

# Carbohydrate Count of Common Food Items K-8



Healthy meals grow *healthy kids!*



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

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Updated September 2020

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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 <b>Strawberry</b> 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
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 Peach Crisp*	1 serving	~35 g
Whole Grain Pear Crisp*	1 serving	~37 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



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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
<b>Food Item: Vegetarian Products</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Garden Veggie Pattie- MorningStar	1 patty	14 g
Spicy Black Bean Burger- MorningStar	1 patty	16 g
Chik'n Nuggets MorningStar	5 nuggets	~22 g
Veggie Sausage Patty- MorningStar	1 patty	4 g
<b>Food Item: Potato/Sweet Potato Products/Recipes</b>		
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- McCain MCF04566	½ cup	17 g
Maple Cinnamon Sweet Potato Fries*	½ cup	~20 g
Sweet Potato Waffle Fries - McCain MCF05074	~ 5 pieces	~23 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Rounds-6188	2 pieces	16g
Emoji Fries-McCain 1000006639	4 pieces	18g
Potato Wedges- McCain OIF00024A	½ cup	16 g
Seasoned Potato wedges*	½ cup	~18 g/ 16 g
Crinkle Cut French Fries- McCain SNO63	½ cup	11 g
Seasoned Deep Groove Crinkle Cut French Fries- McCain 1000007470	½ Cup	15g
Spiral French Fries- McCain 1000004108	½ cup	17 g
Straight Cut Fry- McCain GFR40	½ cup	14 g
Battered French Fries- McCain MCXD4717	½ cup	~20 g
Mashed Potatoes- Basic American Foods 3677739	½ cup	~15 g



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with Gravy	2 oz Gravy	~3g
Confetti Fries (1/4 cup Crinkle Cut French Fries- McCain SNO63 and 1/4 cup Sweet Potato Fries- McCain MCF04566)	1/2 cup	~11 g
<b>Food Item: Vegetables</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Honey Glazed Carrots*	1/2 cup	~13 g
Maple Cinnamon Carrots*	1/2 cup	~8 g
Baby Carrot Packs - Grimmway Farms	1 package (2.6 oz)	7 g
Broccoli Italiano*	1/2 cup	~5 g
Baked Beans, Vegetarian	1/2 cup	~20 g
Baked Beans, Vegetarian Baked Beans-BUSH's 01637	1/2 cup	29 g
BBQ Baked Beans	1/2 cup	~26 g
Sautéed Broccoli*	1/2 cup	~5 g
Warm Cheesy Broccoli*	1/2 cup	~5 g
Sautéed Spinach*	1/2 cup	~5 g
Corn Cobette Petite	1 each/2 each	6g/ 12 g
Corn Medley*	1/2 cup	~14 g
Corn, Steamed	1/2 cup	~15 g
Roasted Vegetables*(zucchini, yellow squash, red bell pepper, red onion, seasoning)	1/2 cup	~3 g
Tex-Mex Green Beans*	1/2 cup	~7 g
Sautéed Green Beans*	1/2 cup	~4 g
Green Beans Italiano*	1/2 cup	~4 g
Stir Fry Vegetables*	1/2 cup	~12 g
Roasted Parmesan Broccoli*	1/2 cup	~4 g
Sweet Plantains	1/2 cup	26 g
WG Onion Rings- Tasty Brands 33504	5 pieces	28 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 g
<b>Food Item: Veggie Salads</b>		
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*	3/4 c	~22 g
Spicy Black Bean Salad*	1/2 c	~24 g



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Three Bean Salad*	1/2 c	~21 g
Carrot Raisin Salad*	3/4 cup	~19 g
Creamy Cole Slaw*	1/2 c	~8 g
Country Slaw*	1/2 c	~5 g
Southwestern Slaw*	1/2 c	~7 g
Creamy Cucumber Salad*	2/3 c	~8 g
Cucumber, Tomato & Onion Salad* with Basil	3/4 c	~5 g
Southwestern Corn or Fiesta Corn*	1/2 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*	1/2 cup	~4.5 g
<b>Food Item: Chicken Products</b>		
All Chicken Products below are served with a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) or 3/4 Cup Pasta / Buttered Noodles (~30 g) or 3/4 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*		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Nuggets</b>		
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
<b>Popcorn Chicken</b>		
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	16 g
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
<b>Sticks</b>		
Whole Grain Chicken Fries-Tyson 10703670928	8 pieces	14g
<b>BBQ Grilled Chicken*</b>	1 each	~7 g
<b>BBQ Roasted Chicken*</b> (breast & wing or thigh & drumstick)	1 serving	~5 g
Grilled or Roasted Chicken	1 serving	0 g





