

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

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Updated February 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 <b>Strawberry</b> Unsweetened- Peterson Farms ASA10014 ( Strawberry Applesauce )	4.5 oz cup	14 g
Applesauce <b>Strawberry-Banana</b> 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 ( <b>not with blueberries</b> )*	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
<b>Food Item: Vegetarian Products</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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
<b>Food Item: Potato/Sweet Potato Products/Recipes</b>		
Sweet Potato Tots- <i>Lamb Weston L0094</i> "Roasted Sweet Potato Bites"	10 pieces (1/2 cup)	~34g
Sweet Potato Tots- <i>McCain MCF05034</i>	12 pieces (1/2 cup)	~26 g
Sweet Potato Chunks- Commodity "Roasted Sweet Potato Bites"	1/2 cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	1/2 cup	~24 g
Sweet Potato Fries- <i>McCain MCF04566</i>	1/2 cup	17 g
Maple Cinnamon Sweet Potato Fries*	1/2 cup	~20 g
Sweet Potato Waffle Fries – <i>McCain MCF05074</i>	~ 5 pieces	~23 g
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Patties- <i>McCain Ore-Ida OIF00589A</i>	2 pieces	31 g
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>	1/2 cup	~18 g
Potato Wedges- <i>McCain OIF00024A</i>	1/2 cup	~15 g
Seasoned Potato Wedges*	1/2 cup	~18 g/ ~15 g

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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-Lamb Weston-32N	½ cup	~19 g
<b>Food Item: Vegetables</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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
<b>Vegetable Pasta Salad* (Side Dish)</b>	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*	¾ c	~22 g
Spicy Black Bean Salad*	½ c	~24 g

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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* <b>with no dressing</b>	1 portion	~5 g
Tomato Salad*	½ cup	~4.5 g
<b>Food Item: Chicken Products</b>		
All Chicken Products below are served with a 1.8 oz Dinner Roll ( <b>grams of carbohydrates will vary by manufacturer</b> ) or ¾ Cup Pasta / Buttered Noodles (~30 g) or ¾ Cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~32 g/~30 g/~39 g) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b>*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Nuggets</b>		
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
<b>Popcorn Chicken</b>		
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
Popcorn Chicken- # 08125D	13 pieces	19 g – check with manager if they are using this product

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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
<b>Tenders</b>		
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
<b>Sticks</b>		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
<b>Grilled or Roasted Chicken</b>		
<b>BBQ Grilled Chicken*</b>	1 each	~7 g
<b>BBQ Roasted Chicken*</b> (breast & wing or thigh & drumstick)	1 serving	~5 g
Roast Chicken	1 serving	0 g
Baked Chicken: Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
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 070362-928	1 each	9 g check with manager if they are using this product
Crispy Chicken Patty- House of Raeford #08250D	1 each	~13 g check with manager if they are using this product
Crispy Chicken Patty- BrakeBush #08248D	1 each	~17 g check with manager if they are using this product
Crispy Chicken Patty- Advance Pierre #08170D	1 each	~11 g check with manager if they are using this product
Crispy Chicken Patty-Fit Foodz 08475D	1 each	19 g check with manager if they are using this product



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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
Chicken & Cheese Taquito	2 each	30 g
WG Flour Mini Chicken Tacos	3 each	31 g
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Meatball Parm Sub</i></b>		
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
<b><i>Soft Flour Chicken Taco with White or Brown Rice</i></b>		
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
<i>OR</i>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice*	1/2 cup	~22g/~21 g/~27 g
<b><i>Hard Chicken Tacos with White or Brown Rice</i></b>		
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
<i>OR</i>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~22g/~21 g/~27 g
<b><i>Chicken Nacho Platter with Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice &amp; Beans*</i>	1/2 cup	~20 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<b>OR</b>		
<b><i>Chicken Nacho Platter with NO Rice &amp; Beans</i></b>		
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
<b>Food Item: Chicken Recipes Continued</b>		
<b><i>Chicken Caesar Salad</i></b>		
1.8 oz Dinner Roll (grams of carbohydrates will vary by	1.8 oz Dinner Roll	

