

# Carbohydrate Count of Common Food Items 6-8



Healthy meals grow *healthy kids!*



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Food Item: Fruit and Fruit Juices	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 Cups, Unsweetened – Commodity	4.5 oz cup	~14 g
Applesauce <b>Strawberry</b> Unsweetened- Peterson Farms ASA10014	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	19 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
Warm Cinnamon Apples*	1/2 cup	~15 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



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Whole Grain Pear Crisp*	1 serving	~37 g
Gelatin Fruit Cup (not with blueberries)*	1 serving	~20 g
Gelatin Fruit Cup- with Blueberries*	1 serving	~12 g
Strawberry Compote* (topping)	2 oz	~15 g
Blueberry Compote* (topping)	2 oz	~11 g
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
Purplelicious Juice-FUN!	4 fl oz	14g
Blue Razz Juice-FUN!	4 fl oz	14g
Orange Juice – Ardmore	4 fl oz	12 g
Apple Juice- Ardmore	6 fl oz	20 g
Orange Juice – Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 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	15 g
Spicy Black Bean Burger- Dr.Praegers	1 patty	16 g
Chik'n Nuggets MorningStar	5 nuggets	~22 g
Chickenless Nuggets- Dr.Praegers	4 nuggets	20 g
Vegetarian Sausage	1 Patty	4 g
<b>Food Item: Potato/Sweet Potato Products/Recipes</b>		
Sweet Potato Tots- Lamb Weston L0094	10 pieces (1/2 cup)	~34g
Sweet Potato Tots- McCain MCF05034	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- McCain MCF04566	1/2 cup	17 g
Maple Cinnamon Sweet Potato Fries*	1/2 cup	~20 g
Sweet Potato Waffle Fries – McCain MCF05074	~ 5 pieces	~23 g



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Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Patties- McCain Ore-Ida OIF00589A	2 pieces	31 g
Hash Brown Rounds-6188	2 pieces	16g
Hash Brown Sticks-D6103903	8 sticks	32g
Emoticons Fries- McCain 7054806	4 pieces	18g
Emoji Fries ( Smile Fries )- McCain OIF03456	4 pieces (1/2 cup)	20 g
Julienne Cut Fries-McCain 82304NK	3 oz	17 g
Potato Wedges- Lamb Weston Q80	1/2 cup	~18 g
Potato Wedges- McCain OIF00024A	1/2 cup	~15 g
Sweet Potato Matchstick Fry- McCain MCF05004	1/2 cup	25 g
Seasoned Potato Wedges*	1/2 cup	~18 g/ ~15 g
Crinkle Cut French Fries- Lamb Weston RR41	1/2 cup	~17 g
Crinkle Cut French Fries- McCain SNO63	1/2 cup	~14 g
Spiral French Fries- McCain 1000004108	1/2 cup	~17 g
Straight Cut Fry- Lamb Weston SP04	1/2 cup	~14 g
Straight Cut Fry- McCain GFR40	1/2 cup	~13 g
Battered French Fries- McCain MCX04717	1/2 cup	~20 g
Mashed Potatoes- Basic American Foods 3677739	1/2 cup	~15 g
with Gravy	2 oz Gravy	~3 g
Confetti Fries (1/4 cup Crinkle Cut French Fries- McCain SNO63 and 1/4 cup Sweet Potato Fries- McCain MCF04566)	1/2 cup	~16 g
Seasoned Fries- Cajon Fries* (LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries- Greek Fries*(LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries- Garlic Herb Fries * (LW SP04 or McCain GFR40)	1/2 cup	~19 g/ ~18 g
Garlic Parmesan French Fries using Crinkle Cut French Fries- McCain SNO63	1/2 cup	11 g
Seasoned Fries- Taco Fries * (LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries-Ranch Fries* (SNO63)	1/2 cup	14 g
Breakfast Cubes-Lamb Weston-32N	1/2 cup	~19 g
Shoestrings French Fries #D6112399	3 oz	21 g
<b>Food Item: Potato Products/Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Loaded Potato Wedges with Cheese*	1 portion	~19 g
served with 2 oz Dinner Roll (grams of carbohydrates will	2 oz Dinner Roll	



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vary by manufacturer)		
Salsa	2 oz.	~4 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 – Grimmway Farms	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-BUSH's 01637	½ cup	29 g
BBQ Baked Beans	½ cup	~26 g
Sautéed Broccoli*	½ cup	~5 g
Warm Cheesy Broccoli*	½ cup	~5 g
Roasted Parmesan Broccoli*	½ cup	~4 g
Sautéed Spinach*	½ cup	~5 g
Corn Cobette (3")- Simplot	1 each/2 each	19 g/ 38 g
Corn Medley*	½ cup	~14 g
Corn, Steamed	½ cup	~15 g
Sweet Plantains	½ cup	26 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- Tasty Brands 33504	5 pieces	28 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 g
<b>Food Item: Veggie Salads</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</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* with no dressing	1 portion	~5 g
Tomato Salad*	½ cup	~4.5 g
<b>Food Item: Chicken Products</b>		
<p>All Chicken Products below are served with  a 2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)  or 1 Cup Pasta/Buttered Noodles (~40 g) or  1 cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~42 g/~40 g/~52 g)  <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b></p>		
*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*		
	Serving Size	Grams of Carbohydrates
<b>Nuggets</b>		
Chicken Nuggets / Boneless Wings Tyson 70362-928 WGR	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



