeseburger Macaroni & Cheese</i>	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
<i>Baked Ziti with Mozzarella Cheese*</i>	1 ½ cups	~51 g
<i>Jumbo Cheese Ravioli with Marinara Sauce</i>		
Jumbo Cheese Ravioli- <i>Tasty Brand 00804WG</i>	3 each	24 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~6 g
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
OR		
<i>Garlic WG Bread Stick* Bake Crafters 5011</i>	1 each	14 g
OR		
<i>Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)</i>		
Buttered Noodles*	¾ cup	~30 g
<i>Pasta Alfredo/Pasta Primavera with Garden Vegetables</i>		
WW Pasta	1 cup	~40 g
Alfredo Sauce- <i>JTM 5722</i>	4 oz	~11g
Mixed Vegetables	¼ cup	~3 g

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<i>Pasta with Meat Sauce*</i>		
WW Pasta	¾ cup	~30 g
Meat Sauce *	2/3 cup	~6 g
<i>Vegetable Pasta Salad* (Side Dish)</i>		
	1 cup	~24 g
<i>Cheese Lasagna Rollup with Marinara Sauce</i>		
Cheese Lasagna Rollup- Tasty Brand 00801WG	1 each	29 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<i>Italian Sampler</i>		
Breaded Ravioli Tasty Brands 41834	6 each	25 g
Mozzarella Sticks-Tasty Brands 41009	3 each	20 g
Marinara Sauce- Red Gold	2 oz	4 g
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		
Frame Grilled Beef Patty-Smart Picks 6100600D	1 each	2 g
All Beef Patty-JTM CP5610	1 each	1 g
All Beef Patty- AdvancePierre	1 each	0 g
All Beef Patty- AdvancePierre with 1 slice Cheese	1 each	~1 g
BBQ Beef Rib Patty with Sauce -JTM CP5691	1 each	6 g
BBQ Beef Rib Patty with Sauce 2.8 oz.- JTM-5691CE	1 each	5 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- Sabrett 1438	1 each	1 g
Beef Hot Dog-Berks 762950101618	1 each	0 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
<i>Beef Nacho Platter with Rice & Beans</i>		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
OR		
<i>Beef Nacho Platter with <u>NO</u> Rice & Beans</i>		
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g

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Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
<i>Hard Beef Tacos with White or Brown Rice</i>		
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 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
<i>OR</i>		
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 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 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
<i>OR</i>		
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/CP</i>	2.15 oz	~2 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
Steak Calzone - Giorgio		
	1 each	28 g
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- <i>Advance Pierre or</i>	1 each	9 g
BBQ Beef Rib Patty with Sauce CP5691	1 each	6 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 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
<i>Walking Beef Nachos</i>		
Nacho Cheese Doritos- <i>RF WGR-1oz</i>	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g

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Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 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>	1/2 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 or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 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	
All Beef Patty- <i>Advance Pierre or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
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>	1/4 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
Food Item: Bags & Platters		
<i>Bagel Bag</i>		
WW Bagel- <i>Lenders 2 oz 00074 or 00075 or</i>	1 each	28 g
Fruit of the Day	1/2 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	1/2 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/ 0g

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

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Yogurt Bag		
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
Fruit & Cheese Platter		
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
Hummus Platter		
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
Yogurt & Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt		
Cinnamon Granola- Rock'Ola Granola #4193	1/2 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
Muffin Meal Bag		
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/ 0g
OR (2) 1 oz Cheese Stick	2 (1 oz each)	0 g
Food Item: Quesadilla- Check with Cafeteria if they make purchase or make in-house		
WG Chicken & Cheese Quesadilla Pizza- The Max 127006	1 each	37 g
WG Pizza Cheese Quesadilla- The Max 126993	1 each	39 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