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Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Light Caesar Dressing- <i>Kens KE0808</i>	1 oz (2 TBSP)	3 g
<b><i>Chicken Caesar Salad Wrap</i></b>		
10" WGR Wrap- <i>Mission 33825</i>	1 each	29 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Light Caesar Dressing- <i>Kens KE0808</i>	½ oz (1 TBSP)	~1.5 g
<b><i>Crispy Chicken Salad</i></b>		
Chicken Nuggets	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>OR</b>		
Popcorn Chicken	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>OR</b>		
Crispy Chicken Patty	<b>See page 4- confirm with manager which manufacturer they are using</b>	
<b>With</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b>OR</b>		
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
<b>OR</b>		
1 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 oz	
<b><i>Teriyaki Chicken &amp; Rice</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Teriyaki Sauce- <i>JTM 73470</i>	~ 3 Tbsp	~20 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b><i>Sweet &amp; Sour Diced Chicken with Rice*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Sweet &amp; Sour Popcorn Chicken with Rice*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Popcorn Chicken	<b>See page 4- confirm with manager which</b>	



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<b>Chicken Fajita Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Chicken Fajita Pita</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- <i>Grecian Delight</i>	2 tbsp	2 g
<b>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- <i>Minh 69142</i>	4 tbsp	~22 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
<b>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- <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
<b>Fiesta Chicken Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	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 <i>Tostitos</i>	13 each	20 g
Rice & Beans*	½ cup	~20 g
<b>Grilled BBQ Chicken Sandwich</b>		
<b>BBQ Grilled Chicken*</b>	1 each	~7 g
<b>OR</b>		
BBQ Grilled Chicken #07443D/07579	4.25 oz	~8.5 g check with manager if they are using this product
1.8 oz Bun (grams of carbohydrates will vary by manufacturer)	1.8 oz	
<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 <i>or</i> Fajita Chicken <i>or</i> Diced Chicken	1 each	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing KE708	1 tbsp	1 g
Salsa	1 oz.	2 g
<b>Walking Chicken Nachos</b>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Ground Chicken Crumbles - Tyson 19957-328	2.25 oz	2.25 g
<b>Dipper Day – Chicken Sticks with Waffle Sticks</b>		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
Waffle Sticks- ConAgra #8615140333 (see page 16 for "Breakfast for Lunch" serving size)	2 sticks	~19 g
<b>Chicken Parmesan Hero</b>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<b>Food Item: Chicken Recipes Continued</b>		
<b>Chicken Gyro Pita</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by	1 each	

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

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manufacturer		
Cucumber Sauce (Tzatziki)- <i>Grecian Delight</i>	2 tbsp	2 g
<b><i>Baked Chicken with Stuffing &amp; Gravy</i></b>		
Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
Bread Stuffing*	½ cup	~26 g
Gravy- <i>Monarch</i>	2 oz	~3 g
<b><i>Cheesy Chicken Flatbread with Ranch Dressing</i></b>		
Flatbread WGR – <i>Rich's 14010</i>	1 each	28 g
Light Ranch Dressing	1 tbsp	1 g
<b><i>Strawberry Fields Chicken Salad</i></b>		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 g
<b>WITH</b>		
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b>OR</b>		
Crispy Chicken Patty WGR Breading- <i>Tyson 70302-928</i>	1 each	9 g
<b>Served with:</b>		
Toasted Pita Wedges- <b>grams of carbohydrates will vary by manufacturer</b>	1 each	
<b>OR</b>		
a 1.8 oz Dinner Roll ( <b>grams of carbohydrates will vary by manufacturer</b> )	1 each	
<b><i>Crispy Chicken BLT on a Croissant or Roll</i></b>		
Crispy Chicken Patty	<b>See page 4- confirm with manager which manufacturer they are using</b>	
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
<b>OR</b>		
a 1.8 oz Kaiser ( <b>grams of carbohydrates will vary by manufacturer</b> )	1 each	
<b><i>Chicken Fried Rice*</i></b>		
	1 ¾ cups	~62 g
<b><i>Boneless Chicken Wing Basket</i></b>		
Chicken Nuggets	<b>See page 4- confirm with manager which manufacturer they are using</b>	
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g

