

Carbohydrate Count of Common Food Items K-8



Healthy meals grow *healthy kids!*



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

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Food Item: Fruit, Fruit Juices and Fruit Sides	Serving Size	Grams of Carbohydrates
Apple, fresh- Commodity	2 3/4" apple	~ 21 g
Apples, fresh, sliced	1/2 cup	~8 g
Apple, Slices, unsweetened, Canned	1/2 cup	~12 g
Apples, slices, unsweetened, frozen- Commodity	1/2 cup	~11 g
Apple, slices, unsweetened-Peterson Farms	1/2 cup	7g
Applesauce, Unsweetened- Commodity	1/2 cup	~14 g
Applesauce, Unsweetened-Peterson Farms	4.5 oz cup	14 g
Applesauce Cups, Unsweetened – Commodity	4.5 oz cup	~14 g
Applesauce Strawberry Unsweetened- Peterson Farms ASA10014 (Strawberry Applesauce)	4.5 oz cup	14 g
Warm Cinnamon Apples*	1/2 cup	~15 g
Blueberries, frozen- Commodity	1/2 cup	~ 9 g
Cherries, canned/frozen – Commodity	1/2 cup	~ 9 g
Cherries, dried- Commodity	1/4 cup	~ 32 g
Fruit Cocktail- Commodity	1/2 cup	~15 g
Mandarin Oranges	1/2 cup	~18 g
Pear, fresh- Commodity, 100 count	2 1/2" x 3 1/2" long pear	~25 g
Pear, fresh- 120 count	1 each (120 count)	~ 18 g
Pear, fresh, sliced	1/2 cup	~11 g
Pears, Diced, Canned in Juice	1/2 cup	~ 14 g
Peaches, sliced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, frozen, Cup- Commodity	4.4 oz cup	~19 g
Peaches, sliced, frozen- Commodity	1/2 cup	~16 g
Pineapple Slices in Juice	1/2 cup	16 g
Raisins- Commodity	1.33 oz box	~ 30 g
Watermelon Fruit Salad*	1/2 cup	~10 g
Whole Grain Apple Crisp*	1 serving	~33 g
Whole Grain Peach Crisp*	1 serving	~35 g
Whole Grain Pear Crisp*	1 serving	~37 g
Strawberry Compote* (topping)	2 oz	~15 g
Blueberry Compote* (topping)	2 oz	~11 g
Mixed Berry Compote* (topping)	2 oz	~11 g
Apple Juice – Ardmore	4 fl oz	14 g
Fruit Punch – Ardmore	4 fl oz	14 g
Grape Juice – Ardmore	4 fl oz	18 g



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Orange Juice - Ardmore	4 fl oz	12 g
Purplelicious Juice-FUN!	4 fl oz	14g
Blue Razz Juice-FUN!	4 fl oz	14g
Apple Juice- Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 g
Orange Juice - Ardmore	6 fl oz	20 g
Apple Juice- Ardmore	6.75 fl oz	25 g
Tropical Fruit Punch- Ardmore	6.75 fl oz	27 g
Grape Juice- Ardmore	6.75 fl oz	27 g
Orange Tangerine Juice- Ardmore	6.75 fl oz	27 g
Food Item: Vegetarian Products	Serving Size	Grams of Carbohydrates
Garden Veggie Pattie- MorningStar	1 patty	14 g
Spicy Black Bean Burger- MorningStar	1 patty	16 g
Chik'n Nuggets MorningStar	5 nuggets	~22 g
Veggie Sausage Patty- MorningStar	1 patty	4 g
Food Item: Potato/Sweet Potato Products/Recipes		
Sweet Potato Chunks- Commodity "Roasted Sweet Potato Bites"	½ cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	½ cup	~24 g
Sweet Potato Fries- McCain MCF04566	½ cup	17 g
Maple Cinnamon Sweet Potato Fries*	½ cup	~20 g
Sweet Potato Waffle Fries - McCain MCF05074	~ 5 pieces	~23 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Rounds-Q188	2 pieces	16g
Emoji Fries-McCain 1000006639	4 pieces	18g
Potato Wedges- McCain OIF00024A	½ cup	16 g
Seasoned Potato Wedges*	½ cup	~18 g/ 16 g
Crinkle Cut French Fries- McCain SNO63	½ cup	11 g
Seasoned Deep Groove Crinkle Cut French Fries- McCain 1000007470	½ Cup	15g
Spiral French Fries- McCain 1000004108	½ cup	17 g
Straight Cut Fry- McCain GFR40	½ cup	14 g
Battered French Fries- McCain MCXD4717	½ cup	~20 g
Mashed Potatoes- Basic American Foods 3677739	½ cup	~15 g



