

Carbohydrate Counts

Milk/Dairy	Carbs
Cheese, Mozzarella, String	1 g
Milk, 1%, White (1 C)	13 g
Milk, Fat Free, Chocolate (1 C)	20g
Milk, Fat Free, Strawberry (1 C)	19g
Milk, Skim, White (1 C)	13 g
Lactose Free (8 oz)	12 g
Yogurt, Danimals (4 oz)	16 g



Grains	Carbs
Bagel, Whole Grain, Lender	24 g
Biscuit, Pillsbury, 2.5 oz.	28 g
Bread, Sandwich, Whole Grain White	13 g
Breadstick, BakeCrafters	15 g
Dinner Roll, Richs 2.5 oz	28 g
Flatbread, Richs	26 g
Hamburger Bun, Whole Grain	26 g
Hot Dog Bun, Whole Grain	26 g
Slider, Swirl Roll, Hadley Farm 1.2 oz.	17 g
Sub Bun, Whole Grain, Rich's	28 g
Tortilla, Whole Wheat, 6"	16 g
Tortilla, Whole Wheat, 8"	22 g
Rice, Brown, 1 Cup	35 g
Saltine Crackers, Wheat, 1 pack	7 g

Lunch Main Dish/Entrees	Carbs
BBQ Rib Dippers (3 each)	7 g
BBQ Rib Sandwich	38 g
Beef & Cheese Nachos	31.98 g
Carolina BBQ on WG Bun	28.8 g
Cheesy Fiesta Beef Sandwich	27.4 g
Cheese Sticks (2 each)	32 g
Cheeseburger on WG Bun	30.02 g
Chicken Ala King (3/4 C)	37.08 g
Chicken/Broccoli/Rice Alfredo (3/4C)	23.83 g
Chicken & Cheese Quesadilla	39.10 g
Chicken Club Sandwich	40 g
Chicken Enchilada	47.12 g
Chicken Fajita Wrap	36.72 g
Chicken Nuggets (Elementary)	13.84 g
Chicken Nuggets (Middle/High)	13.1 g
Chicken Patty on WG Bun (Elem.)	39 g
Chicken Patty on WG Bun (MS&HS)	42.8 g
Chicken Philly Sandwich	31.86 g
Chicken, Popcorn Bites	15 g



Vegetables & Salads	Carbs
Beans, Baby Lima (1/2 cup)	20 g
Beans, Baked, Homestyle (1/2 C)	35 g
Beans, Pinto (1/2 C)	19 g
Beans, Refried (1/2 C)	19.57 g
Broccoli, fresh (1/2 C)	3 g
Broccoli, steamed (1/2 C)	5 g
California Blend Vegetables (1/2 C)	5 g
Capri Vegetables (1/2 C)	4 g
Carrots, baby, raw (1/2 C)	8 g
Carrots, Glazed (1/2 C)	7.5 g
Celery Sticks (1/2 C)	2 g
Cucumber Slices (1/2 C)	2.45 g
Corn (1/2 C)	21 g
Green Beans (1/2 C)	4 g
Green Peas (1/2 C)	12 g
Mixed Vegetables (1/2 C)	13 g
Peas, Black Eyed (1/2 C)	19 g
Peas & Carrots (1/2 C)	8.1 g
Potatoes, Au Gratin (1/2 C)	22.47 g
Potato, Baked, Whole	42 g
Potatoes, Country, (1/2 C)	12.05
Potatoes, Shoestring Fry, 4 oz.	29.33 g
Potatoes, Curly Fry, 4 oz.	26.66 g
Potatoes, Mashed, Pearls (1/2 C)	17 g
Potatoes, Wedges, 4 oz.	18 g
Sweet Potatoes, Baked (1/2 C)	24.85 g
Sweet Potatoes, Seasoned Wedge 4 oz.	23.97 g
Sweet Potatoes, Waffle Fries 4 oz.	15 g
Tossed Salad, Romaine, (1 C)	4.38
Tossed Salad, Spinach, (1 C)	3.89
Zucchini & Tomatoes (1/2 C)	8 g

Fruit	Carbs
Apple, Whole, Medium	21 g
Apple Slices, Ind. Bags, 2 oz.	13.81 g
Applesauce, Unsweet, (1/2 C)	15 g
Applesauce, Cherry, Unsweet, Cup	15 g
Applesauce, Cinnamon, Unsweet, Cup	15 g
Applesauce, Peach, Unsweet, Cup	15 g
Banana, Fresh, Medium	24 g
Cantaloupe, Fresh (1/2 C)	6 g
Fruit Cocktail (1/2 C)	18 g
Grapes, Fresh (1/2 C)	14 g
Honeydew, Fresh (1/2 C)	7 g
Juice, Apple, 4 oz.	13g
Juice, Fruit Punch, 4 oz.	14 g
Juice, Grape, 4 oz.	19 g
Juice, Orange, 4 oz.	13 g
Juice, Orange/Pineapple, 4 oz.	14 g
Juice, Fruit Punch (4 oz)	14 g
Juice, Orange (4 oz)	13 g
Juice, Fruit/Vegetable, Fruit Punch, 4 oz.	13 g
Juice, Fruit/Vegetable, Mango, 4 oz.	13 g
Kiwifruit, Fresh (1/2 C)	13 g
Mandarin Oranges (1/2 C)	17 g
Nectarine, Fresh (1 nectarine)	16 g
Orange, Fresh (1/2 fruit)	15 g