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Boneless Wings Tyson 5210-0895	5 pieces	~1g
Chicken Siracha Chunks #D6115517	3 oz	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
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
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
WG Spicy Popcorn Chicken #08478	13 pieces	~20 g- check with manager if they are using this product
Popcorn Chicken #D6113668	4 oz	16 g check with manager if they are using this product
<b>Tenders</b>		
Chicken Tenders - Tyson 70332-928 WGR	3 tenders	12 g
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
Chicken Tenders #07637D/07437D/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
WG Spicy Chicken Tenders #08480D	3 tenders	21 g check with manager if they are using this product
Chicken Tenders #6100144	3 oz	13g
Chicken Tenders #6100145	3 oz	12g
Buffalo Chicken Tenders	3 tenders	Add 1.5 grams (Hot Sauce) to product used confirm with manager which manufacturer they are using
BBQ Chicken Tenders	3 tenders	Add 10 grams (BBQ Sauce) to product used confirm with manager which manufacturer they are using
Chicken Tenders #D6110362	2 tenders/3.5 oz	22 g check with manager if they are using this product





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Chicken Tenders #D6115956	3 oz	12 g check with manager if they are using this product
Chicken Tenders #D6115955-J38320	3 oz	13 g check with manager if they are using this product
<b>Sticks</b>		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
<b>Taquitos</b>		
Chicken and Cheese Taquitos-40818	2 pieces	30 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
Baked Chicken: Grilled Chicken Patty #D6904D	1 each	3 g check with manager if they are using this product
Grilled Chicken Patty- #D6112502/#D6112503	1 each	3 g check with manager if they are using this product
All Chicken Products below are served on a 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) or 10" WGR wrap (29 grams) <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



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		they are using this product
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
WG Spicy Chicken Patty #08476D	1 each	19 g check with manager if they are using this product
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g
Grilled Chicken Patty #06904D	1 each	3 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
Crispy Chicken Patty- John Soules Foods 6100578-6100702	1 each	16 g check with manager if they are using this product
Crispy Chicken Patty- John Soules Foods 6100579-6100703	1 each	16 g check with manager if they are using this product
Chicken & Cheese Taquito	2 each	30 g
WG Flour Mini Chicken Tacos	3 each	31 g
Boneless Dark Chicken # D6116209	3 oz	1g check with manager if they are using this product
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Meatball Hero</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	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~22 g/~21 g/~27 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Hard Chicken Tacos with White or Brown Rice</b>		
Ground Chicken Crumbles- Tyson 19957-328	3 oz	3 g
WG Corn Taco Shells- Mission 07381	3 each	21 g



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Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
<b>Chicken Nacho Platter with Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g
Rice & Beans*	½ cup	~20 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
OR		
<b>Chicken Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
<b>Chicken Caesar Salad</b>		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 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	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz	
<b>Teriyaki Chicken &amp; Rice</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Teriyaki Sauce- JTM 73470	~ 3 Tbsp	~20 g



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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>
<i>Chicken Cordon Bleu on a Bun</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
<i>Chicken BLT Sub</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
<i>Sweet &amp; Sour Diced Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
<i>Sweet &amp; Sour Popcorn Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
OR	OR	OR
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product
<i>Chicken Parmesan Hero</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<i>Chicken Fajita Wrap</i>		



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10" WGR Wrap- Mission 33825	1 each	29 g
<i>Chicken Fajita Pita</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	4 tbsp	4 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Asian Chicken Wrap with Vegetable Fried Rice</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	2 oz	0 g
Sweet & Sour Sauce- Minh 69142	2 tbsp	~11 g
<i>Vegetable Fried Rice*</i>	1 cup	~34 g
<i>Buffalo Chicken Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Chicken Tenders	See page 4- confirm with manager which manufacturer they are using	
Hot Sauce- Texas Pete	2 tbsp	~1.5 g
<i>Sweet &amp; Sour PINEAPPLE Diced Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 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
<i>Sweet &amp; Sour PINEAPPLE Popcorn Chicken with Rice*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
OR	OR	OR
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product



### Carbohydrate Count of Common Food Items 6-8

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Pineapple Tidbits	¼ cup	~7.5 g
<i>Spicy or Plain Chicken Basket</i>		
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	12 pieces	~16 g
OR		
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Honey Mustard Chicken &amp; Cheddar Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Chicken Tenders WGR - Tyson 70332-928	2 tenders	8 g
OR		
Chicken Tenders #07224D	2.24	~9.5 g check with manager if they are using this product
Honey Mustard- Kens 600	2 tbsp	9 g
<i>Chicken Gyro Pita</i>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	4 tbsp	4 g
<i>Chicken Tender Hero</i>		
Chicken Tenders	See page 4- confirm with manager which manufacturer they are using	
WW 5" Hero Roll- will vary by manufacturer	1-5" Hero	
<i>Grilled BBQ Chicken Sandwich</i>		
BBQ Grilled Chicken*	1 each	~7 g
OR		
BBQ Grilled Chicken #07443D	4.25 oz	~8.5 g check with manager if they are using this product