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with Gravy	2 oz Gravy	~3g
Confetti Fries (1/4 cup Crinkle Cut French Fries- McCain SNO63 and 1/4 cup Sweet Potato Fries- McCain MCF04566)	1/2 cup	~11 g
Food Item: Vegetables	Serving Size	Grams of Carbohydrates
Honey Glazed Carrots*	1/2 cup	~13 g
Maple Cinnamon Carrots*	1/2 cup	~8 g
Baby Carrot Packs – Grimmway Farms	1 package (2.6 oz.)	7 g
Broccoli Italiano*	1/2 cup	~5 g
Baked Beans, Vegetarian	1/2 cup	~20 g
Baked Beans, Vegetarian Baked Beans-BUSH's 01637	1/2 cup	29 g
BBQ Baked Beans	1/2 cup	~26 g
Sautéed Broccoli*	1/2 cup	~5 g
Warm Cheesy Broccoli*	1/2 cup	~5 g
Sautéed Spinach*	1/2 cup	~5 g
Corn Cobette Petite	1 each/2 each	6g/ 12 g
Corn Medley*	1/2 cup	~14 g
Corn, Steamed	1/2 cup	~15 g
Roasted Vegetables*(zucchini, yellow squash, red bell pepper, red onion, seasoning)	1/2 cup	~3 g
Tex-Mex Green Beans*	1/2 cup	~7 g
Sautéed Green Beans*	1/2 cup	~4 g
Green Beans Italiano*	1/2 cup	~4 g
Stir Fry Vegetables*	1/2 cup	~12 g
Roasted Parmesan Broccoli*	1/2 cup	~4 g
Sweet Plantains	1/2 cup	26 g
WG Onion Rings- Tasty Brands 33504	5 pieces	28 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 g
Food Item: Veggie Salads		
Black Bean and Corn Salad*	2/3 c	~25 g
Cannellini Bean Salad*	2/3 c	~21g
Chickpea Salad*	2/3 c	~19 g
Lentil Salad*	3/4 c	~22 g
Spicy Black Bean Salad*	1/2 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
Food Item: Chicken Products		
All Chicken Products below are served with a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) or ¾ Cup Pasta / Buttered Noodles (~30 g) or ¾ Cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~32 g/~30 g/~39 g) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
	Serving Size	Grams of Carbohydrates
Nuggets		
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
Popcorn Chicken		
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	16 g
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	12 pieces	16 g
Tenders		
Chicken Tenders - Tyson 70332-928 WGR	3 tenders	12 g
Sticks		
Whole Grain Chicken Fries-Tyson 10703670928	8 pieces	14g
BBQ Grilled Chicken*	1 each	~7 g
BBQ Roasted Chicken* (breast & wing or thigh & drumstick)	1 serving	~5 g
Grilled or Roasted Chicken	1 serving	0 g



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Baked Chicken: Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
All Chicken Products below are served on a 1.8/ 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) or 10" WW Wrap (29 g) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
Crispy Chicken Patty - Tyson 70302-928 WGR	1 each	9 g
Crispy Chicken Patty Tyson 02154-928	1 each	15 g check with manager if they are using this product
Crispy Chicken Patty Tyson 10021540928	1 each	16g
Crispy Breaded Chicken Filet-Tyson 10383130928	1 each	17g
Crispy Breaded Chicken Filet-Tyson 038360-0928	1 each	14g
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g
Chicken & Cheese Taquito	2 each	30 g
WG Flour Mini Chicken Tacos	3 each	31 g
Boneless Dark Chicken # D6116209	3 oz	1g check with manager if they are using this product
Chicken Sausage		
Chicken Sausage Patty-Tyson 17443-928	1 Each	1g
Chicken Meatballs		
Chicken Meatballs-Tyson- 10197770328	3 Meatballs	6g
Chicken Sliders		
Chicken Sliders-Tyson-10197770328	2 Sliders	45g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Meatball Parm Sub		
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
Soft Flour Chicken Taco with White or Brown Rice		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1/2 cup	~21g/~20 g/~26 g