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

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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 1079</i>	1 each	1 g
Food Item: Turkey		
	Serving Size	Grams of Carbohydrates
Pretzel Dog - <i>Kunzler 1113</i>	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
<i>Roast Turkey with Gravy & Soft Roll or Stuffing</i>		
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
<i>Turkey, Open Faced Sandwich</i>		
<i>WW Bread (0.9 oz slice- grams of carbohydrates will vary by manufacturer)</i>	2 slices	
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
<i>Turkey 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
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
OR		
<i>Turkey Nacho Platter with NO Rice & Beans</i>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
<i>Turkey French Dip Sandwich</i>		
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 835402</i>	3.86 oz	3 g
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 check with manager if they are using this product
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

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

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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 check with manager if they are using this product
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 -#2503	2.4 oz Roll	31 g
WW Hamburger Bun -#7509	2.2 oz Bun	27 g
WG Hamburger Bun # 0346	1.8 oz Bun	23 g
WG White Wheat Hamburger Bun-#7506	2 oz Bun	26 g
WG White Wheat Hot Dog Bun-#5405	2.05 oz Bun	26 g
WG Hot Dog Bun-#330	2.2 oz Bun	27 g
WG Hot Dog Bun #313	1.8 oz Bun	23 g
WG Bread-#7850	2 (1 oz) Slices	28 g
WG White Bread-#7500	2 (1 oz) Slices	26 g
WW White Bread-#7852	2 Slices	28 g
WW 5" Hero -#235	2.4 oz Hero	32 g
WW Medium Kaiser #2505	2.4 oz Roll	31 g
WG Kaiser # 2504/2501	3 oz Roll	38 g
WG Kaiser #0197/0201	1.85 oz Roll	25 g
WW Dinner Roll (small) #0445	1 oz Roll	17 g
WG Wheat Club Roll #0235/0233	2.4 oz Roll	32 g
WG Wheat Dinner Roll #70022/7883	1.5 oz Roll	20 g
WG Wheat Dinner Roll	2 oz Roll	27 g
WW Pita #0432 or Toasted Pita Wedges*	2 oz Pita	30 g
WW Wrap	1 Wrap	27 g
WG Club Roll # 0231/0229	3 oz Roll	40 g
WG Wheat Bread # 0507	2 Slices	24 g
WG Wheat French Bread # 0591	2 (1 oz) Slices	54 g
WG Wheat Bagel # 5984	1.8 oz	27 g
Wheat Twist Rolls #0445	1.3 oz	16 g
WG Wheat Club Roll # 7962/7961	1.85 oz	25 g
Wheat English Muffin #0973	2.0 oz	24 g
Corn Bread	3 oz	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

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

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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/Bagels/Biscuits/Donuts	Serving Size	Grams of Carbohydrates
WW Bagel- <i>Lenders</i> 2 oz 00074 or 00075	1 each	28 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	1 each	27 g
WG Sliced Bagel- <i>Bakecrafters</i> 2 oz 982	1 each	27 g
WG White Bagel- <i>Bakecrafters</i> 1.9 oz 943	1 each	25 g
WG Cinnamon Raisin Bagel- <i>Bakecrafters</i> 2.2 oz 746	1 each	35 g
Bagel, Plain- <i>Bakecrafters</i> 2.8 oz 620	1 each	39 g
Bagel-fuls Bagel & Cream Cheese Bar with Cinnamon Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with Strawberry Spread 21270	1 each	32 g
Donut Bite- <i>Rich's</i> 14839	1 each	30 g
Apple Frudel- <i>Pillsbury</i> 018000278527	1 each	36 g
Cinnamon Twist-E.S Foods 25317	1 each	28 g
Mini Cinnis- <i>Pillsbury</i> 018000336869	1 package	39 g
English Muffin, WG, 2 oz- <i>BakeCrafters</i> #802	1 each	21 g
WG Bread Stick Breadstick- <i>Bake Crafters</i> 5011	1 each	14 g
WG Pretzel Bun- <i>SuperPretzel</i> 7051	1 each	29 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	~31 g
Gravy- <i>Monarch</i>	2 oz	~3 g
Confetti Rice (Rice & Veggies) *	1.25 cup	~49 g
Pumpkin Swirl Roll- <i>Hadley</i> 373IW	1 each (2.7 oz)	38 g
Holiday Pretzel (snowman shape) <i>SuperPretzel</i> 3679	1 each (2.2 oz)	30 g
Shamrock Pretzel <i>J&J Snack Foods</i>	1 each (2.2 oz)	30 g
Pretzelicious Apple	1 each (2.2 oz)	30g
Food Item: Pancakes, Muffins, Waffles, French Toast		
	Serving Size	Grams of Carbohydrates
WGR Cinnamon French Toast Sticks- Sunny Fresh 40097	3 sticks	28 g
WW French Toast Cin. Slice- <i>Michaels</i> 46025-75014	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> 18000373086	1 package	37g
WG French Toast Bite- <i>Rich's</i> 08061	3 Bites	19 g
Mini Waffles Maple Madness- <i>Pillsbury</i> 018000322657	1 package	37 g