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2 oz Bun (grams of carbohydrates will vary by manufacturer)	2 oz	
<i>Grilled Chicken Club on a Roll</i>		
WW Kaiser Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<i>Chipotle Chicken Sandwich</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Mayo, Reduced Calorie- Kens	1 tbsp	1 g
Hot Sauce- Texas Pete	1 tsp	Less than 1/2 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Spicy or Plain Chicken Tender Basket</i>		
Chicken Tenders	See page 4- confirm with manager which manufacturer they are using	
OR	OR	OR
Buffalo Chicken Tenders	See page 4- confirm with manager which manufacturer they are using	
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
<i>Firecracker Chicken Sandwich</i>		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Boom Boom Sauce- Ken's Dressing	1 tbsp	~1.5 g



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<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	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 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	1 cup	~42 g/~40 g/~52 g
Fajita Chicken-USDA	2.55 oz	~1 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	1 tbsp	1 g
Salsa	1 oz.	2 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<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	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
<b>Dipper Day - Chicken Tenders with Waffle Sticks</b>		
Chicken Tenders	See page 4- confirm with manager which manufacturer they are using	
Waffle Sticks- ConAgra #068615140333 (see page 20 for "Breakfast for Lunch" serving size)	3 sticks	~28 g



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<i>Harvest Salad with Diced or Breaded Chicken</i>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
OR	OR	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Apple, Diced	2 TBSP	~2 g
Mandarin Oranges	2 TBSP	~4 g
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
OR	OR	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<i>Chicken Lo Mein</i>		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 1.6 Tbsp	~11 g/ ~13 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 3 Tbsp	~20 g/ ~24 g
<i>Chicken Fried Rice*</i>	1 ¾ cups	~62 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Asian Crispy Chicken Salad</i>		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
OR		
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
OR		
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Chow Mein Noodles	2 TBSP	~4 g
Mandarin Oranges	¼ cup	~10 g
WITH		



### Carbohydrate Count of Common Food Items 6-8

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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>Baked Chicken with Stuffing &amp; Gravy</b>		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Bread Stuffing	½ cup	~31 g
Gravy- Monarch	2 oz	~3 g
<b>BBQ Chicken Cheddar Melt</b>		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
or		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
BBQ Sauce	1 TBSP	~5 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Queso Chicken Nacho Platter</b>		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Fajita Chicken-USDA	2.55 oz	~1 g
Queso Sauce*	2 oz	~3 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>General Tso Chicken &amp; Rice</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
General Tso- JTM 73450	3.2 Tbsp	~26 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Or		
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
<b>Country Chicken &amp; Stuffing Bowl</b>		



### Carbohydrate Count of Common Food Items 6-8

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Stuffing- Foothill Farms 1666374	1/2 cup	26 g
Gravy- Monarch	2 oz	~3 g
Corn	1/2 cup	~15 g
Green Beans	1/4 cup	~2 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Crispy Bacon Chicken Swiss Croissant or Sandwich with Ranch		
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Light Ranch Dressing KE708	1 tbsp	1 g
WG Croissant Roll- Hadley Farms 139	1 each	26 g
OR		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken BLT on a Pretzel Bun		
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
Grilled Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Strawberry Fields Chicken Salad</b>		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 grams
<b>WITH</b>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
OR		
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
<b>Served with:</b>		
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	



### Carbohydrate Count of Common Food Items 6-8

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OR		
2 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 5- confirm with manager which manufacturer they are using	
WG Croissant Roll- Hadley Farms 139	1 each	26 g
OR		
a 1.8 oz Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
<b>Chicken Burrito Bowl*</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Diced Chicken- Tyson 22830-928	1.73 oz	0 g
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 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>Mashed Potato Bowl*</b>		
Mashed Potatoes- Basic American Foods 3677739	½ cup	~15 g
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)- 1 each		
Gravy	2 oz Gravy	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Corn, Steamed	½ cup	~15 g
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	~16 g
OR		
Popcorn Chicken- # 06755D	4 oz serving	~26 g - check with manager if they are using this product
OR		





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Popcorn Chicken- # 08125D	10 pieces	~15 g - check with manager if they are using this product
OR		
Popcorn Chicken- # 08227D	2.4 oz serving	~15 g - check with manager if they are using this product
<b>Sweet Chili Chicken Rice Bowl with Stir Fry Vegetables</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Stir Fry Medley Vegetables	½ cup	~9 g
Buffalo Chicken Dip*	1 serving	~4 g
With		
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)
Or		
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
<b>Rodeo Chicken Sandwich</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
BBQ Sauce- Kens K0849	2 tbsp	10 g
WGR Onion Rings- Tasty Brands 33504	2 each	~11 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Chicken Fajita Fries (Vincent's)</b>		
Crinkle Cut French Fries- McCain SNO63	½ cup	~14 g
Diced Chicken- Tyson 22830-928	1.73 oz	0 g
Fajita Seasoning	1 tsp	3 g
Shredded Cheddar Cheese- USDA	1 oz	0 g
Peppers & Onions	¼ cup	~5 g
Salsa	2 oz.	~4 g