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OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
Hard Chicken Tacos with white or Brown Rice		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
WG Corn Taco Shells- Mission 7381	2 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22g/~21 g/~27 g
Chicken Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
OR		
Chicken Nacho Platter with <u>NO</u> Rice & Beans	See next page	
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Chicken Caesar Salad		
1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1.8 oz Dinner Roll	
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g
Chicken Caesar Salad Wrap		
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
Crispy Chicken Salad		
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using	
OR		



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



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2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	2 tbsp	2 g
Sweet & Sour PINEAPPLE Diced Chicken with Rice*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
Sweet & Sour PINEAPPLE Popcorn Chicken with Rice*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	¾ cup	~32 g/~30 g/~39 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Popcorn Chicken	See page 4- confirm with manager which manufacturer they are using	
Pineapple Tidbits	¼ cup	~7.5 g
Fiesta Chicken Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Fajita Chicken-USDA	2.55 oz	~1 g
OR Fiesta Chicken Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
Grilled BBQ Chicken Sandwich		
BBQ Grilled Chicken*	1 each	~7 g
OR		
BBQ Grilled Chicken #07443D/07579	4.25 oz	~8.5 g check with manager if they are using this product
1.8 oz Bun (grams of carbohydrates will vary by manufacturer)	1.8 oz	
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Grilled Chicken Club on a Roll		
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
Scoop A Bowl- Fajita Chicken		
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
Scoop A Bowl- Chicken Taco		
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
Chicken Ranchero Wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
Grilled Chicken Patty- Tyson 70320-928 or Fajita Chicken or Diced Chicken	1 each	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing KE708	1 tbsp	1 g
Salsa	1 oz.	2 g
Walking Chicken Nachos		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Ground Chicken Crumbles - Tyson 19957-328	2.25 oz	2.25 g
Dipper Day - Chicken Sticks with Waffle Sticks		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
Waffle Sticks- ConAgra #8615140333 (see page 16 for "Breakfast for Lunch" serving size)	2 sticks	~19 g
Chicken Parmesan Hero		
1.8 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	



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Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Chicken Gyro Pita		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	2 tbsp	2 g
Baked Chicken with Stuffing & Gravy		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Bread Stuffing*	1/2 cup	~26 g
Gravy- Monarch	2 oz	~3 g
Cheesy Chicken Flatbread with Ranch Dressing		
Flatbread WGR - Rich's 14010	1 each	28 g
Light Ranch Dressing	1 tbsp	1 g
Strawberry Fields Chicken Salad		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 g
WITH		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
OR		
Crispy Chicken Patty WGR Breading- Tyson 70302-928	1 each	9 g
Served with:		
Toasted Pita Wedges- grams of carbohydrates will vary by manufacturer	1 each	
OR		
a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken BLT on a Croissant or Roll		
Crispy Chicken Patty	See page 4- confirm with manager which manufacturer they are using	
WG Croissant Roll- Hadley Farms 139	1 each	26 g



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	OR		
a 1.8 oz Kaiser (grams of carbohydrates will vary by manufacturer)	1 each		
Chicken Fried Rice*	1 ¾ cups	~62 g	
Mini Chicken Taco Boat			
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	
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates	
Boneless Chicken Wing Basket			
Chicken Nuggets	See page 4- confirm with manager which manufacturer they are using		
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g	
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g	
Popcorn Chicken Mashed Potato Bowl			
Mashed Potatoes	½ Cup	15 g	
Gravy	2 oz	~3 g	
Shredded Cheddar Cheese	½ oz	0 g	
Corn, Steamed	½ Cup	~15 g	
Popcorn Chicken- Tyson 70368-928 WGR	9 Pieces	~12 g	
WGR Soft Pretzel Rod 1 oz	1 each	14 g	
or			
WGR Breadstick 1 oz.	1 each-confirm with manager which manufacturer they are using		
Tot-Chos			



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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
Grilled Chicken Club Wrap		
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



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



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

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Updated April 2021

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



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

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



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

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



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

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Updated April 2021

Macaroni & Cheese- Scratch		
*WGR Macaroni & Cheese	2/3 cup	~23 g
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
*Cheeseburger Macaroni & Cheese	2/3 cup	~22 g
With Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Baked Ziti with Mozzarella Cheese*	1 ½ cups	~51 g
Jumbo Cheese Ravioli with Marinara Sauce		
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)		
Buttered Noodles*	¾ cup	~30 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
Pasta with Meat Sauce*		