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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) <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 Tyson 02154-928	1 each	15 g check with manager if they are using this product
Crispy Chicken Patty Tyson 10021540928	1 each	16g
Crispy Breaded Chicken Filet-Tyson 10383130928	1 each	17g
Crispy Breaded Chicken Filet-Tyson 038360-0928	1 each	14g
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g
Chicken & Cheese Taquito	2 each	30 g
WG Flour Mini Chicken Tacos	3 each	31 g
Boneless Dark Chicken # D6116209	3 oz	1g check with manager if they are using this product
Chicken Sausage		
Chicken Sausage Patty-Tyson 17443-928	1 Each	1g
Chicken Meatballs		
Chicken Meatballs-Tyson- 10197770328	3 Meatballs	6g
Chicken Sliders		
Chicken Sliders-Tyson-10197770328	2 Sliders	45g
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<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)	~4 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



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<i>OR</i>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ 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	½ cup	~21g/~20 g/~26 g
<i>OR</i>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ 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*	½ cup	~20 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
<b>OR</b>		
<b>Chicken Nacho Platter with <u>NO</u> 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
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Chicken Caesar Salad</b>		
1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1.8 oz Dinner Roll	
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g
<b>Chicken Caesar Salad Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Light Caesar Dressing- Kens KE0808	½ oz (1 TBSP)	~1.5 g
<b>Crispy Chicken Salad</b>		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
<b>OR</b>		





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



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2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	2 tbsp	2 g
<b>Sweet &amp; Sour PINEAPPLE Diced Chicken with Rice*</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
<b>Sweet &amp; Sour PINEAPPLE Popcorn Chicken with Rice*</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Pineapple Tidbits	¼ cup	~7.5 g
<b>Fiesta Chicken Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Fajita Chicken-USDA	2.55 oz	~1 g
<b>OR Fiesta Chicken Nacho Platter with Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
<b>Grilled BBQ Chicken Sandwich</b>		
BBQ Grilled Chicken*	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	
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Grilled Chicken Club on a Roll</b>		
WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	



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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 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
<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	



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Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Chicken Gyro Pita</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	2 tbsp	2 g
<b>Baked Chicken with Stuffing &amp; Gravy</b>		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Bread Stuffing*	1/2 cup	~26 g
Gravy- Monarch	2 oz	~3 g
<b>Cheesy Chicken Flatbread with Ranch Dressing</b>		
Flatbread WGR - Rich's 14010	1 each	28 g
Light Ranch Dressing	1 tbsp	1 g
<b>Strawberry Fields Chicken Salad</b>		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 g
<b>WITH</b>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
<b>OR</b>		
Crispy Chicken Patty WGR Breading- Tyson 70302-928	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>Crispy Chicken BLT on a Croissant or Roll</b>		
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	
WG Croissant Roll- Hadley Farms 139	1 each	26 g



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	OR		
a 1.8 oz Kaiser (grams of carbohydrates will vary by manufacturer)		1 each	
	Chicken Fried Rice*	1 ¾ cups	~62 g
<b>Mini Chicken Taco Boat</b>			
	Mini Chicken Tacos- Tasty Brands 25701	3 each	31 g
	Salsa Ranch*	2 oz	3 g
	Black Bean & Corn Salad*	1/3 cup	12 g
<b>Food Item: Chicken Recipes Continued</b>		<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Boneless Chicken Wing Basket</b>			
	Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
	Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
	Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b>Popcorn Chicken Mashed Potato Bowl</b>			
	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- Tyson 70368-928 WGR	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	
<b>Tot-Chos</b>			



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

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Updated September 2020

Queso Blanco-JTM 5718	2 oz	2g
Chicken Taco Meat-Tyson 019957	1.5 oz	~3g
Tater Tots-McCain OIF00215A	16 pieces (1 Cup)	32g
Diced Red Peppers	1 Tbsp	~1g
Scallion	1 tsp	0g
<b>Grilled Chicken Club Wrap</b>		
Grilled Chicken - Tyson 70320-928	1 each	2 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Shredded Lettuce	1 oz.	0 g
Tomato, Sliced	2 slices	2 g
Ranch Dressing-Ken's 708	1 Tbsp	0 g
10" Tortilla-Mexican Original 012919-0621	1 each	33 g