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Served with		
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)
<i>Philly Chicken Cheesesteak Hero</i>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Peppers & Onions	¼ cup	~5 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<i>Buffalo Philly Chicken Cheesesteak Hero</i>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Peppers & Onions	¼ cup	~5 g
Hot Sauce	2 tsp	~½ g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<i>Spicy or Plain Chicken Nugget Basket</i>		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
For Spicy version- add Hot Sauce- Texas Pete	4 tbsp	~3 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<i>Crispy Chicken Biscuit with Maple Siriracha</i>		
Biscuit- Pillsbury 9456232271	1 each (2 oz)	27 g
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Sriracha Sauce	1 TBSP	~3 g
Syrup- Maple	1 TBSP	~12 g



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<b>Cajun Crispy Chicken Po' Boy Sandwich</b>		
WG Spicy Popcorn Chicken	12 each	16 g
Hot Sauce	1 Tbsp	0 g
Chipotle Mayo	1 Tbsp	~ 1g
Pickle Chips	3 Each	0g
WGR 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Tot-Chos</b>		
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
<b>Chicken &amp; Waffle Sandwich</b>		
WGR Breaded Chicken Patty, Tyson 070302-0928	1 each	9 g
3" Mini Maple Chip Waffle, Bakecrafters 1584	2 each	15 g
Served with		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b>Crispy Chicken Sandwich on a Biscuit with Pepper Jack Cheese</b>		
WGR Breaded Chicken Patty, Tyson 070302-0928	1 each	9 g
Buttermilk Biscuit Pillsbury 132391000	1 each	28g
Pepper Jack Cheese-Bongards 104441	1 slice	0g
<b><u>Deli Sandwiches</u> – served on WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer) OR WW Kaiser (1.8 oz- grams of carbohydrates will vary by manufacturer) OR</b>		



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10" WGR Wrap (29 grams) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
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 Sunny Fresh 40176	1 each	1 g
Beef Bologna- Berks 3430	2 oz	3 g
Roast Beef- Berks 6185	2 oz	1 g
Roast Beef-D6103558	2 oz	1 g
Deli Ham- Berks 5194	2 oz	1 g
Deli Smoked Ham-Hormel 39493	1.98 oz	2 g
Deli Turkey Ham- Jennie-O 8028	3.58 oz	1 g
Pork Roll-Hatfield 0 3238	1 slice	2 g
Salami- Berks 32	0.5 oz	0.5 g
Deli Turkey - Jennie-O 835402	3.86 oz	2 g
Deli Turkey- Jennie O 2099	3 oz	0 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
<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 on Side (see condiments section)		
Salsa on Side (see condiments section)		
<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 <b>OR</b> WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	1 each <b>OR</b> 2 slices	29 g- Pretzel Bun ONLY
<b>Turkey Club on a Roll</b>		



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WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<b>Deli Sandwiches- Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>NJ Style Sloppy Joe Sandwich</i>		
WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Creamy Cole Slaw on Sandwich*	¼ c	~4 g
Deli Turkey - Jennie-O 835402	2 oz	~1 g
Deli Ham- Berks 5194	½ oz	0 g
American Cheese	1 slice	1 g
<i>Grilled Cheese Sandwich or Wedges or Sticks with or without Bacon</i>		
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
American Cheese	4 slices	4 g
Grilled Cheese Sandwich - Bakecrafters	1 sandwich	31g
<i>Bacon Egg &amp; Cheese on an English Muffin</i>		
English Muffin Bake Crafters 802	1 each	24 g
American Cheese	2 slices	2 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
<i>Sausage, Egg &amp; Cheese on an English Muffin or Kaiser Roll</i>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
English Muffin Bake Crafters 802	1 each	24 g
<i>or WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)</i>		<b>OR</b> Roll
American Cheese	1 slice	1 g
Sausage Patty- Tyson 17443-928	1 each	1 g
<i>Sausage, Egg &amp; Cheese on a Bun</i>		



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	WW Hamburger Bun- 2oz	1 each	~27 g
928	Sausage Patty- Tyson 17443-	1 each	1 g
	American	2 slices	2 g
Cheese			
	Egg Patty- Sunny Fresh 40710	1 each	1 g
	<b>NY Style Deli Breakfast Sandwich</b>		
	Egg Patty- Sunny Fresh 40710	1 each	1 g
	WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
	Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
	Hash Brown Patties- McCain Ore-Ida OIF00589A	1 piece	~16 g
	American Cheese	2 slices	2 g
	<b>Deli Sandwiches- Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
	<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
	<b>Egg &amp; Cheese on a Pretzel Bun</b>		
	Egg Patty- Sunny Fresh 40710	1 each	1 g
	WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
	American Cheese	2 slices	2 g
	<b>Turkey Cheddar Bacon 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
	<b>Bacon &amp; Cheese Pretzel Melt</b>		
	Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
	WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
	American Cheese	4 slices	4 g