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

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WW Pasta	¾ cup	~30 g
Meat Sauce *	2/3 cup	~6 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 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 1.8/2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Beef Patty 7701174	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
All Beef Products below are served on a 1.75 or 1.8 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
All Natural Beef Mini Franks-Sabrett 764	2 Each	2g
Beef Hot Dog-Berks 1016	1 each	0 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
Hot Dog Sliders		
All Natural Beef Mini Franks-Sabrett 764	2 Each	2g
WGR Hot Dog Slider Buns-Bakecrafters-595	2 Each	32g
Beef Nacho Platter with Rice & Beans		
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		
Beef Nacho Platter with <u>NO</u> Rice & Beans		



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

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WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
Hard Beef Tacos with White or Brown Rice		
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
WG Corn Taco Shells- Mission 07381	2 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
Soft Flour Beef Taco with White or Brown Rice		
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice*	½ cup	~22g/~21 g/~27 g
Philly Cheesesteak Hero		
Beef Philly Steak- JTM 5813CE/CP	2.15 oz	~2 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
Steak Calzone - Giorgio	1 each	28 g
Food Item: Beef Recipes Continued	Serving Size	Grams of Carbohydrates
Smokey BBQ Rib Sandwich		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre or	1 each	9 g
BBQ Beef Rib Patty with Sauce CP5691	1 each	6 g
Scoop A Bowl- Beef Taco		



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

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Updated April 2021

Tostitos Oven Baked Scoops(.875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876 or 5876CE	2 oz	2 g
Walking Beef Nachos		
Nacho Cheese Doritos- RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21g/~20 g/~26 g
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
Loaded Texas Wedges with Chili & Cheese		
Chili Con Carne with Beans*	2/3 cup	~8 g
Potato Wedges- Lamb Weston Q80	1/2 cup	~18 g
OR		
Potato Wedges- McCain OIF00024A	½ cup	~15 g
Beef BBQ Burger on a Bun		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- Advance Pierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce	1 Tbsp	~5 g
Bacon Cheddar Burger on a Bun		
1.8/2 oz Hamburger Bun- will vary by manufacturer	1 each	
All Beef Patty- Advance Pierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Hot Dog on a Bun with Chili		
Chili Con Carne with Beans*	¼ cup	~3 g



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

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All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
1.75 or 1.8 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Roast Beef French Dip Sandwich		
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
Food Item: Bags & Platters	Serving Size	Grams of Carbohydrates
Bagel Bag		
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
Fruit of the Day	½ cup	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
Cereal Bag		
Heartzels Pretzels Rold Gold	1 package	15 g
Cereal Bowl, Ready to Eat	1 oz	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) & 1 oz Cheese Stick	4 oz / 1 oz	grams of carb will vary/ 0g
Yogurt Bag		
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
Fruit & Cheese Platter		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
Hummus Platter		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	



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

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Fruit of the Day	½ cup	grams of carb will vary
Sabra Hummus (Sesame) or Sesame Free Hummus*	4 oz	~16 g
<i>Yogurt & Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt</i>		
Cinnamon Granola- Rock'Olá Granola #4193	1/2 cup	34 grams
Low Fat Vanilla Yogurt- General Mills 70470 16632	8 oz	~39 grams
Fruit of the Day	½ cup	grams of carb will vary
Muffin Meal Bag		
WGR Muffin- Bake Crafters (see: Pancakes, Muffins, waffles section)	4 oz (1 each)	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) & 1 oz Cheese Stick	4 oz /1 oz	grams of carb will vary/ 0g
OR (2) 1 oz Cheese Stick	2 (1 oz each)	0 g
Food Item: Quesadilla- Check with Cafeteria if they make purchase or make in-house		
Chicken & Cheese Quesadilla Pizza- The Max	1 each	37 g
Pizza Cheese Quesadilla- The Max	1 each	39 g
WG Chicken & Cheese Quesadilla*		
10" wrap- Mexican Original (Rectado)	1 each	33 g
WG Cheese Quesadilla*		
10" wrap- Mexican Original (Rectado)	1 each	33 g
Food Item: Turkey		
All Turkey Products below are served on a 1.8 oz or 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Turkey Hot Dog- Kunzler 1079	1 each	1 g
Food Item: Turkey	Serving Size	Grams of Carbohydrates
Turkey Corn Dog Nuggets	6 pieces	33 g
Roast Turkey with Gravy & Soft Roll or		