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

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Updated September 2020

<b>Deli Sandwiches – 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>		
<b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
Chicken Salad*	½ cup	~3 g
Waldorf Chicken Salad*	½ cup	~6 g
Tuna Salad*	½ cup	~4 g
Egg Salad*	1/3 cup	~2 g
Cheese Omelet	1 each	1 g
Beef/Turkey Bologna- StonyCreek 3345	2 oz	4 g
Roast Beef- Berks 6187	2 oz	1 g
Deli Ham- Berks 5194/5305	2 oz	1 g
Deli Smoked Ham- Hormel 39493	1.98 oz	2 g
Deli Turkey Ham- Jennie-O 8028/2565	3.58 oz	1 g
Pork Roll- Hatfield 0 3238	1 slice	2 g
Salami	0.5 oz	0 g
Deli Turkey- Jennie O 2099	3 oz	0 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Italian Turkey Combo Pack- Jennie-O 209612 (Ham, Salami, Pepperoni)	~ 3 oz	1g/2g/3g
<b>Turkey Ranchero Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - Jennie-O 835402	3 oz	~2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<b>Ham &amp; Cheese Melt on Pretzel Bun or Sandwich</b>		
American Cheese	2 slices	2 g
Deli Ham- Berks 5194	2 oz	1 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
<b>OR</b>		
WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
<b>Turkey Club on a Roll</b>		
WW Roll (1.8 oz - grams of carbohydrates will vary by	1 each	



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

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Updated September 2020

	manufacturer)		
	Deli Turkey - Jennie-O 835402	3.86 oz	3 g
	Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<b>Grilled Cheese Sandwich or Wedges or Sticks</b>			
	WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
	American Cheese	4 slices	4 g
	Grilled Cheese Sandwich - Bakecrafters	1 sandwich	31g
<b>Grilled Mozzarella and Tomato Sandwich</b>			
	WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
	Mozzarella Cheese, Shredded	2 oz.	2 g
	Tomato, Sliced	2 slices	2 g
<b>Deli Sandwiches- Continued</b>			
		<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Grilled Cheese on a Pretzel Bun</b>			
	American Cheese	4 slices	4 g
	WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
<b>Sausage &amp; Cheese on a Croissant Roll</b>			
	WG Croissant Roll- Hadley Farms 139	1 each	26 g
	Sausage Patty- Tyson 17443-928	1 each	1 g
	American Cheese	2 slices	2 g
<b>Sausage, Egg &amp; Cheese on a Bun</b>			
	WW Hamburger Bun- 2oz	1 each	~27 g
	Sausage Patty- Tyson 17443-928	1 each	1 g
	American Cheese	2 slices	2 g
<b>Bacon Egg &amp; Cheese on an English Muffin</b>			



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

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Updated September 2020

English Muffin, WG, 2 oz- BakeCrafters#802	1 each	24 g
American Cheese	1 slice	1 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
<b>Ham, Egg, &amp; Cheese on a Roll</b>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Deli Ham- Berks 5194	½ oz.	0 g
American Cheese	1 slice	1 g
<b>Turkey &amp; Cheese on a Croissant Sub Roll</b>		
WG Croissant Sub Roll- Hadley Farms 1023	1 each	27 g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
American Cheese	1 slice	1 g
<b>Southwest Turkey Flatbread</b>		
Flatbread WGR - Rich's 14010	1 each	28 g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
Salsa-Ranch Spread*	1 oz.	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
<b>Egg &amp; Cheese on a Bun or Pretzel Bun</b>		
American Cheese	1 slice	1 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
<b>OR</b>		
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
<b>Deli Sandwiches- Continued</b>		<b>Serving Size</b>
<b>Bacon Egg &amp; Cheese on a Croissant</b>		<b>Grams of Carbohydrates</b>
WG Croissant Roll- Hadley Farms 139	1 each	26 g
American Cheese	1 slice	1 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
<b>Food Item: Pasta Dishes</b>		<b>Serving Size</b>
		<b>Grams of Carbohydrates</b>



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

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Updated September 2020

<b>Four Cheese Cheese Tortellini-Tasty Brands</b> 00830WG	14 each	19 g
<b>Mini Cheese Ravioli</b>		
Breaded Mini Cheese Ravioli 41834	7 each	29 g
Mini Cheese Ravioli- Tasty Brands 00834WG	7 each	15 g
Marinara Sauce- Red Gold	3 oz	~6 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
OR		
Garlic WG Bread Stick* Bake Crafters 5011	1 each	14 g
<b>Breaded Ravioli with Marinara Sauce</b>		
Breaded Ravioli Tasty Brands 41834	7 each	29 g
Marinara Sauce- Red Gold	3 oz	~6 g
<b>Pasta Alfredo with Chicken &amp; Broccoli</b>		
WW Pasta	1 cup	~40 g
Alfredo Sauce- JTM 5722	~2.5 oz	~7g
Broccoli	1/2 cup	~5 g
Diced Chicken- Tyson 22830-928	1.15 oz	0 g
<b>Pasta with Meatballs</b>		
WW Pasta	3/4 cup	~30 g
Chicken Meatballs- Tyson 19777-328	3 each	6 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<b>Macaroni &amp; Cheese- Land o Lakes or JTM</b>		
WGR Macaroni & Cheese- Land O Lakes 432777	2/3 cup	31 g
OR		
WGR Macaroni & Cheese JTM 5765	2/3 cup	30g
WITH		
Dinner Roll - 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g