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<b>Bacon Egg &amp; Cheese Sandwich or Croissant</b>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
WW Roll (1.8 oz - grams of carbohydrates will vary by manufacturer)	1 each	
OR	OR	OR
WG Croissant Roll- Hadley Farms 139	1 each	26 g
American Cheese	2 slices	2 g
<b>Sausage Egg &amp; Cheese on a Croissant Roll</b>		
WG Croissant Roll- Hadley Farms 139	1 each	26 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
Sausage Patty- Tyson 17443-928	1 each	1 g
<b>Steak, Egg &amp; Cheese on a Croissant Roll</b>		
WG Croissant Roll- Hadley Farms 139	1 each	26 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
Beef Philly Steak- JTM 5813CE/CP	0.71 oz	~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>Deli Sandwiches- Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Bacon Grilled Cheese with Chipotle Sauce</b>		
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
Chipotle Mayo Spread	1 TBSP	Less than 1 g
American Cheese	4 slices	4 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



### Carbohydrate Count of Common Food Items 6-8

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Shredded Cheddar Cheese- USDA	½ oz	0 g
<b>Turkey and Cheese Panini with Chipotle Mayo</b>		
Panini WGR-Pillsbury 137737	2 Pieces	30g
Sliced Tomato	1 Slice	1g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
Shredded Cheddar Cheese-USDA	½ oz	0g
Chipotle Mayo Spread	1 TBSP	Less than 1g
Olive Oil	1 tsp	0g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Four Cheese Cheese Tortellini-Tasty Brands 00830WG</b>	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>Pasta Alfredo with Chicken &amp; Broccoli</b>		
WW Pasta	1 cup	~40 g
Alfredo Sauce- JTM 5722	~3.66 oz	~10g
Broccoli	½ cup	~5 g
Diced Chicken- Tyson 22830-928	1.15 oz	0 g
<b>Pasta with Meatballs</b>		
WW Pasta	1 cup	~40 g
Chicken Meatballs- Tyson 19777-328	3 each	6 g



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Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
Macaroni & Cheese- Land o Lakes or JTM / Mac & Cheese		
WGR Macaroni & Cheese- Land O Lakes 432777	1 cup	~47 g
WGR Macaroni & Cheese JTM 5765	1 cup	~40 g
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Macaroni & Cheese- Scratch / Mac & Cheese		
*WGR Macaroni & Cheese	1 cup	~30 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>
<b>Pasta with Meat Sauce*</b>		
WW Pasta	1 cup	~40 g
Meat Sauce *	2/3 cup	~8 g
<b>Vegetable Pasta Salad* (Side Dish)</b>	1 cup	~24 g
<b>Chicken Parmesan with Pasta</b>		
WW Pasta	1 cup	~40 g
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<b>Baked Ziti with Mozzarella Cheese*</b>	1 1/2 cups	~51 g
<b>Jumbo Cheese Ravioli with Marinara Sauce</b>		



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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>Breaded Ravioli with Marinara Sauce</b>		
Breaded Ravioli Tasty Brands 41834	7 each	29 g
Marinara Sauce- Red Gold	3 oz	~6 g
<b>Chicken Bruschetta Pasta</b>		
WW Pasta	1 cup	~40 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Diced Tomatoes – Harvest Value	½ cup	4 g
<b>Buffalo Chicken Macaroni &amp; Cheese / Buffalo Chicken Mac &amp; Cheese</b>	1 cup	~31 g
<b>*Cheeseburger Macaroni &amp; Cheese</b>	1 cup	~29 g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Fiesta Lasagna*</b>		
WGR Potato and American Piergoies- Mrs Ts 41164-00376	2 each	~19 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	1.25 oz	0.5 g
Beef Crumbles (Soy Added) CP5876/5876CE	1.25 oz	~1 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Salsa	1/2 cup	~8 g
WGR Corn Tortilla Chips Tostitos	4 chips	~6 g



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Served with WGR Corn Tortilla Chips Tostitos	10 each	~15 g
Buttered Noodles*	1 cup	~40 g
Swedish Meatballs with Buttered Noodles		
Buttered Noodles*	1 cup	~40 g
Swedish Meatballs*	3 Meatballs	~16 g
Pasta Alfredo/Pasta Primavera with Garden Vegetables		
WW Pasta	1 cup	~40 g
Alfredo Sauce- JTM 5722	4 oz	~11g
Mixed Vegetables	¼ cup	~3 g
Cheese Lasagna Rollup with Marinara Sauce		
Cheese Lasagna Rollup- Tasty Brand 00801WG	1 each	29 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
Italian Sampler		
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 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Frame Grilled Beef Patty-Smart Picks 6100600D	1 each	2 g
All Beef Patty-JTM CP5610	1 each	1 g
All Beef Patty- AdvancePierre	1 each	0 g
All Beef Patty- AdvancePierre with 1 slice Cheese	1 each	~1 g
BBQ Beef Rib Patty with Sauce-JTM CP5691	1 each	6 g
BBQ Beef Rib Patty with Sauce-JTM 5691CE	1 each	5 g
All Beef Products below are served on a 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
Beef Hot Dog-Berks 1016	1 each	0 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates