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Stuffing		
a 1.8 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
OR		
Bread Stuffing*	½ cup	26 g
Turkey Gravy- Monarch	3 oz	~4.5 g
Turkey, Open Faced Sandwich		
WW Bread (0.9 oz slice- grams of carbohydrates will vary by manufacturer)	2 slices	
Turkey Gravy- Monarch	3 oz	~4.5 g
Turkey Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips Tostitos	13 each	20 g
Rice & Beans*	½ cup	~20 g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
OR		
Turkey Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	16 each	~24 g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
Turkey French Dip Sandwich		
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
Bread Vendors: Anthony & Sons, Pechters, or Morabito		
please check with your cafeteria manager for the vendor your school uses		
Anthony & Sons	Serving Size	Grams of Carbohydrates
WW Dinner Roll #42	2.2 oz Roll	27 g
Plain Dinner Roll # 362 IW or #38	1.8 oz Roll	23g
WW Hamburger Bun -#122	2 oz Bun	27 g
WG White Hamburger Bun -#466	2 oz Bun	29 g
Hamburger Bun #123	1.8 oz Bun	23g
WG White Hot Dog Bun -#311	2 oz Bun	28 g
WG Hot Dog Bun-#145	1.8 oz Bun	23 g



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Hot Dog Bun #120	1.5 oz	19g
WW Ultragrain Bread -#523	1.8 oz Slice	18 g
Country White Bread #521	1 slice	16g
WW 5" Hero -#307	2 oz Hero	24 g
Small Kaiser #306	1.8 oz Roll	22 g check with manager if they are using this product
Mini Bagels #712 or #166	2 oz	28g
Ultra- Grain White Split Top Dinner Roll (small) #514	1 oz Roll	15 g
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
Wrap #309	1.8 oz Wrap	26g
Peachters		
WG Dinner Roll -#2503	2.4 oz Roll	31 g
WW Hamburger Bun -#7509	2 oz Bun	27 g
WG Hamburger Bun #0346	1.8 oz Bun	23 g
WG White Wheat Hamburger Bun-#7506	2 oz Bun	26 g
WG White Wheat Hot Dog Bun-#5405	2.05 oz Bun	26 g
WW Hot Dog Bun-#330	2 oz Bun	26 g
WG Hot Dog Bun #313	1.8 oz Bun	23 g
WG Bread-#7850	2 (1 oz) Slices	24 g
Pullman White Bread #7851	2 (1 oz) Slices	28g
Pullman Wheat Bread-#7852	2 Slices	28 g
WG White Bread-#7500	2 (1 oz) Slices	26 g
WW 5" Hero -#235	2.4 oz Hero	32 g
WW Medium Kaiser #2505	2.4 oz Roll	31 g
WG Kaiser # 2504/2501	3 oz Roll	38 g
WG Kaiser #0197	1.8 oz Roll	25 g
WG White Dinner Roll (small) #0445	1 oz Roll	15 g
WG Wheat Club Roll #0235/0233	2.4 oz Roll	32 g
WG Wheat Dinner Roll #70022/7883	1.5 oz Roll	20 g
WG Wheat Dinner Roll	2 oz Roll	27 g
WW Pita #0432 or Toasted Pita Wedges*	2 oz Pita	30 g
WW Wrap	1 Wrap	27 g
WG Club Roll # 0231/0229	3 oz Roll	40 g
WG Wheat Bread # 0507	2 Slices	24 g
WG Wheat French Bread # 0591	2 (1 oz) Slices	54 g
WG Wheat Bagel # 5984	1.8 oz	27 g
Wheat Twist Rolls #0445	1.3 oz	16 g