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

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Updated September 2020

<b>Macaroni &amp; Cheese- Scratch</b>		
*WGR Macaroni & Cheese	2/3 cup	~23 g
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
*Cheeseburger Macaroni & Cheese	2/3 cup	~22 g
With Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b>Baked Ziti with Mozzarella Cheese*</b>	1 ½ cups	~51 g
<b>Jumbo Cheese Ravioli with Marinara Sauce</b>		
Jumbo Cheese Ravioli- Tasty Brand 00804WG	3 each	24 g
Marinara Sauce- Red Gold	3 oz	~6 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
OR		
Garlic WG Bread Stick* Bake Crafters 5011	1 each	14 g
OR		
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
<b>Buttered Noodles*</b>	¾ cup	~30 g
<b>Pasta Alfredo/Pasta Primavera with Garden Vegetables</b>		
WW Pasta	1 cup	~40 g
Alfredo Sauce- JTM 5722	4 oz	~11g
Mixed Vegetables	¼ cup	~3 g
<b>Pasta with Meat Sauce*</b>		



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WW Pasta	¾ cup	~30 g
Meat Sauce *	2/3 cup	~6 g
<b>Vegetable Pasta Salad* (Side Dish)</b>	1 cup	~24 g
<b>Cheese Lasagna Rollup with Marinara Sauce</b>		
Cheese Lasagna Rollup- Tasty Brand 00801WG	1 each	29 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<b>Italian Sampler</b>		
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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
All Beef Patty 7701174	1 each	0 g
All Beef Patty-JTM CP5610	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- Sabrett 1438	1 each	1 g
All Natural Beef Mini Franks-Sabrett 764	2 Each	2g
Beef Hot Dog-Berks 1016	1 each	0 g
<b>Food Item: Beef Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Hot Dog Sliders</b>		
All Natural Beef Mini Franks-Sabrett 764	2 Each	2g
WGR Hot Dog Slider Buns-Bakecrafters-595	2 Each	32g
<b>Beef Nacho Platter with Rice &amp; Beans</b>		
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		
<b>Beef Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		





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

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WGR Corn Tortilla Chips Tostitos	16 each	~24 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
<b>Hard Beef Tacos with White or Brown Rice</b>		
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
WG Corn Taco Shells- Mission 07381	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
<b>Soft Flour Beef Taco with White or Brown Rice</b>		
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
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
<b>Philly Cheesesteak Hero</b>		
Beef Philly Steak- JTM 5813CE/CP	2.15 oz	~2 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Steak Calzone - Giorgio</b>		
	1 each	28 g
<b>Food Item: Beef Recipes Continued</b>		
<b>Smokey BBQ Rib Sandwich</b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre or	1 each	9 g
BBQ Beef Rib Patty with Sauce CP5691	1 each	6 g
<b>Scoop A Bowl- Beef Taco</b>		



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Updated September 2020

Tostitos Oven Baked Scoops( .875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
<b>Walking Beef 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
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
<b>Loaded Texas Wedges with Chili &amp; Cheese</b>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Potato Wedges- Lamb Weston Q80	1/2 cup	~18 g
OR		
Potato Wedges- McCain OIF0002AA	½ cup	~15 g
<b>Beef BBQ Burger on a Bun</b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- Advance Pierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce	1 Tbsp	~5 g
<b>Bacon Cheddar Burger on a Bun</b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- Advance Pierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<b>Hot Dog on a Bun with Chili</b>		
Chili Con Carne with Beans*	¼ cup	~3 g



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All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
1.75 or 1.8 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<b>Roast Beef French Dip Sandwich</b>		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Roast Beef- Berks 6185	2 oz	1 g
Beef Gravy- Knorr's #84129492	3 oz	~7 g
<b>Food Item: Bags &amp; Platters</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Bagel Bag</b>		
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
Fruit of the Day	½ cup	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
<b>Cereal Bag</b>		
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/ 0g
<b>Yogurt Bag</b>		
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
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>Fruit &amp; Cheese Platter</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>Hummus Platter</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	