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

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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</i> (This serving size is for Breakfast for Lunch Day, see Dipper Day serving size on page 7)	3 sticks	~29 g
Waffles WG BakeCrafters #1453	2 waffles	22 g
Whole Grain Pancakes (<i>Buttermilk</i>) BakeCrafters # 1475	2 pancakes	30 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
Whole Wheat Confetti Pancakes <i>Eggo</i>	1 package	36 g
Pancake Bite- <i>Rich's 08066</i>	3 Bites	19 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
Cornbread Muffin- <i>Superbakery 9053</i>	2.4 oz muffin	34 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, IW – <i>Bake Crafters 1325</i>	4 oz muffin	54 g
Chocolate Chocolate Chip – <i>Bake Crafters 1392</i>	4 oz muffin	53 g
Food Items: Peanut Butter		
Peanut Butter & Jelly- <i>Jamwich 92123</i>	2 packages	68 g
Peanut Butter- <i>Commodity</i>	2 TBSP / 4 TBSP	~ 8 g / 16 g
Peanut Butter-Fisher 01744	2 tbsp	5 g
Food Items: Pizza		
Breakfast Pizza	1 serving	31g
Cheese Pizza 15" -D6103857	1 serving	29g
WW Pizzeria Style Pizza (NY Style) - <i>Nardones 16WPS2</i>	1 slice	29 g

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

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Bella's Pizzeria Style Pizza (NY Style) <i>Nardones 16BWFC</i>	1 slice	30 g
WW Four Cheese Pizza (Pizzeria Style) <i>Nardones 16WFC</i>	1 slice	30 g
WW Wedge Cheese Pizza- <i>Nardones 96WWED2</i>	1 slice	30 g
4x6 WW Cheese Pizza - <i>Nardones 96WW2</i>	1 each	30 g
4x6 WW Cheese Pizza- <i>Nardones 401WCM2</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
WW Stuffed Crust Pizza - <i>Gilardi 16272 20111</i>	1 slice	42 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
WG Pepperoni Pinwheel- <i>E.S Foods 25404</i>	1 each	36 g
WG Vegetable Pinwheel- <i>E.S Foods 101818</i>	1 each	34 g
WW Turkey Pepperoni Pizza 4 x 6 (Pepperoni Pizza) <i>Nardones 96WWTP 4x6</i>	1 each	30 g
16" Rolled Edge Cheese Pizza- Big Daddys 78985	1 slice	43 g check with manager if they are using this product
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
WG Mozzarella Sticks- <i>Tasty Brands 41009</i>	5 each	33 g
<i>Mini Cheese Calzones or Mini Pepperoni 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)	~4 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)	~4 g
<i>Pizza Crunchers with Marinara Sauce</i>		
Pizza Crunchers- <i>Rich's 65225</i>	4 pieces	41 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g