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

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WW Club Roll # 7961	1.85 oz	25g
Wheat English Muffin #0973	2.0 oz	24g
Corn Bread	3 oz	30g
Morabito		
100% WW Bread #21	2 (1 oz.) Slices	30g
White Sandwich Bread #29	2 (1 oz.) Slices	28g
55% Wheat Hot Dog Rolls	2 oz Bun	25g
WW Dinner Roll #290	2 oz	26g
WW Hamburger Bun -#84	1.8 oz	22g
55% Wheat Large Hamburger Roll #85	1.8 oz	25g
WG Hot Dog Bun-#590	1.8 oz	22g
WG Bread-#28	2 (1 oz.) Slices	34g
WW 5" Hero -#591	2 oz	32g
55% WW Small Kaiser #505	1.8 oz	30g
55% WW Small Dinner Roll #60	1 oz	14g
WW Pita #159 or Toasted Pita Wedges*	2 oz Pita	30g
Food Item: Bread/ Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts	Serving Size	Grams of Carbohydrates
WG White Bagel- Bakecrafters 2 oz 620, 982 or 951	1 each (2.8 oz/2.0oz/1.9 oz)	39g/27g/26g
Biscuit- 2 oz Pillsbury 132391000	1 each	27 g
WG Sliced Bagel- Bakecrafters 2 oz 982	1 each	27 g
WG White Bagel- Bakecrafters 1.9 oz 943	1 each	25 g
Bagel, Plain- Bakecrafters 2.8 oz 620	1 each	39 g
WG White Bagel- Bakecrafters 2 oz 951	1 each (1.9 oz)	26g
Bagel-fuls Bagel & Cream Cheese Bar with Cinnamon Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with Strawberry Spread 21270	1 each	32 g
WG Mini Cornbread Loaf-Bakecrafters IW #2111	1 each (2 oz.)	29g
Donut Bite-Rich's 14839	1 each	30 g
Apple Frudel-Pillsbury 127852000	1 each	36 g
Mini Cinnis-Pillsbury 133686000	1 package	39 g
English Muffin, WG, 2 oz- BakeCrafters#802	1 each	21 g
WG Bread Stick Breadstick- Bake Crafters #5011	1 each	14 g



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

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WG Pretzel Bun- J&J #7051	1 each	29 g
WGR Garlic Bread *- HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor	½ of 5" Hero	
Bread Stuffing*	½ cup	~31 g
Gravy	2 oz	~3 g
Fiesta Rice & Beans*	½ Cup	41g
Confetti Rice (Rice & Veggies) *	1.25 cup	~49 g
Pumpkin Swirl Roll- Hadley 373IW	1 each (2.7 oz)	38 g
Banana Bread Slice-Super Bakery #6071	1 each	45g
WG Donut-Rich's #14839	1 each	30g
Holiday Pretzel (snowman shape) SuperPretzel 3679	1 each (2.2 oz)	30 g
Shamrock Pretzel J&J Snack Foods	1 each (2.2 oz)	30 g
Pretzelicious Apple	1 each (2.2 oz)	30g
Food Item: Pancakes, Muffins, Waffles, French Toast		
	Serving Size	Grams of Carbohydrates
WGR Cinnamon French Toast Sticks-Sunny Fresh #110026398	3 sticks	28 g
WW Mini Cinnamon French Toast- Pillsbury 137309000	1 package	37 g
WW Mini Triple Berry French Toast- Pillsbury 18000373086	1 package	37g
WW Mini Chocolate Chip French Toast Eggo	1 package	35g
WW Mini Original French Toast Eggo	1 package	37g
Whole Wheat Cinnamon Mini Waffles Eggo	1 package	35 g
Whole wheat Maple Mini Waffles Eggo	1 package	35 g
Whole wheat Waffle Sticks ConAgra (This serving size is for Breakfast for Lunch Day, see Dipper Day serving size on page 7)	3 sticks	~29 g
Waffles WG BakeCrafters #1453	2 waffles	24 g
Mini Maple Waffles 3" BakeCrafters #1584	2 waffles	15 g
Whole Grain Pancakes- Commodity	2 pancakes	~26 g
Whole wheat Blueberry Mini Pancakes Eggo	1 package	35 g
Whole wheat Maple Mini Pancakes Eggo	1 package	35 g
Whole wheat Confetti Pancakes Eggo	1 package	36 g
Pancake Bite-Rich's 8066	3 Bites	19 g
2 oz Muffins		