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Fruit of the Day	½ cup	grams of carb will vary
Sabra Hummus (Sesame) or Sesame Free Hummus*	4 oz	~16 g
<b>Yogurt &amp; Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt</b>		
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
<b>Muffin Meal Bag</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/ 0g
OR (2) 1 oz Cheese Stick	2 (1 oz each)	0 g
<b>Food Item: Quesadilla- Check with Cafeteria if they make purchase or make in-house</b>		
Chicken & Cheese Quesadilla Pizza- The Max	1 each	37 g
Pizza Cheese Quesadilla- The Max	1 each	39 g
<b>WG Chicken &amp; Cheese Quesadilla*</b>		
10" wrap- Mexican Original (Rectado)	1 each	33 g
<b>WG Cheese Quesadilla*</b>		
10" wrap- Mexican Original (Rectado)	1 each	33 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- Kunzler 1079	1 each	1 g
<b>Food Item: Turkey</b>		
Turkey Corn Dog Nuggets	6 pieces	33 g
Roast Turkey with Gravy & Soft Roll or		



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<b>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- Monarch	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- Monarch	3 oz	~4.5 g
<b>Turkey Nacho Platter with Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
<b>OR</b>		
<b>Turkey Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Turkey Taco Filling- Commodity	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- Monarch	3 oz	~4.5 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
<b>Bread Vendors: Anthony &amp; Sons, Pechters, or Morabito</b>		
*please check with your cafeteria manager for the vendor your school uses*		
<b>Anthony &amp; Sons</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
WW Dinner Roll #42	2.2 oz Roll	27 g
Plain Dinner Roll # 362 IW or #38	1.8 oz Roll	23g
WW Hamburger Bun -#122	2 oz Bun	27 g
WG White Hamburger Bun -#466	2 oz Bun	29 g
Hamburger Bun #123	1.8 oz Bun	23g
WG White Hot Dog Bun -#311	2 oz Bun	28 g
WG Hot Dog Bun-#145	1.8 oz Bun	23 g



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

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Hot Dog Bun #120	1.5 oz	19g
WW Ultragrain Bread -#523	1.8 oz Slice	18 g
Country White Bread #521	1 slice	16g
WW 5" Hero -#307	2 oz Hero	24 g
Small Kaiser #306	1.8 oz Roll	22 g check with manager if they are using this product
Mini Bagels #712 or #166	2 oz	28g
Ultra- Grain White Split Top Dinner Roll (small) #514	1 oz Roll	15 g
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
Wrap #309	1.8 oz Wrap	26g
<b>Peachters</b>		
WG Dinner Roll -#2503	2.4 oz Roll	31 g
WW Hamburger Bun -#7509	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
WW Hot Dog Bun-#330	2 oz Bun	26 g
WG Hot Dog Bun #313	1.8 oz Bun	23 g
WG Bread-#7850	2 (1 oz) Slices	24 g
Pullman White Bread #7851	2 (1 oz Slices	28g
Pullman Wheat Bread-#7852	2 Slices	28 g
WG White Bread-#7500	2 (1 oz) Slices	26 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	1.8 oz Roll	25 g
WG White Dinner Roll (small) #0445	1 oz Roll	15 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





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

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Updated September 2020

WW Club Roll # 7961	1.85 oz	25g
Wheat English Muffin #0973	2.0 oz	24g
Corn Bread	3 oz	30g
<b>Morabito</b>		
100% WW Bread #21	2 (1 oz.) Slices	30g
White Sandwich Bread #29	2 (1 oz.) Slices	28g
55% Wheat Hot Dog Rolls	2 oz Bun	25g
WW Dinner Roll #290	2 oz	26g
WW Hamburger Bun -#84	1.8 oz	22g
55% Wheat Large Hamburger Roll #85	1.8 oz	25g
WG Hot Dog Bun-#590	1.8 oz	22g
WG Bread-#28	2 (1 oz.) Slices	34g
WW 5" Hero -#591	2 oz	32g
55% WW Small Kaiser #505	1.8 oz	30g
55% WW Small Dinner Roll #60	1 oz	14g
WW Pita #159 or Toasted Pita Wedges*	2 oz Pita	30g
<b>Food Item: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
Biscuit- 2 oz Pillsbury 132391000	1 each	27 g
WG Sliced Bagel- Bakecrafters 2 oz 982	1 each	27 g
WG White Bagel- Bakecrafters 1.9 oz 943	1 each	25 g
Bagel, Plain- Bakecrafters 2.8 oz 620	1 each	39 g
WG White Bagel- Bakecrafters 2 oz 951	1 each (1.9 oz)	26g
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
WG Mini Cornbread Loaf-Bakecrafters IW #2111	1 each (2 oz.)	29g
Donut Bite-Rich's 14839	1 each	30 g
Apple Frudel-Pillsbury 127852000	1 each	36 g
Mini Cinnis-Pillsbury 133686000	1 package	39 g
English Muffin, WG, 2 oz- BakeCrafters#802	1 each	21 g
WG Bread Stick Breadstick- Bake Crafters #5011	1 each	14 g