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<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	15 each	~23 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) CP5876/5876CE	2 oz	2 g
OR		
<b>Beef Nacho Platter with <u>NO</u> Rice &amp; Beans</b>		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
OR		
<b>Hard Beef Tacos with White or Brown Rice</b>		
Beef Crumbles- Advance Pierre 9737 or 9739 or	2.5 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2.5 oz	2.5 g
WG Corn Taco Shells- Mission 07381	3 each	21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
OR		
<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) CP5876/5876CE	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	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
OR		





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Food Item: Beef Recipes Continued	Serving Size	Grams of Carbohydrates
<b>The MAC Burger</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Thousand Island Dressing- Ken's KE856ZY	1 TBSP	~2.5 g
<b>Texas Wedges with Chili &amp; Cheese</b>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Potato Wedges- McCain OIF00024A	1/2 cup	~15 g
<b>Philly Cheesesteak wrap or Hero</b>		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
10" WGR Wrap- Mission 33825	1 each	29 g
OR		
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Smokey BBQ Rib Sandwich</b>		
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-JTM CP5691	1 each	6 g
BBQ Beef Rib Patty with Sauce-JTM 5691CE	1 each	5 g
<b>Smokey BBQ Rib Sliders</b>		
WGR Slider Buns- Superbakery 8669	2 buns	28 g
Beef BBQ Rib Pattie- Advance Pierre or	1 each	9 g
BBQ Beef Rib Patty with Sauce-JTM CP5691	1 each	6 g
BBQ Beef Rib Patty with Sauce-JTM 5691CE	1 each	5 g
<b>Rodeo Burger</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g



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All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce- Kens K0849	2 tbsp	10 g
WGR Onion Rings- Tasty Brands 33504	2 each	~11 g
<i>Taco Pie*</i>	1 portion	~32 g
<i>The MAC Burger Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Thousand Island Dressing- Ken's KE856ZY	1 TBSP	~2.5 g
<b>Food Item: Beef Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Quesadilla Burger Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Salsa	1/4 cup	4 g
<i>Scoop A Bowl- Beef Taco</i>		
Tostitos Oven Baked Scoops( .875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<i>Chili with Rice</i>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
<i>Bacon Cheeseburger on a Bun</i>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g



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All Beef Patty-JTM CP5610	1 each	1 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 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	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<b>Firecracker Hamburger on a Bun</b>		
2 oz Hamburger Bun or 1.8 oz Kaiser Roll (grams of carbohydrates 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
Boom Boom Sauce- Ken's Dressing	1 tbsp	~1.5 g
<b>Southwest Burger on a Bun</b>		
2 oz Hamburger Bun (grams of carbohydrates 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
Salsa	2 tbsp	~2 g
<b>Food Item: Beef Recipes Continued</b>		
<b>Bacon Cheddar Burger on a Bun</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
All Beef Patty- Advance Pierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
<b>Hot Dog on a Bun with Chili</b>		



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<i>Chili Con Carne with Beans*</i>	¼ cup	~3 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<i>Hot Dog on a Bun with Cheese</i>		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<i>Hot Dog on a Bun with Chili &amp; Cheese</i>		
<i>Chili Con Carne with Beans*</i>	1/8 cup	~1.5 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<i>California Cheeseburger on a Bun</i>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Mayonnaise- Cains 59110	1 tbsp	2 g
<i>Beef Lo Mein</i>		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 1.6 Tbsp	~11 g/ ~13 g
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 3 Tbsp	~20 g/ ~24 g
<b>Food Item: Beef Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Beef Burrito Bowl*</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added)	2 oz	2 g



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CP5876/5876CE		
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 g
<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>Italian Hot Dog on a Bun*</b>		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- Lamb Weston Q80	¼ cup	~9 g
Peppers & Onions*	2 oz	~5 g
<b>Sweet Chili Beef Noodle Bowl with Green Beans*</b>		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
WW Pasta	1 cup	~40 g
Green Beans*	½ cup	~4 g
<b>Food Item: Bags &amp; Platters</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Bagel 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
Cream Cheese- Fat Free	1 oz	3 g
<b>Cereal Bag</b>		
Heartzeels 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) or 1 oz Cheese Stick	4 oz or 1 oz	grams of carb will vary/ 0 g
<b>Yogurt Bag</b>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g



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Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
<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 # 4193	½ cup	~34 grams
Low Fat Vanilla Yogurt- General Mills 16632000	8 oz	~39 grams
Fruit of the Day	½ cup	grams of carb will vary
<b>Food Item: Quesadillas/Burritos- 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>Chicken &amp; Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Bacon, Chicken &amp; Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Breakfast Burrito*</b>		
Scrambled Egg Mix-Michael Foods-34730-54802-00	2 oz	1.5g