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

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



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

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Updated April 2021

WGR Domino's Smart Pizza- 14" Pie	1 slice (1/8 pie)	29 g
WGR Domino's Smart Pizza- 16" Pie	1 slice (1/8 pie)	39 g
Papa John's Pizza Slice - WGR	1 each	39 g
Mini Pizza Bagels- Tasty Brands 52222	4 each	24 g
WG Pepperoni Pinwheel- E.S Foods 25404	1 each	36 g
WG Vegetable Pinwheel- E.S Foods 101818	1 each	34 g
WW Turkey Pepperoni Pizza 4 x 6 (Pepperoni Pizza) Nardones 96WWTP 4x6	1 each	30 g
16" Rolled Edge Cheese Pizza- Big Daddys 78985	1 slice	43 g check with manager if they are using this product
WW Pizza Sticks (Twisted Cheesy Breadsticks Tasty Brands 62001	2 each	34 g
WW Mozzarella Sticks - Giorgio's	6 each	36 g
WG Mozzarella Sticks- Tasty Brands 41009	5 each	33 g
Mini Cheese Calzones or Mini Pepperoni 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
Garlic French Bread Pizza with Marinara		
Garlic French Bread Pizza- Nardones 60WGUM2	1 each	29 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 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
Food Items: Pizza	Serving Size	Grams of Carbohydrates
Pizza Bagels (Diana's Pizza Bagels)		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Mozzarella Cheese, Shredded	2 oz	~2 g
with choice of		



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

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Updated April 2021

Crispy Chicken Patty - Tyson 70302-928 WGR	2 tbsp of patty	~2.25 g
Or		
Chicken Meatballs- Tyson 19777-328	1 each	~2 g
Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used		
	Serving Size	Grams of Carbohydrates
DANIMALS		
Strawberry NF Yogurt Danimals - Dannon 2731	4 oz Container	14 g
Strawberry Banana LF Yogurt Danimals - Dannon 2732	4 oz Container	14 g
FRUIT ON THE BOTTOM		
LF Cherry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Blueberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LF Mixed Berry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Raspberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LIGHT & FIT		
Peach Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Strawberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Blueberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
LOW FAT VANILLA		
LF Vanilla Yogurt- Dannon	5.3 oz Container	22 g
Food Items: Condiments		
	Serving Size	Grams of Carbohydrates
Check with your Cafeteria Manager the Brand/ Portion of Condiments used		
Cream Cheese, FF- Schreiber	1 pc container	~3 g
Cream Cheese- Schreiber	1 pc container	2 g
Cream Cheese-Vegetable-Schreiber	1 pc container	1 g
Cream Cheese-Strawberry-Schreiber	1 pc container	3 g
Jelly, Grape - Heinz	1 tbsp	13 g
Ketchup Packet (9 g)- Red Gold	1 packet	2 g



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

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Ketchup- (9 g)- Heinz	1 packet	3 g
Ketchup (17 g)- Red Gold	1 TBSP	4 g
Ketchup- (17 g)- Heinz	1 TBSP	5 g
Mayo, Reduced Calorie- Kens	1 tbsp	1 g
Mayo, PC- Americana	1 packet	1 g
Mayo, Extra Heavy- Kens 898	1 tbsp	0 g
BBQ Sauce- Kens K0849	2 tbsp	10 g
Salsa, Mild- Red Gold	2 tbsp	2 g
Salsa, Chunky- USDA	2 tbsp	2 g
Sour Cream- Glenview Farms	2 tbsp	2 g
Sweet & Sour Sauce- Minh	2 tbsp	11 g
Syrup, Pancake- Americana	1.5 oz	31 g
Honey- Smuckers	½ oz	11 g
Salad Dressing Bottles	Serving Size	Grams of Carbohydrates
Caesar Dressing		
Light Caesar Dressing- Kens KE0808	2 tbsp	3 g
Creamy Caesar Dressing- Kens KE0670ZY	2 tbsp	1 g
Italian Dressing		
Light Italian Dressing- Kens	2 tbsp	2 g
Low Calorie Italian Dressing Kens KE0601ZY	2 tbsp	3 g
Ranch Dressing		
Light Ranch Dressing- Kens	2 tbsp	2 g
Thousand Island Dressing		
Thousand Island Dressing- Kens-616	2 tbsp	4 g



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

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Updated April 2021

Blue Cheese Dressing		
Blue Cheese Dressing-Kens 665	2 tbsp	1 g
Raspberry Dressing		
FF Raspberry Dressing-Kens-630	2 tbsp	9 g
Balsamic Vinegar Dressing		
FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 g
Salad Dressing PC's		
Caesar Dressing		
Light Caesar Dressing PC- 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		