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<b><i>Deli Sandwiches</i></b> – served on WW Bread (0.9 oz slice- grams of carbohydrates will vary by manufacturer) OR WW Kaiser (1.8 oz- grams of carbohydrates will vary by manufacturer) OR 10" WGR Wrap (29 grams) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b><i>Chicken Salad*</i></b>	½ cup	~3 g
<b><i>Waldorf Chicken Salad*</i></b>	½ cup	~6 g
<b><i>Tuna Salad*</i></b>	½ cup	~4 g
<b><i>Egg Salad*</i></b>	1/3 cup	~2 g
<b><i>Cheese Omelet Sunny Fresh 40176</i></b>	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
<b><i>Turkey Ranchero Wrap</i></b>		
<b>10" WGR Wrap- Mission 33825</b>	<b>1 each</b>	<b>29 g</b>
Deli Turkey - <i>Jennie-O 835402</i>	3 oz	~2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<b><i>Ham &amp; Cheese Melt on Pretzel Bun or Sandwich</i></b>		
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
<b>OR</b>		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
<b><i>Turkey Club on a Roll</i></b>		
<i>WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	3 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<b><i>Grilled Cheese Sandwich or Wedges or Sticks</i></b>		
<i>WW Bread (0.9 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	

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<b>Deli Sandwiches- Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>American Cheese</b>		
	4 slices	4 g
<b>Grilled Cheese on a Pretzel Bun</b>		
American Cheese	4 slices	4 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
<b>Sausage &amp; Cheese on a Croissant Roll</b>		
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
<b>Sausage, Egg &amp; Cheese on a Bun</b>		
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
<b>Bacon Egg &amp; Cheese on an English Muffin</b>		
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
<b>Ham, Egg, &amp; Cheese on a Roll</b>		
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
<b>Turkey &amp; Cheese on a Croissant Sub Roll</b>		
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
<b>Southwest Turkey Flatbread</b>		
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
<b>Egg &amp; Cheese on a Bun or Pretzel Bun</b>		
American Cheese	1 slice	1 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g

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1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
<b>OR</b>		
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
<b>Deli Sandwiches- Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Bacon Egg &amp; Cheese on a Croissant</i></b>		
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
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Four Cheese Cheese Tortellini-Tasty Brands 00830WG</i></b>	14 each	19 g
<b><i>Mini Cheese Ravioli</i></b>		
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
<b>OR</b>		
<i>Garlic WG Bread Stick* Bake Crafters 5011</i>	1 each	14 g
<b><i>Breaded Ravioli with Marinara Sauce</i></b>		
<i>Breaded Ravioli Tasty Brands 41834</i>	7 each	29 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~6 g
<b><i>Pasta Alfredo with Chicken &amp; Broccoli</i></b>		
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
<b><i>Pasta with Meatballs</i></b>		
WW Pasta	¾ cup	~30 g
Chicken Meatballs- <i>Tyson 19777-328</i>	3 each	6 g
Marinara Sauce- <i>Red Gold</i>	4 oz (1/2 cup)	8 g
<b><i>Macaroni &amp; Cheese- Land o Lakes or JTM</i></b>		
WGR Macaroni & Cheese- <i>Land O Lakes 432777</i>	2/3 cup	31 g
<b>OR</b>		
WGR Macaroni & Cheese <i>JTM 5765</i>	2/3 cup	30g



