

## 2017-18 Elementary School Carbohydrate Count

Revised 2/13/18

<b>Elementary Breakfast Entrees</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Bread, Banana	1 each	44.0
Bread, Blueberry Crumble	1 each	46.0
Bread, Pumpkin	1 each	43.0
Bacon Cheese Scramble Bread	1 each	20.0
Bagel, Mini Cinnamon	1 serving	41.0
Bagel, Mini Strawberry	1 serving	41.0
Bar, Oatmeal Chocolate Round	1 each	44.0
Breakfast Cheese Pocket	1 each	17.0
Cereal Bar, Trix	1 each	30.1
Cereal Bar, Fruity Cheerios	1 each	30.0
Cereal, Cinnamon Toast Crunch, Reduced Sugar	1 pkg	22.0
Cereal, Cocoa Puffs, Reduced Sugar	1 pkg	25.1
Cereal, Apple Cinnamon Cheerios	1 pkg	22.0
Cereal, Multi Grain Cheerios	1 pkg	23.0
Cinnamon Breakfast Bread	1 each	53.0
French Toast, Cinnamon Glazed	1 each	28.0
Muffin, Blueberry	3 oz.	36.0
Muffin, Cherry	3 oz.	33.4
Pancake Wrapped Turkey Sausage	1 each	17.0
Pancake, Mini Maple	1 pkg	39.0
Sandwich, Breakfast Sunrise	1 each	27.0
Sandwich, Breakfast Croissant	1 serving	32.9
Yogurt, Trix	4 oz.	20.0
Ham and Cheese Breakfast Sandwich	1 each	27.2
Colby Jack Cheese Omelette	1 each	1.0

<b>Lunch Entrée Items</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Burger, Cheesy Ketchup	1 serving	37.2
Burger, Hamburger	1 serving	29.0
Burrito, Bean and Cheese	1.00 Each	41.0
Cheeseburger Twins	1.00 Package	31.3
Chicken Drumstick	1 each	5.0
Chicken Nuggets	5 pieces	16.3
Chicken Smackers	10 pieces	20.0
Chicken Teriyaki w/ Rice	1 serving	43.3
Corndog	1 serving	27.8
Double Dogs (Mini Hot Dogs)	2 mini hot dogs	31.5
French Toast Sticks (Brunch for Lunch)	2 sticks	39.0
Meatloaf and Mashed Potato w/ Roll	1 serving	26.2
Pizza, Cheese	1 each	34.0
Pizza, Pepperoni	1 each	34.0
Sandwich, Chicken, Breaded	1 serving	44.8
Sandwich, Grilled Cheese	1 each	31.6
Sandwich, Wowbutter	1 each	55.2

Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

<b>Lunch Entrée Items</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Sausage (Brunch for Lunch)	1 each	1.0
Turkey Taco Dip with Chips	1 serving	43.0
Taco Nada	1 each	31.0
Tacos, Carnitas	2 tacos	31.0
Tamale, Chicken and Green Chile	1 each	30.0
Chicken Sliders	1(2pack)	29.6
Taco Stick	1 each	31.9
Yogurt, Strawberry, Yami	8 oz.	38.0

<b>Side Items</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Cheese, String	1 each	1.0
Chips, Tortilla, Whole Grain	1 pkg	23.0
Chortles (Mini Grahams)	1 pkg	20.1
Cookie, Pumpkin	1 each	20.1
Cookie, Snickerdoodle	1 each	23.7
Cookie, Rainbow Sprinkle	1 each	23.9
Cookie, Chocolate Chip	1 each	18.0
Crackers, Cheez-It	1 pkg	14.0
Crackers, Cinnamon Belly Bears	1 pkg	21.0
Crackers, Goldfish	1 pkg	14.0
Crackers, Jungle	1 pkg	20.0
Crackers, Scooby Doo Grahams	1 pkg	21.0
Crackers, Apple Cinnamon Bear Graham	1 pkg	21.0
Roll, Dinner	1 each	14.2
Tortilla, Flour, Whole Grain	1 each	15.0

<b>Fruit</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Fruit, Apple Slices, Fresh	1 pkg	8.0
Fruit, Apple, Whole, Fresh	1 each	13.9
Fruit, Applesauce, Strawberry	4.5 oz.	14.0
Fruit, Applesauce, Watermelon	4.5 oz	22.0
Fruit, Banana, Fresh	1 each	27.0
Fruit, Dried, Craisins	1 pkg	27.1
Fruit, Dried, Raisins	1 pkg	30.0
Fruit, Grapes, Fresh	1/2 cup	15.0
Fruit, Mixed, Canned	1/2 cup	14.7
Fruit, Orange Slices, Fresh	1 serving	24.6
Fruit, Peach Cup, Chilled	1 serving	20.8
Fruit, Peach, Fresh	1 each	15.0
Fruit, Peaches, Diced, Canned	1/2 cup	13.5
Fruit, Pear, Fresh	1 each	23.0
Fruit, Persimmon, Fresh	1 each	10.6
Fruit, Plum, Fresh	1 each	7.5
Fruit, Strawberry Cup, Chilled	1 serving	19.2
Fruit, Watermelon	1 serving	6.7
Juice, 100% Apple	4 oz.	13.8

<b>Fruit</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Juice, 100% Orange	4 oz	13.3
Juice, 100% Wildberry	4 oz.	15.0

<b>Vegetables</b>	<b>Serving Size</b>	<b>Carbohydrates</b>
Vegetable, Beans, Cowboy	1/2 cup	19.6
Vegetable, Beans, Pinto	1/2 cup	22.0
Vegetable, Beans, Pablano	1/2 Cup	24.3
Vegetable, Beans, Salsa (Salsa Beans)	1/2 cup	30.3
Vegetable, Broccoli, Fresh	1/2 cup	2.9
Vegetable, Broccoli, Hot	1/2 cup	4.3
Vegetable, Carrots, Baby, Fresh	1 pkg	8.0
Vegetable, Corn	1/2 cup	16.0
Vegetable, Cucumber Slices, Fresh	1 pkg	2.0
Vegetable, Jicama Sticks	1 pkg	3.4
Vegetable, Mashed Potatoes	1/2 cup	3.9
Vegetable, Mixed	1/2 cup	7.4
Vegetable, Potato, Tater Tots	8 pieces	16.6
Vegetable, Salad	1 serving	3.8

<b>Milk</b>	<b>Serving Size</b>	<b>Carbohydrates (g)</b>
Milk, 1% White	8 oz	16.0
Milk, Fat Free White	8 oz	13.0

<b>Condiments</b>	<b>Serving Size</b>	<b>Carbohydrates</b>
Condiment, BBQ Sauce	1 pkt	4.0
Condiment, Ketchup	1 pkt	3.0
Condiment, Mayonnaise	1 pkt	0.4
Condiment, Mustard	1 pkt	0.9
Condiment, Ranch Dressing	1 pkt	0.2
Condiment, Sweet and Sour Sauce	1 pkt	12.0
Condiment, Syrup	1 pkt	21.3
Condiment, Taco Sauce	1 pkt	1.0
Condiment, Tajin Chile-Lime Seasoning	1 pkt	0.0