Chicken Tenders	13 g
Corn Dog	30 g
Corn Dog Nuggets, Mini	31 g
Crunchy Hawaiian Chicken Flatbread	40.5 g
Fish Treasures	26 g
Fish Sandwich, Potato Crunch	39 g
General Taos Chicken w/Brown Rice	46.31 g
General Taos Chicken w/o Brn Rice	28.81 g
Grilled Cheese Sandwich	30.05 g
Grilled Ham & Cheese Sandwich	29.85 g
Ham & Cheese Flatbread	30.75 g
Hot Dog on WG Bun	29 g
Hot Ham & Cheese on WG Bun	27 g
Jamician Jerk Chicken w/Brwn Rice	25.11 g
Jamician Jerk Chicken w/o Brwn Rice	7.61 g
Jamician Jerk Chicken Sandwich	33.61 g
Meatball Flatbread Sandwich	30.63 g
Meatball Sub	34.9 g
Pizza, Cheese Wedge	28 g
Pizza, Flatbread, Pepperoni	32.14 g
Pizza, Garlic/Cheese French Bread	29 g
Pizza, Pepperoni Wedge	28 g
Pizza, Stuffed Crust Cheese	40 g
Pizza, Stuffed Crust Pepperoni	40 g
Pizza, Sausage	27 g
Pizzarino Flatbread Sandwich	33.1 g
Southwest Cheesy Tomato Soup	19.61 g
Southwest Chicken Flatbread	35.48 g
South of the Border Pasta (3/4 C)	26.4 g
Spaghetti w/Meatballs (1 C)	34.22 g
Spicy Chicken Patty on WG Bun	38 g
Spicy Chicken Wrap	47.89 g
Stromboli	40.31 g
Taco, Beef	36.45 g
Turkey/Bacon/Cheddar Melt	26.28 g
Turkey Club Flatbread	26.57 g
Turkey & Gravy (4 oz.)	2 g
Turkey Pot Pie	31.75 g
Turkey Wrap, 8"	24.02 g
White Bean Chicken Chili (1 C)	21.21 g
Enchilada Casserole, Beef	31.19 g
Beef & Bean Burrito	50.75 g
Buffalo Chicken Flatbread	29.13 g
Cowboy Cavatini	25.87 g
Spicy Nachos	43.53 g
Pizza, Big Daddy's Four Cheese	36 g
Pizza, Big Daddy's Pepperoni	35 g
Pizza, Big Daddy's Buffalo Chicken	35 g
Pizza, Big Daddy's Four Meat	36 g
Featured Salad Meals with Ranch	Carbs
Chef Salad	24.47 g
Grilled Chicken Salad	16.96 g
Taco Salad w/Baked Scoops	26.44 g



Peach, Fresh (1)	9.7 g
Peaches, Sliced (1/2 C)	17 g
Peach Cup, Frozen, Ind, 4 oz.	29.98 g
Pear, Fresh (1)	25 g
Pears, Diced (1/2 C)	19 g
Pineapple Chunks (1/2 C)	20 g
Plum, Fresh (1 fruit)	7 g
Raisins, Ind. Box, 1.33 oz.	30 g
Strawberry Cup, Frozen, Ind., 4 oz.	33.05 g
Strawberries, Fresh (1/2 C)	6 g
Tropical Fruit Salad (1/2 C)	24 g
Watermelon, Fresh (1/2 C)	6 g

Desserts/Snacks	Carbs
Animal Crackers	21 g
Cheetos, Baked	17 g
Chips, Baked, BBQ, Lays	19 g
Chips, Fantastix, Baked	19 g
Chips, Baked, Plain	20 g
Chips, Baked, Sour Cream/Cheddar, Ruffles	17 g
Chips, Baked, Sour Cream/Onion, Lays	19 g
Cookie, WG, Chocolate Chip, 1 oz.	18 g
Cookie, WG, Rainbow, 1 oz.	15 g
Cookie, WG, Sugar, 1 oz.	18 g
Cookie, 100 Calorie Packs, Chips Ahoy	18 g
Cookies, 100 Calorie Packs, Oreo Crisps	19 g
Crackers, Cheeze-Its, Reduced Fat, 1.5 oz.	28 g
Crackers, Cheeze-Its, WG, 0.75 oz.	14 g
Crackers, Cheeze-Its, Atomic Flavor, 0.75 oz.	14 g
Crackers, Gold Fish	14 g
Doritos, Cool Ranch, Reduced Fat	19 g
Doritos, Nacho Cheese, Reduced Fat	20 g
Doritos, Spicy Sweet Chili, Reduced Fat	20 g
Elf Grahams, Chocolate	20 g
Elf Grahams, Cinnamon	20 g
Granola Bar, Chocolate Chip, Quaker	17 g
Munchies Snack Mix, Quaker (.875 oz)	18 g
Popcorn, White Cheddar	9 g
Pretzels, Heart Shaped, Rold Gold	15 g
Snack Bar, Oatmeal/Choc.Chip,Betty Crocker	24 g
Snack Mix, Cheddar, Chex	20 g
Snack Mix, Chocolate/Caramel, Chex	21 g
Snack Mix, Strawberr/Yogurt, Chex	23 g
Sunflower Seeds, Honey Roasted	8 g
Tostitos, Scoops (.875 oz)	19 g
Disney Frozen Characters Grahams	22 g
Motts Fruit Snacks	38 g

Breakfast Entrees	Carbs
Biscuit, WG, Plain, Pillsbury	28 g
Biscuit, WG, Blueberry, Bake Crafters	33 g
Bagel, WG, Blueberry, Pinnacle	34 g
Bagel, WG, Cinnamon Raisin, Pinnacle	33 g
Breakfast Pizza, Turkey Sausage	26 g