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<b>WITH</b>		
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b><i>Macaroni &amp; Cheese- Scratch</i></b>		
<i>*WGR Macaroni &amp; Cheese</i>	2/3 cup	~23 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Cheeseburger Macaroni &amp; Cheese</i></b> <b><i>Cheeseburger Mac &amp; Cheese</i></b>		
<i>*Cheeseburger Macaroni &amp; Cheese</i>	2/3 cup	~22 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>OR</b>		
Soft Pretzel Stick- <i>Superpretzel 31012</i>	1 each	14 g
<b><i>Baked Ziti with Mozzarella Cheese*</i></b>	1 ½ cups	~51 g
<b><i>Jumbo Cheese Ravioli with Marinara Sauce</i></b>		
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
<b>OR</b>		
<i>Garlic WG Bread Stick* Bake Crafters 5011</i>	1 each	14 g
<b>OR</b>		
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b>Buttered Noodles*</b>	¾ cup	~30 g
<b><i>Pasta Alfredo/Pasta Primavera with Garden Vegetables</i></b>		
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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<b><i>Pasta with Meat Sauce*</i></b>		
WW Pasta	¾ cup	~30 g
Meat Sauce *	2/3 cup	~6 g
<b><i>Vegetable Pasta Salad* (Side Dish)</i></b>		
	1 cup	~24 g
<b><i>Cheese Lasagna Rollup with Marinara Sauce</i></b>		
Cheese Lasagna Rollup- Tasty Brand 00801WG	1 each	29 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<b><i>Italian Sampler</i></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>		
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) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
Beef Hot Dog-Berks 762950101618	1 each	0 g
<b>Food Item: Beef Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Beef Nacho Platter with Rice &amp; Beans</i></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><i>Beef Nacho Platter with <u>NO</u> Rice &amp; Beans</i></b>		
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
<b>Hard Beef Tacos with White or Brown Rice</b>		
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>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
<b>Soft Flour Beef Taco with White or Brown Rice</b>		
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>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
<b>Philly Cheesesteak Hero</b>		
Beef Philly Steak- <i>JTM 5813CE/CP</i>	2.15 oz	~2 g
WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Steak Calzone - Giorgio</b>		
	1 each	28 g
<b>Food Item: Beef Recipes Continued</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b>Smokey BBQ Rib Sandwich</b>		
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
<b>Scoop A Bowl- Beef Taco</b>		
Tostitos Oven Baked Scoops( .875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	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- <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
<b><i>Loaded Texas Wedges with Chili &amp; Cheese</i></b>		
<i>Chili Con Carne with Beans*</i>	2/3 cup	~8 g
Potato Wedges- <i>Lamb Weston Q80</i>	1/2 cup	~18 g
<b>OR</b>		
Potato Wedges- <i>McCain OIF00024A</i>	1/2 cup	~15 g
<b><i>Beef BBQ Burger on a Bun</i></b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- <i>Advance Pierre or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce	1 Tbsp	~5 g
<b><i>Bacon Cheddar Burger on a Bun</i></b>		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
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
<b><i>Hot Dog on a Bun with Chili</i></b>		
<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)		
<b><i>Roast Beef French Dip Sandwich</i></b>		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Roast Beef- <i>Berks 6185</i>	2 oz	1 g
Beef Gravy- <i>Knorr's #84129492</i>	3 oz	~7 g
<b>Food Item: Bags &amp; Platters</b>		
<b><i>Bagel Bag</i></b>		
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
<b><i>Cereal Bag</i></b>		
<b>Heartzels Pretzels Rold Gold</b>	1 package	15 g
Cereal Bowl, Ready to Eat	1 oz	grams of carb will vary
Fruit of the Day	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

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<b>Yogurt Bag</b>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
<b>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	
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
<b>OR (2)</b> 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>		
WG Chicken & Cheese Quesadilla Pizza- The Max 127006	1 each	37 g
WG Pizza Cheese Quesadilla- The Max 126993	1 each	39 g
<b>WG Chicken &amp; Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>WG Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g

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<b>Food Item: Turkey</b>		
All Turkey Products below are served on a 1.8 oz or 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
Turkey Hot Dog- <i>Kunzler 1079</i>	1 each	1 g
<b>Food Item: Turkey</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Pretzel Dog - <i>Kunzler 1113</i>	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
<b><i>Roast Turkey with Gravy &amp; Soft Roll or Stuffing</i></b>		
a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b>OR</b>		
Bread Stuffing*	½ cup	26 g
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
<b><i>Turkey, Open Faced Sandwich</i></b>		
<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
<b><i>Turkey Nacho Platter with Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	13 each	20 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
OR		
<b><i>Turkey Nacho Platter with NO Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	16 each	~24 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
<b><i>Turkey French Dip Sandwich</i></b>		
WW 5" Hero Roll- <b>carbs will vary by manufacturer</b>	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
<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 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



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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
<b>Pechters</b>		
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
<b>Morabito</b>		
WG Dinner Roll #290	2 oz	26 g
WW Hamburger Bun -#84	1.8 oz	22 g
WG Hot Dog Bun-#590	1.8 oz	22 g
WG Bread-#28	2 (1 oz) Slices	34 g

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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
<b>Food Item: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
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 <b>Cinnamon</b> Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with <b>Strawberry</b> 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 *- <b>HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor</b>	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&amp;J Snack Foods</i>	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 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