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

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Food Items: Pizza	Serving Size	Grams of Carbohydrates
<i>Pizza Bagels (Diana's Pizza Bagels)</i>		
WW Bagel- Lenders 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 - Tyson 70302-928 WGR	2 tbsp of patty	~2.25 g
Or		
Chicken Meatballs- Tyson 19777-328	1 each	~2 g
Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used		
	Serving Size	Grams of Carbohydrates
DANIMALS		
Strawberry NF Yogurt Danimals - Dannon 2731	4 oz Container	14 g
Strawberry Banana LF Yogurt Danimals - Dannon 2732	4 oz Container	14 g
FRUIT ON THE BOTTOM		
LF Cherry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Blueberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LF Mixed Berry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Raspberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LIGHT & FIT		
Peach Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Strawberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Blueberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
LOW FAT VANILLA		
LF Vanilla Yogurt- Dannon	5.3 oz Container	22 g
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
Cream Cheese-Vegetable-Schreiber	1 pc container	1 g
Cream Cheese-Strawberry-Schreiber	1 pc container	3 g
Jelly, Grape - Heinz	1 tbsp	13 g

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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
Mayo, Extra Heavy- <i>Kens 898</i>	1 tbsp	0 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
Honey- <i>Smuckers</i>	½ oz	11 g
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
Thousand Island Dressing		
Thousand Island Dressing- <i>Kens-616</i>	2 tbsp	4 g
Blue Cheese Dressing		

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

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Blue Cheese Dressing-Kens 665	2 tbsp	1 g
Raspberry Dressing		
FF Raspberry Dressing-Kens-630	2 tbsp	9 g
Balsamic Vinegar Dressing		
FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 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- Kens		
Low Calories Italian Dressing, PC- Heinz	12 g packet	1 g
Ranch Dressing		
Light Ranch Dressing, PC- <i>Kens</i>	1.5 oz	7 g
Light Buttermilk Ranch Dressing PC- <i>Kens</i>	1.5 oz	6 g
Light Ranch Dressing, PC- Americana	12 g packet	3 g
Blue Cheese Dressing		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
Balsamic Vinegar Dressing		
Light Olive Oil and Vinegar Balsamic Dressing-Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g

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Honey Dijon Dressing		
FF Honey Dijon Dressing-Kens 600B3	1.5 oz	13 g
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
Maschio's 100% Frozen Juice Sorbet Lemon-Cherry-J&J Snack Foods #48430	4.4 fl oz	19 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: Pastries		
Guava Strawberry Flip- Hadley Farm 1440	1 each	36 g
WG Guava Strawberry Flip-Hadley Farm 1140IW	1 each	45 g
10" Cinnamon Sugar Churro-J&J 3328	½ of Churro	~12g
Apple Frudel 2.29 oz. 018000278527	1 Frudel	36 g
Food Items: Soups		
Lentil Soup*	1 cup	~20 g
Minestrone Soup*	1 cup	~17 g
Minestrone Soup –Campbells, prepared according to package	8 oz (1 cup)	28 g
Pasta Fagiolo Soup*- Vegetable	1 cup	~25 g
Tomato Soup –Campbells, prepared according to package	8 oz (1 cup)	20 g
Chicken Noodle Soup*	1 cup	~24 g
Chicken Noodle Soup- Campbells, prepared according to package	8 oz (1 cup)	16 g
Pasta Fagiolo Soup with Chicken*	1 cup	~27 g
Chicken & Rice Soup*	1 cup	~22 g
Chicken & Rice Soup- Campbells, prepared according to package	8 oz (1 cup)	26 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

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

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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
Horizon Milk-Reduced Milk	½ pint	4 g
Horizon Organic Chocolate Milk	½ pint	23 g
Healthy Moo Fat Free Chocolate Milk	1 cup	21 g
Pacific Foods-Soy Milk	1 cup	13 g
Food Items: Seafood		
Fish Sticks- USDA	4 each	17 g