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Potato Wedges-McCain	1/2 Cup	15g
Salsa	2 oz	~4g
Sausage Patty- Tyson 17443-928	1 each	1 g
10" Tortilla- Mexican Original 012919-0621	1 each	33 g
<b>Food Item: Turkey</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
All Turkey Products below are served on a 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b>Food Item: Turkey</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Pretzel Dog- Kunzler 1113	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
Turkey Hot Dog- Kunzler 1079	1 each	1 g
<i>Turkey, Open Faced Sandwich</i>		
WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer)	2 slices	
Turkey Gravy- Monarch	3 oz	~4.5 g
<i>Hot Open Faced Turkey Melt*</i>		
WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer)	2 slices	
<i>Roast Turkey with Gravy &amp; Soft Roll or Stuffing</i>		
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
<b>OR</b>		
Bread Stuffing*	1/2 cup	31 g
Turkey Gravy- Monarch	3 oz	~4.5 g
<b>Food Item: Turkey</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i>Turkey Nacho Platter with Rice &amp; Beans</i>		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g



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<i>Rice &amp; Beans*</i>	½ cup	~20 g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
OR		
<i>Turkey Nacho Platter with <u>NO</u> Rice &amp; Beans</i>		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
<i>Turkey French Dip Sandwich</i>		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Turkey Gravy- Monarch	3 oz	~4.5 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
<i>Italian Hot Dog on a Bun*</i>		
Turkey Hot Dog- Kunzler 1079	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- Lamb Weston Q80 or McCain OIF00024A	¼ cup	~9 g or ~7.5
Peppers & Onions*	2 oz	~5 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 oz Roll	27 g
WW Hamburger Bun -#122	2 oz Bun	27 g
WG White Hamburger Bun -#466	2 oz Bun	29 g
WW Hot Dog Bun -#311	2 oz Bun	28 g
WW Bread -#343	2 (1 oz) Slices	24 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



### Carbohydrate Count of Common Food Items 6-8

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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 -#85	2 oz	25 g
WG Hot Dog Bun-#589	2 oz	25 g
WW Bread-#21	2 (1 oz) Slices	30g
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



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Food Item: Breads/Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts	Serving Size	Grams of Carbohydrates
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	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
WG Cinnamon Raisin Bagel- Bakecrafters 2.2 oz 746	1 each	35 g
Bagel, Plain- Bakecrafters 2.8 oz 620	1 each	39 g
Bagel-fuls Bagel & Cream Cheese Bar with Cinnamon Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with Strawberry Spread 21270	1 each	32 g
Donut Bite-Rich's 14839	1 each	30 g
Apple Frudel- Pillsbury 018000278527	1 each	36 g
Cinnamon Twist-E.S Foods 25317	1 each	28 g
Mini Cinnis- Pillsbury 018000336869	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
WG Pretzel Bun- SuperPretzel 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- Monarch	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
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
Food Item: Pancakes, Muffins, Waffles, French Toast	Serving Size	Grams of Carbohydrates
WGR Cinnamon French Toast Sticks- Sunny Fresh 40037	4 sticks	37 g
WW French Toast Cin. Slice- Michaels 46025-75014	1 slice	~25 g



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WW Mini Cinnamon French Toast- Pillsbury	1 package	37 g
WW Mini Triple Berry French Toast- Pillsbury	1 package	37 g
WG French Toast Bite-Rich's 08061	3 Bites	19 g
Whole Wheat Waffles- Aunt Jemima	2 waffles	~32 g
Mini Waffles Maple Madness-Pillsbury 018000322657	1 package	37 g
Whole Grain Waffles- Right Start RS9201WE	2 waffles	~24 g
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 9)	3 sticks	~29 g
WG Waffles Bakecrafters #1453	2 waffles	22 g
Whole Grain Pancakes (Buttermilk) BakeCrafters #1475	2 pancakes	30 g
Whole Wheat Pancakes (Buttermilk) Aunt Jemima	2 pancakes	~27 g
Whole Grain Pancakes- Commodity	2 pancakes	~26 g
Whole Grain Pancakes Right Start RS7245	2 pancakes	~32 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 08066	3 bites	19 g
<b>2 oz Muffins</b>		
Apple Cinnamon Muffin - Bake Crafters 1203	2 oz muffin	26 g
Blueberry Muffin - Bake Crafters 1201	2 oz muffin	26 g
Chocolate Chip Muffin - Bake Crafters 1204	2 oz muffin	28 g
Banana Muffin- Bake Crafters 1202	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	55 g
Blueberry Muffin - Bake Crafters 1314	4 oz muffin	51 g
Chocolate Chip Muffin - Bake Crafters 1392	4 oz muffin	56 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>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>