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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 <b>Dipper Day</b> 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
<b>2 oz Muffins</b>		
Apple Cinnamon Muffin – <i>Bake Crafters 1203</i>	2 oz muffin	26 g
Blueberry Muffin – <i>Bake Crafters 1201</i>	2 oz muffin	26 g
Chocolate Chip Muffin – <i>Bake Crafters 1204</i>	2 oz muffin	28 g
Banana Muffin- <i>Bake Crafters 1202</i>	2 oz muffin	28 g
Cornbread Muffin- <i>Superbakery 9053</i>	2.4 oz muffin	34 g
<b>4 oz Muffins</b>		
Banana Muffin – <i>Bake Crafters 1324</i>	4 oz muffin	55 g
Blueberry Muffin – <i>Bake Crafters 1314</i>	4 oz muffin	51 g
Chocolate Chip Muffin – <i>Bake Crafters 1392</i>	4 oz muffin	56 g
Chocolate Chocolate Chip, IW – <i>Bake Crafters 1325</i>	4 oz muffin	54 g
Chocolate Chocolate Chip – <i>Bake Crafters 1392</i>	4 oz muffin	53 g
<b>Food Items: Peanut Butter</b>		
Peanut Butter & Jelly- <i>Jamwich 92123</i>	<b>2 packages</b>	68 g
Peanut Butter- <i>Commodity</i>	2 TBSP / 4 TBSP	~ 8 g / 16 g
Peanut Butter-Fisher 01744	2 tbsp	5 g
<b>Food Items: Pizza</b>		
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

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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
<b>Mini Pizza Bagels- <i>Tasty Brands 52222</i></b>	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
<b>16" Rolled Edge Cheese Pizza- Big Daddys 78985</b>	1 slice	43 g check with manager if they are using this product
WW Pizza Sticks (Twisted Cheesy Breadsticks <i>Tasty Brands 62001</i>	<b>2 each</b>	34 g
WW Mozzarella Sticks - <i>Giorgio's</i>	6 each	36 g
WG Mozzarella Sticks- <i>Tasty Brands 41009</i>	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- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g
<b>Garlic French Bread Pizza with Marinara</b>		
Garlic French Bread Pizza- <i>Nardones 60WGUM2</i>	1 each	29 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g
<b>Pizza Crunchers with Marinara Sauce</b>		
Pizza Crunchers- <i>Rich's 65225</i>	4 pieces	41 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g

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<b>Food Items: Pizza</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Pizza Bagels (Diana's Pizza Bagels)</i></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
<b>with choice of</b>		
Crispy Chicken Patty - Tyson 70302-928 WGR	2 tbsp of patty	~2.25 g
<b>Or</b>		
Chicken Meatballs- Tyson 19777-328	1 each	~2 g
<b>Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<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
<b>Food Items: Condiments</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Check with your Cafeteria Manager the Brand/ Portion of Condiments used</b>		
Cream Cheese, FF- Schreiber	1 pc container	~3 g
Cream Cheese- Schreiber	1 pc container	2 g
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
<b>Salad Dressing Bottles</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Caesar Dressing</b>		
Light Caesar Dressing- <i>Kens KE0808</i>	2 tbsp	3 g
Creamy Caesar Dressing- <i>Kens KE0670ZY</i>	2 tbsp	1 g
<b>Italian Dressing</b>		
Light Italian Dressing- <i>Kens</i>	2 tbsp	2 g
Low Calorie Italian Dressing <i>Kens KE0601ZY</i>	2 tbsp	3 g
<b>Ranch Dressing</b>		
Light Ranch Dressing- <i>Kens</i>	2 tbsp	2 g
<b>Thousand Island Dressing</b>		
Thousand Island Dressing- <i>Kens-616</i>	2 tbsp	4 g
<b>Blue Cheese Dressing</b>		



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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- <i>Cains</i>	1.5 oz	7 g
<b>French Dressing</b>		
Low Calorie French Dressing, PC- Americana	12 g packet	1 g
<b>Italian Dressing</b>		
Golden Italian Dressing, PC- <i>Kens</i>	1.5 oz	3 g
<b>Fat Free Italian Dressing, PC- Kens</b>		
Low Calories Italian Dressing, PC- Heinz	12 g packet	1 g
<b>Ranch Dressing</b>		
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
<b>Blue Cheese Dressing</b>		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
<b>Balsamic Vinegar Dressing</b>		
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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<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 package	8 oz (1 cup)	16 g
Pasta Fagiole 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

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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
<b>Food Items: Seafood</b>		
Fish Sticks- USDA	4 each	17 g