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Updated September 2020

WG Pretzel Bun- J&J #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	2 oz	~3 g
Fiesta Rice & Beans*	½ Cup	41g
Confetti Rice (Rice & Veggies) *	1.25 cup	~49 g
Pumpkin Swirl Roll- Hadley 373IW	1 each (2.7 oz)	38 g
Banana Bread Slice-Super Bakery #6071	1 each	45g
WG Donut-Rich's #14839	1 each	30g
Holiday Pretzel (snowman shape) SuperPretzel 3679	1 each (2.2 oz)	30 g
Shamrock Pretzel J&J Snack Foods	1 each (2.2 oz)	30 g
Pretzelicious Apple	1 each (2.2 oz)	30g
<b>Food Item: Pancakes, Muffins, Waffles, French Toast</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
WGR Cinnamon French Toast Sticks-Sunny Fresh #110026398	3 sticks	28 g
WW Mini Cinnamon French Toast- Pillsbury 137309000	1 package	37 g
WW Mini Triple Berry French Toast- Pillsbury 18000373086	1 package	37g
WW Mini Chocolate Chip French Toast Eggo	1 package	35g
WW Mini Original French Toast Eggo	1 package	37g
Whole Wheat Cinnamon Mini Waffles Eggo	1 package	35 g
Whole Wheat Maple Mini Waffles Eggo	1 package	35 g
Whole wheat Waffle Sticks ConAgra (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	24 g
Mini Maple Waffles 3" BakeCrafters #1584	2 waffles	15 g
Whole Grain Pancakes- Commodity	2 pancakes	~26 g
Whole wheat Blueberry Mini Pancakes Eggo	1 package	35 g
Whole wheat Maple Mini Pancakes Eggo	1 package	35 g
Whole wheat Confetti Pancakes Eggo	1 package	36 g
Pancake Bite-Rich's 8066	3 Bites	19 g
2 oz Muffins		



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Apple Cinnamon Muffin - Bake Crafters IW 1380	2 oz muffin	25 g
Blueberry Muffin - Bake Crafters IW 1343	2 oz muffin	25g
Chocolate Chip Muffin - Bake Crafters 1345	2 oz muffin	30g
Banana Muffin- Bake Crafters IW 1361	2 oz muffin	28 g
Cornbread Muffin-Superbakery 9053	2.4 oz muffin	34 g
<b>4 oz Muffins</b>		
Banana Muffin - Bake Crafters 1324	4 oz muffin	56 g
Blueberry Muffin - Bake Crafters 1314	4 oz muffin	51 g
Chocolate Chip Muffin - Bake Crafters 1545	4 oz muffin	59 g
Chocolate Chocolate Chip, IW-Bake Crafters 1325	4 oz muffin	54 g
Chocolate Chocolate Chip - Bake Crafters 1392	4 oz muffin	53 g
<b>Food Items: Peanut Butter</b>		
Peanut Butter & Jelly- Jamwich 92123	2 packages	68 g
Peanut Butter- Commodity	2 TBSP / 4 TBSP	~ 8 g / 16 g
Peanut Butter-Fisher 01744	2 tbsp	5 g
<b>Food Items: Pizza</b>		
PizzaBoli- WG Tasty Brands 53201	1 each	34g
Bella's Four Cheese Pizzeria Style Pizza (NY Style) Nardones 16BFC	1 slice	36 g
WW Wedge Cheese Pizza- Nardones 96WWED2	1 slice	30 g
4x6 WW Cheese Pizza - Nardones 96WW2	1 each	30 g
4x6 WW Cheese Pizza-Nardones 401WCM2	1 each	30 g
Bella's 4x6 WW Cheese Pizza - Nardones 96BWW2	1 each	30 g
6" WW Personal Pan Pizza - Nardones 625WRM2	1 each	31 g
WW "Deep Dish Pizza" 5" Personal Pan - Nardones 5WRMNY2	1 each	33 g
WW French Bread Pizza - Nardones 60WUM2	1 each	33 g
WW Stuffed Crust Pizza - Gilardi 16272 20113	1 each	33 g
WW Stuffed Crust Pizza - Gilardi 16272 20111	1 slice	42 g



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Updated September 2020

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
WG Pepperoni Pinwheel-E.S Foods 25404	1 each	36 g
WG Vegetable Pinwheel- E.S Foods 101818	1 each	34 g
WW Turkey Pepperoni Pizza 4 x 6 (Pepperoni Pizza) Nardones 96WWTP 4x6	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 Tasty Brands 62001	2 each	34 g
WW Mozzarella Sticks - Giorgio's	6 each	36 g
WG Mozzarella Sticks- Tasty Brands 41009	5 each	33 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- Red Gold	2 oz (1/4 cup)	~4 g
<b>Garlic French Bread Pizza with Marinara</b>		
Garlic French Bread Pizza- Nardones 60WGUM2	1 each	29 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<b>Pizza Crunchers with Marinara Sauce</b>		
Pizza Crunchers- Rich's 65225	4 pieces	41 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<b>Food Items: Pizza</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Pizza Bagels (Diana's Pizza Bagels)</b>		
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		



