

# Edgefield County Schools

## Carbohydrate Counts

\*\*The carb counts listed below are estimates the actual count may vary depending on the ingredients used to prepare the items and the brand of the products.\*\*

Recipe Name	Serving Size	Carbohydrate (grams)
Apple Cobbler	1 serving	54
Apple Frudel	1 serving	36
Applesauce	1/2 cup	18.8
Apple Turnover	1 serving	27
Appleways Bar	1 serving	48
Asian Cabbage Salad	1/2 cup	9
Asian Fried Rice	1/2 cup	43
Baked Apples	1/2 cup	21.9
Baked Beans	1/2 cup	34
Baked Potato	1 serving	18
Banana	1 serving	27
BBQ	1 serving	3.25
BBQ Chicken	1 serving	0
BBQ on Bun	1 sandwich	32.25
Beef Casserole	3/4 cup	20.12
Beef Steak Nuggets	6 pieces	7
Beef Teryaki Strips	1 serving	6
Biscuit	1 biscuit	28
Black Beans	1 serving	16
Black Eyed Peas	1/2 cup	13
Bosco's Cheesestick	1 serving	16
Breadstick	1 serving	21
Breaded Okra	1/4 cup	24
Breakfast Pizza	1 serving	22
Breakfast Pizza (egg,bacon & cheese)	1 serving	20
Breakfast Tortilla	1 serving	16
Broccoli Salad	1/2 cup	32
Broccoli w/Cheese	1/2 cup	23
Brownie	1 serving	19
California Blend	1/2 cup	4
Candied Sweet Potatoes	1/2 cup	60
Cantaloupe	1/2 cup	6.4
Carrot & Raisin Salad	1/2 cup	29
Cereal Bar Cheerios	1 serving	30
Cereal Bar Cheerios Strawberry	1 serving	30
Cereal Bar Cinnamon Toast Crunch	1 serving	30
Cereal Bar Cocoa Puffs	1 serving	30
Cereal Bar Trix	1 serving	30
Cheerios-Honey Nut (WG)	1 serving	22

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Recipe Name	Serving Size	Carbohydrate (grams)
Cheeseburger Meatloaf	1 serving	8
Cheese for Baked Potato	1 oz.	1
Cheese Grits	1/2 cup	17
Cheese Its	1 pk.	14
Cheese Pizza	1 slice	37
Cheeseburger on Bun	1 serving	26
Cheese	1 slice	1
Cheddar & Colby Jack Cheese Stick	1 serving	0
Cherry Turnover	1 serving	27
Chicken Alfredo	1 serving	46.2
Chicken Biscuit	1 serving	26
Chicken Pot Pie	1 serving	24.7
Chicken Quesadilla	1 serving	36
Chicken Salad	1 serving	5.5
Chicken Tetrazzina	1 serving	26.5
Chili	1 serving	1.5
Chocolate Chip Cookie	1 cookie	28
Chocolate Chip Muffin	1 serving	32
Cinnamon Pancakes		41
Cinnamon Pop Tart	1 serving	37
Cinnamon Roll	1.35 oz	27
Cinnamon Roll	2.6 oz	36
Cinnamon Swirl Bread	1 serving	31
Cole Slaw	1/2 cup	7
Corn Dogs	1 serving	27
Craisins	1 serving	34
Cranberry Orange Snack Bar	1 bar	24
Collard Greens	1 serving	7.1
Corn Sweet Yellow Canned Drained	1/2 cup	17
Cranberry Sauce	2 oz.	22
Cucumber	1/2 cup	2
Deli Roasters	1 serving	23
Diced Ham for Baked Potato	2 oz.	1
Diced Peaches	1/2 cup	18
Donut Hole	1 serving	17
Dressing (cornbread)	1 serving	10.51
Dutch Waffles	1 serving	43
Egg and Cheese Biscuit	1 serving	22.4
Egg Roll	1 roll	20