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

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Light Olive Oil and Vinegar Balsamic Dressing- Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g
Honey Dijon Dressing		
FF Honey Dijon Dressing-Kens 600B3	1.5 oz	13 g
Food Items: Sorbet	Serving Size	Grams of Carbohydrates
100% Blue Raspberry Sorbet- Luigi'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
Food Items: Cookies		
Fortune Cookie	1 each	~4 g
Food Items: Pudding		
Chocolate Pudding- Bay Valley 798 7345	½ cup	28 g
Food Items: Pastries		
Guava Strawberry Flip- Hadley Farm 1440	1 each	36 g
WG Guava Strawberry Flip-Hadley Farm 1140IW	1 each	45 g
10" Cinnamon Sugar Churro-J&J 3328	½ of Churro	~12g
Apple Frudel 2.29 oz. 018000278527	1 Frudel	36 g
Food Items: Soups		
Lentil Soup*	1 cup	~20 g
Minestrone Soup*	1 cup	~17 g
Minestrone Soup -Campbells, prepared according to package	8 oz (1 cup)	28 g
Pasta Fagioli Soup*- Vegetable	1 cup	~25 g
Tomato Soup -Campbells, prepared according to package	8 oz (1 cup)	20 g
Chicken Noodle Soup*	1 cup	~24 g
Chicken Noodle Soup- Campbells, prepared according to	8 oz (1 cup)	16 g



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

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package		
Pasta Fagiolo Soup with Chicken*	1 cup	~27 g
Chicken & Rice Soup*	1 cup	~22 g
Chicken & Rice Soup- Campbell's, prepared according to package	8 oz (1 cup)	26 g
Veggie Tortilla Soup with crushed tortilla chips*	1 cup	~30 g
Food Items: Milk		
Fat Free Plain Milk- Cream-O-Land	½ pint	13 g
1% Milk- Cream-O-Land	½ pint	13 g
Fat Free Chocolate Milk- Cream-O-Land	½ pint	23 g
Fat Free Vanilla Milk- Cream-O-Land	½ pint	20 g
Fat Free Strawberry Milk- Cream-O-Land	½ pint	21 g
Lactaid Plain Milk	½ pint	13 g
Horizon Milk-Reduced Milk	½ pint	4 g
Horizon Organic Chocolate Milk	½ pint	23 g
Healthy Moo Fat Free Chocolate Milk	1 cup	21 g
Pacific Foods-Soy Milk	1 cup	13 g
Food Items: Seafood		
Fish Sticks- USDA	4 each	17 g
Food Items: Bento Box Recipes		
Asian Chicken Chopped Salad Bento		
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
Bruschetta Bento		
Shredded Mozzarella	2 oz	2g
WGR Pita	1 Each	28g
Tomato diced	½ Cup	3.5g
Basil	1 Tbsp	0g
Olive Oil	1 Tbsp	0g



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Balsamic Glaze	½ Tbsp	4g
Red Grapes	½ Cup	8g
Buffalo Chicken Dip Bento		
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
Cheese and Fruit Bento		
Cheese Cubes	2 oz	1g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
Ham and Cheese Pinwheel		
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
Hummus Platter Bento		
Hummus	½ Cup	18g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
Lotsa Pasta Bento		
Vegetable Pasta Salad* (Side Dish)	1 Cup	24g



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

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Shredded Mozzarella Cheese-Bongards 755071	2 oz	2g
WGR Pretzel Stick-J & J 31012	1 Each	14.5g
Red Grapes	½ Cup	8g
Mediterranean Chicken Gyro Bento		
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
Muffin and Yogurt Bento		
Muffin	1 Each-2 oz	~25g
Yogurt	4 oz	14g
Cheese Cubes	2 oz	1g
Apple Slices, unsweetened-Peterson Farms	½ cup	7g
Prep-Ur-Oni Pizza Bento		
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
Spinnin' and Dippin' Bento		
Three Cheese Sauce-JTM 5730	3.97 oz	~4g
Chopped Spinach	2 oz	0g
Parmesan Cheese	1 tsp	0g
Carrot Sticks	½ Cup	7g
Broccoli Florets	½ Cup	3g
WGR Pretzel Stick-J & J 31012	2 Each	29g



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Sunny Morning Bento		
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
The Egg-Cellent Bento		
Egg Salad*	2/3 Cup	4g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
The Power Play Bento		
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
The Right Start Bento		
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
Tuna Salad Sushi Bento		
Tuna Salad*	1/3 Cup	3g
Cucumber Strips	4 Strips	0g
Shredded Carrot	1 oz	3g
10" Flour Tortilla	1 Each	33g
Carrot Sticks	½ Cup	7g
Red Grapes	½ Cup	8g



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