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

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Updated September 2020

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
<b>DANIMALS</b>		
Strawberry NF Yogurt Danimals - Dannon 2731	4 oz Container	14 g
Strawberry Banana LF Yogurt Danimals - Dannon 2732	4 oz Container	14 g
<b>FRUIT ON THE BOTTOM</b>		
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
<b>LIGHT &amp; FIT</b>		
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
<b>LOW FAT VANILLA</b>		
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
Ketchup Packet (9 g)- Red Gold	1 packet	2 g



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Updated September 2020

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
Mayo, Extra Heavy- Kens 898	1 tbsp	0 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
Honey- Smuckers	½ oz	11 g
<b>Salad Dressing Bottles</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Caesar Dressing</b>		
Light Caesar Dressing- Kens KE0808	2 tbsp	3 g
Creamy Caesar Dressing- Kens KE0670ZY	2 tbsp	1 g
<b>Italian Dressing</b>		
Light Italian Dressing- Kens	2 tbsp	2 g
Low Calorie Italian Dressing Kens KE0601ZY	2 tbsp	3 g
<b>Ranch Dressing</b>		
Light Ranch Dressing- Kens	2 tbsp	2 g
<b>Thousand Island Dressing</b>		
Thousand Island Dressing- Kens-616	2 tbsp	4 g





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<b>Blue Cheese Dressing</b>		
Blue Cheese Dressing-Kens 665	2 tbsp	1 g
<b>Raspberry Dressing</b>		
FF Raspberry Dressing-Kens-630	2 tbsp	9 g
<b>Balsamic Vinegar Dressing</b>		
FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 g
<b>Salad Dressing PC's</b>		
<b>Caesar Dressing</b>		
Light Caesar Dressing PC- Cains	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- Kens	1.5 oz	3 g
Fat Free Italian Dressing, PC- Kens	1.5 oz	5 g
Low Calories Italian Dressing, PC- Heinz	12 g packet	1 g
<b>Ranch Dressing</b>		
Light Ranch Dressing, PC- Kens	1.5 oz	7 g
Light Buttermilk Ranch Dressing PC- Kens	1.5 oz	6 g
Light Ranch Dressing, PC- Americana	12 g packet	3 g
<b>Blue Cheese Dressing</b>		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
<b>Balsamic Vinegar Dressing</b>		



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Light Olive Oil and Vinegar Balsamic Dressing- Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g
<b>Honey Dijon Dressing</b>		
FF Honey Dijon Dressing-Kens 600B3	1.5 oz	13 g
<b>Food Items: Sorbet</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</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
Maschio's 100% Frozen Juice Sorbet Lemon-Cherry-J&J Snack Foods #48430	4.4 fl oz	19 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: Pastries</b>		
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
<b>Food Items: Soups</b>		
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 Fagiole 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	8 oz (1 cup)	16 g



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<i>package</i>		
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
<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
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
<b>Food Items: Seafood</b>		
Fish Sticks- USDA	4 each	17 g
<b>Food Items: Bento Box Recipes</b>		
<b>Asian Chicken Chopped Salad Bento</b>		
Diced Chicken-Tyson 046012-0928	2 oz	0g
General Tso's Sauce-JTM-73450	3 oz	45g
Shredded Carrot	2 Tbsp	2g
Green Onion/Scallion	2 Tbsp	0g
Chopped Romaine Lettuce	1 ½ Cups	1.5g
Chow Mein Noodles-La Choy-4430012620	2 Tbsp	~18g
WGR Pretzel Sticks-J & J 31012	2 Each	29g
<b>Bruschetta Bento</b>		
Shredded Mozzarella	2 oz	2g
WGR Pita	1 Each	28g
Tomato diced	½ Cup	3.5g
Basil	1 Tbsp	0g
Olive Oil	1 Tbsp	0g