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Recipe Name	Serving Size	Carbohydrate (grams)
English Peas and Carrots (canned)	1/2 cup	9
Field Peas	1/2 cup	21
Fish Nuggets	9 pcs.	16
Fish Sandwich	1 sandwich	49
Flavored Raisins	1 serving	35
Fold & Go Breakfast Taco	1 serving	16
Fortune Cookie	1 cookie	7
French Fries	1/2 cup	22
French Fries Crinkle Cut	1/2 cup	18
French Fries Shoestring	1/2 cup	20
French Toast Sticks	1 serving	35
Fried Chicken	2 oz.	15
Fried Rice	1/2 cup	23
Fruit Cocktail	1/2 cup	20
Gilardi Stuffed Crust Pizza	1 slice	35
Golden Grahams (WG)	1 serving	24
Graham Cracker Apple Cinnamon	1 pk.	19
Graham Cracker Chocolate	1 pk.	20
Graham Cracker Vanilla	1 pk.	19
Gravy	2 Tbsp.	5
Gravy	1 serving	5
Green Beans Canned Drained	1/2 cup	5
Ham & Cheese Sandwich	1 sandwich	23.36
Hamburger Steak w/Gravy	1 serving	4
Hot Dog on bun	1 serving	20.3
Jelly Biscuit	1 biscuit	20
Ketchup	1 packet	3
Lasagna	1 piece	28
Lettuce, Romaine	1/2 cup	3
Lima Beans	1/2 cup	24
Macaroni & Cheese	2/3 cup	24.884
Mandarin Chicken	1 serving	19
Mandarin Oranges	1/2 cup	16
Maple Brown Sugar Bar	1 bar	24
Maple Syrup	1 serving	31
Mashed Potatoes	1/2 cup	15
Mashed Potatoes	1/2 cup	15
Mayonnaise Dukes Light	1 packet	1
Meatball Sub	1 serving	28

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Recipe Name	Serving Size	Carbohydrate (grams)
Milk, 1%	1 carton	13
Milk, Chocolate FF	1 carton	20
Milk, Skim	1 carton	13
Milk, Strawberry	1 carton	23
Milk, Vanilla	1 carton	13
Mini Muffin Apple	1 serving	22
Mini Muffin Banana	1 serving	23.5
Mini Muffin Blueberry	1 serving	24
Mini Muffin Cinnamon	1 serving	23
Mix Vegetables	1/2 cup	8
Mustard	1 packet	1
Oatmeal Raisin Bar	1 bar	29
Oatmeal Spice Bar (Mini Snack Bar)	1 bar	24
Orange Wedges	1/2 cup	19
Oven Fried Chicken	1 serving	10
Pancake Pup	1 serving	17
Pancake Pup Bites	3 pup bites	14
Parsley Potatoes	1/2 cup	6
Peach Slices	1/2 cup	15
Peanut & Jelly Sandwich	1 sandwich	53
Pears	1/2 cup	22
Peas & Carrots (frozen)	1/2 cup	10
PB&J (pre-packaged)	1 serving	32
Pepperoni Pizza	1 slice	37
Pimento Cheese Sandwich	1 sandwich	29.94
Picante Pintos	1 serving	19
Pineapples	1/2 cup	20
Potato Triangles	2 oz.	12
Proball Donut (WG)	1 serving	17
Ranch Cup	1 30 gr cup	4
Reeses Puffs (WG)	1 serving	21
Rice	1/2 cup	38
Roll (WG)	1 roll 1.25 oz	28
Roll Honey Wheat (WG)	1 roll 1.5 oz	22
Salsa	1/2 cup	4
Sausage Biscuit	1 serving	21
Sausage Roll	1 serving	
Seasoned Corn	1/2 cup	20
Sliced Peaches	1/2 cup	15

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Recipe Name	Serving Size	Carbohydrate (grams)
Spaghetti w/Meat Sauce	1 cup	27
Spinach Salad	1/2 cup	6
Steak Biscuit	1 serving	37
Steak (Country Style)	1 pc	16
Steak Sandwich	1 serving	45
Stewed Tomatoes	1/2 cup	6.19
Stone Ground Grits	1 serving	16.5
Strawberry Pop Tart	1 serving	38
Strawberry Short Cake	1 serving	62
Submarine Sandwich	1 sandwich	31
Sugar Cookie (whole grain)	1 cookie	28
Sweet & Sour Sauce	1 serving	11
Sweet Potato Fries	1/2 cup	25
Sweet Potato Soufflé	1/2 cup	54
Swiss Cheese	1 slice	5
Taco Salad	1 serving	19
Tangerine	1 serving	11.7
Tater Tots	1/2 cup	17
Tomato Soup	4 oz.	20
Turkey	1 serving	0
Turkey and Cheese Sandwich	1 serving	23
Turnip Greens	1 serving	3.9
Trix (WG)	1 serving	24
Ultimate Breakfast Round	1 serving	44
Waffle Sticks	2 sticks	25
WG Donut	1 donut	17
Yellow Cheese	1 slice	1
Yogurt Strawberry	4 oz.	16
Yogurt Strawberry/Banana	4 oz.	16
Yogurt Vanilla	4 oz.	16