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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>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
PizzaBoli- W&G Tasty Brands 53201	1 each	34g
Breakfast Pizza	1 serving	31g
Cheese Pizza 15" -DG103857	1 serving	29g
WW Pizzeria Style Pizza (NY Style) - Nardones 16WFS2	1 slice	29 g
Bella's Pizzeria Style Pizza (NY Style) Nardones 16BWFC	1 slice	30 g
WW Four Cheese Pizza (Pizzeria Style) Nardones 16WFC	1 slice	30 g
WW Wedge Cheese Pizza- Nardones 96 WWED2	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
W&R Domino's Smart Pizza- 14" Pie	1 slice (1/8 pie)	29 g
W&R Domino's Smart Pizza- 16" Pie	1 slice (1/8 pie)	39 g
Papa John's Pizza Slice - W&R	1 each	39 g
Mini Pizza Bagels- Tasty Brands 52222	4 each	24 g
WW Turkey Pepperoni Pizza 16 inch (Pepperoni Pizza) Nardones 16WPSTP3	1 slice	29 g
W&G Pepperoni Pinwheel E.S. Foods 25404	1 each	36 g
W&G Vegetable Pinwheel- E.S Foods 101818	1 each	34 g
Steak Calzone - Giorgio	1 each	28 g
WW Pizza Sticks (Twisted Cheesy Breadsticks Tasty Brands 62001	2 each	34 g
W&G Mozzarella Sticks- Tasty Brands 41009	6 each	~40 g





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WW Mozzarella Sticks - Giorgio's	6 each	36 g
Margherita Flatbread Pizza*	1 each	~32 g
Mini Pepperoni or Cheese Calzones with Marinara*		
Mini Pepperoni or Cheese Calzones-Giorgio's	3 pieces	34 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Cheesy Buffalo Chicken Flatbread		
Flatbread WGR - Rich's 14010	1 each	28 g
Hot Sauce- Texas Pete	1 tbsp	~1 g
Light Ranch Dressing	1 tbsp	~1 g
<b>Food Items: Pizza</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Pizza Bagels with Toppings		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Mozzarella Cheese, Shredded	2 oz	~2 g
with choice of		
Crispy Chicken Patty - Tyson 70302-928 WGR	2 tbsp of patty	~2.25 g
Or		
Chicken Meatballs- Tyson 19777-328	1 each	~2 g
Pizza Crunchers with Marinara Sauce		
Pizza Crunchers - Rich's 65225	4 pieces	41 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
16" Rolled Edge Cheese Pizza- Big Daddys 78985	1 slice	43 g check with manager if they are using this product
<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>		



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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
Ketchup Packet (9 g)- Red Gold	1 packet	2 g
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, Extra Heavy-Kens 898	1 tbsp	0 g
Mayo, PC- Americana	1 packet	1 g



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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	0.5 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
<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>		



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FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 g
Salad Dressing PC's		
Caesar Dressing		
Light Caesar Dressing PC- Cains	1.5 oz	7 g
French Dressing		
Low Calorie French Dressing, PC- Americana	12 g packet	1 g
Italian Dressing		
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
Ranch Dressing		
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
Blue Cheese Dressing		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
Balsamic Vinegar Dressing		
Light Olive Oil and Vinegar Balsamic Dressing-Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g
Honey Dijon Dressing		
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's #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>		



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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>		
10" Cinnamon Sugar Churro-J&J 3328	½ of Churro	~12g
WG Guava Strawberry Flip 1140IW	1 each	45 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)	14 g
Pasta Fagiole Soup*- Vegetable	1 cup	~25 g
Tomato Soup -Campbells, prepared according to package	8 oz (1 cup)	20 g
Basil Tomato Soup*	8 oz (1 cup)	20 g
Veggie Tortilla Soup with crushed tortilla chips*	1 cup	~30 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
<b>Food Items: Milk</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</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



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<b>Food Items: Seafood</b>		
Fish Sticks- USDA	4 each	17 g
Potato Crusted Fish Sticks- Trident 422071	4 each	19 g
<b>The Whaler Fish Sandwich</b>		
Pollock Wedge	3.6 oz-1 each	15 g
American Cheese	1 slice	1 g
Lettuce, Shredded	½ oz	0 g
Tater Sauce	1 each	1 g
WW 2oz 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Fish Tacos</b>		
Potato Crusted Fish Sticks- Trident 422071	4-1 oz sticks	19 g
Boom Boom Sauce- Ken's Dressing	2 oz	2 g
WGR Soft Tortillas- Mission 33822	2 each	28 g
Southwestern Slaw *	¼ cup	~4 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
Balsamic Glaze	½ Tbsp	4g
Red Grapes	½ Cup	8g





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<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
Shredded Mozzarella Cheese-Bongards 755071	2 oz	2g
WGR Pretzel Stick-J & J 31012	1 Each	14.5g



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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
<b>Sunny Morning Bento</b>		



### Carbohydrate Count of Common Food Items 6-8

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for the most up to date version.

"Approximately" will be shown as the symbol: ~

Updated April 2021

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



### Carbohydrate Count of Common Food Items 6-8

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"Approximately" will be shown as the symbol: ~

Updated April 2021

<b>Tuned Up Tuna Bento</b>		
Tuna Salad*	1/3 Cup	3g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ 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	½ Cup	8g
Carrot Sticks	½ 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	¼ cup	~4.5g
Strawberries frozen-Commodity	¼ 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	½ Cup	8g