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Balsamic Glaze	½ Tbsp	4g
Red Grapes	½ Cup	8g
<b>Buffalo Chicken Dip Bento</b>		
Queso Blanco-JTM 5718	3 oz	1.5g
Hot Sauce	1 Tbsp	0g
Diced Chicken-Tyson 046012-0928	1 oz	0g
Carrot Sticks	½ Cup	7g
Celery Sticks	½ Cup	1.5g
Pretzel Sticks	2 Each	29g
Green Onion/Scallion	1 tsp	0g
<b>Cheese and Fruit Bento</b>		
Cheese Cubes	2 oz	1g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
<b>Ham and Cheese Pinwheel</b>		
Ham- Berks 5194 or Turkey Ham-Jennie-O 8028	6 slices	1g
American Cheese-Bongards-100491	1 slice	1g
10" Flour Tortilla	1 Each	33g
Red Grapes	½ Cup	8g
Carrot Sticks	½ Cup	7g
<b>Hummus Platter Bento</b>		
Hummus	½ Cup	18g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
<b>Lotsa Pasta Bento</b>		
Vegetable Pasta Salad* (Side Dish)	1 Cup	24g



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Shredded Mozzarella Cheese-Bongards 755071	2 oz	2g
WGR Pretzel Stick-J & J 31012	1 Each	14.5g
Red Grapes	½ Cup	8g
<b>Mediterranean Chicken Gyro Bento</b>		
Diced Chicken-Tyson 046012-0928	2 oz	0g
Tzatziki Sauce-Sysco-9669136	2 oz	2g
WGR Pita	1 Each	28g
Tomato and Cucumber Salad*	½ Cup	3g
Red Grapes	½ Cup	8g
<b>Muffin and Yogurt Bento</b>		
Muffin	1 Each-2 oz	~25g
Yogurt	4 oz	14g
Cheese Cubes	2 oz	1g
Apple Slices, unsweetened-Peterson Farms	½ cup	7g
<b>Prep-Ur-Oni Pizza Bento</b>		
Shredded Mozzarella Cheese- Bongards 755071	2 oz	2g
Marinara or Spaghetti Sauce	2 oz	5g
WGR Pita	1 Each	28g
Pepperoni Slices	4 Each	0g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Cucumber Coins	¼ Cup	~1g
Red Grapes	½ Cup	8g
<b>Spinnin' and Dippin' Bento</b>		
Three Cheese Sauce-JTM 5730	3.97 oz	~4g
Chopped Spinach	2 oz	0g
Parmesan Cheese	1 tsp	0g
Carrot Sticks	½ Cup	7g
Broccoli Florets	½ Cup	3g
WGR Pretzel Stick-J & J 31012	2 Each	29g



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<b>Sunny Morning Bento</b>		
Yogurt	4 oz	14g
Muffin	1 Each-2 oz	~25g
WGR Granola	2 oz	17g
Hard Boiled Egg	1 Each	0g
Fresh Oranges	¼ Cup	5g
Red Grapes	½ Cup	8g
<b>The Egg-Cellent Bento</b>		
Egg Salad*	2/3 Cup	4g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
<b>The Power Play Bento</b>		
Cheese Cubes	1 ½ Cup	0g
WGR Pretzel Stick-J & J 31012	2 Each	29g
Pepper Dippers	½ Cup	5g
Hard Boiled Egg	1 Each	0g
Red Grapes	½ Cup	8g
<b>The Right Start Bento</b>		
Muffin	1 Each-2 oz	~25g
Hard Boiled Egg	1 Each	0g
Pepper Dippers	½ Cup	5g
Apple Slices, unsweetened-Peterson Farms	½ cup	7g
<b>Tuna Salad Sushi Bento</b>		
Tuna Salad*	1/3 Cup	3g
Cucumber Strips	4 Strips	0g
Shredded Carrot	1 oz	3g
10" Flour Tortilla	1 Each	33g
Carrot Sticks	½ Cup	7g
Red Grapes	½ Cup	8g





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Updated September 2020

<b>Tuned Up Tuna Bento</b>		
Tuna Salad*	1/3 Cup	3g
WGR Pita	1 Each	28g
Carrot	1/4 Cup	2g
Celery	1/4 Cup	1g
Red Grapes	1/2 Cup	8g
<b>Turkey and Cheese Pinwheel</b>		
Deli Turkey - Jennie-O 2099	3.86 oz	~ 1g
American Cheese	1 slice	1g
10" Flour Tortilla	1 Each	33g
Red Grapes	1/2 Cup	8g
Carrot Sticks	1/2 Cup	7g
<b>Yogurt and Fruit Bento</b>		
Yogurt- Yoplait Parfait Pro	8 oz	34g
Muffin	1 Each-2 oz	~25g
WGR Granola	2 oz	17g
Blueberries, frozen- Commodity	1/4 cup	~ 4.5g
Strawberries frozen-Commodity	1/4 Cup	5g
<b>Chips and Salsa Bento</b>		
Shredded Cheddar Cheese-Bongards 755191	2 oz	2g
Tortilla Chips-Tostitos Crispy Rounds 75024-4099	14 Each	~21.5g
Salsa	2 oz	4g
Red Grapes	1/2 Cup	8g

