

## CARB COMPONENTS 2021-2022

| BEVERAGES                           | TOTAL CARBS |
|-------------------------------------|-------------|
| Apple Juice                         | 14 gm       |
| Chocolate Milk                      | 21 gm       |
| Fruit Punch                         | 14 gm       |
| Grape Juice                         | 19 gm       |
| Orange Juice                        | 14 gm       |
| Skim Milk                           | 13 gm       |
| Strawberry Milk                     | 24 gm       |
| BREAD SIDE ITEMS                    | TOTAL CARBS |
| Animal Crackers                     | 22 gm       |
| Bagel (Honey Whole Wheat)           | 25 gm       |
| Blueberry Muffin                    | 26 gm       |
| Bosco Cheese Break Stick            | 14 gm       |
| Chocolate Chip Muffin               | 28 gm       |
| Cornbread                           | 32 gm       |
| English Muffin (Whole Wheat)        | 21 gm       |
| Goldfish Grahams                    | 19 gm       |
| Graham Crackers                     | 11 gm       |
| Hoagie Roll (6 inch Whole Wheat)    | 26 gm       |
| Hot Dog Roll (Whole Wheat)          | 22 gm       |
| Jalapeno Cheddar Wrap               | 48 gm       |
| Pretzel Roll                        | 29 gm       |
| Saltines (1 pkg)                    | 4.7 gm      |
| Sliced White/Wheat Bread (2 slices) | 28 gm       |
| Soft Pretzel (2.2 oz)               | 30 gm       |
| Taco Shell (1 Jumbo)                | 13 gm       |
| Taco Shell (2 Regular)              | 14 gm       |
| Texas Toast                         | 22 gm       |
| Tomato Basil Wrap                   | 48 gm       |
| Tortilla ( 6 inch)                  | 15 gm       |
| Tortilla (10 inch Whole Wheat)      | 19 gm       |
| Whole Wheat Hamburger Roll          | 26 gm       |
| Whole Wheat Wrap                    | 43 gm       |
| BREAKFAST FOR LUNCH                 | TOTAL CARBS |
| Mini Maple French Toast             | 37 gm       |
| Mini Maple Pancakes                 | 30 gm       |
| Mini Maple Waffles                  | 38 gm       |

| <b>CANNED FRUIT</b>                       | <b>TOTAL CARBS</b> |
|---|--------------------|
| Applesauce                                | 23 gm              |
| Fruit Cocktail/Pears                      | 19 gm              |
| Mandarin Oranges                          | 23 gm              |
| Peaches                                   | 17 gm              |
| Pineapple                                 | 19 gm              |
| Sliced Apples                             | 12 gm              |
| <b>CONDIMENTS</b>                         | <b>TOTAL CARBS</b> |
| Assorted Jelly                            | 9 gm               |
| BBQ Sauce (2 tbsp)                        | 10 gm              |
| Chicken Gravy                             | 7 gm               |
| Cream Cheese                              | 1 gm               |
| Dill Pickles (1 oz)                       | 1 gm               |
| Honey Mustard (2 tbsp)                    | 7 gm               |
| Ketchup (1 tbsp)                          | 5 gm               |
| Pancake Syrup                             | 26 gm              |
| Ranch/Golden Italian Dressing (2 tbsp)    | 2 gm               |
| Salsa (2 tbsp)                            | 3 gm               |
| <b>DAIRY</b>                              | <b>TOTAL CARBS</b> |
| American Cheese (2 slices)                | 1 gm               |
| Cheddar (1 slice)                         | 1 gm               |
| Provolone Cheese (1 slice)                | 0 gm               |
| Swiss Cheese (1 slice)                    | 3 gm               |
| Yogurt (Upstate 4 oz)                     | 19 gm              |
| <b>FRUIT</b>                              | <b>TOTAL CARBS</b> |
| Fresh Fruit & 1/2 Cup of Fruit            | 15 gm              |
| Frozen Blueberries                        | 9 gm               |
| Frozen Peaches                            | 12 gm              |
| Frozen Strawberries                       | 36 gm              |
| Mixed Fruit Cocktail                      | 14 gm              |
| Watermelon                                | 7 gm               |
| <b>MINOR'S SAUCES ON STIR-FRY CHICKEN</b> | <b>TOTAL CARBS</b> |
| Sesame                                    | 25 gm              |
| Sweet & Spicy                             | 26 gm              |
| Zesty Orange                              | 21 gm              |

| MISCELLANEOUS                                | TOTAL CARBS |
|--|-------------|
| Barilla Plus Elbow & Rotini Macaroni         | 38 gm       |
| Brown Rice                                   | 37 gm       |
| Fish Patty                                   | 16 gm       |
| Hamburger                                    | 0 gm        |
| Macaroni & Cheese (1/2 cup)                  | 24 gm       |
| Meatballs (No sauce)                         | 6 gm        |
| Mozzarella Sticks (High Liner)               | 31 gm       |
| Nacho Chips                                  | 23 gm       |
| Pasta Sauce                                  | 12 gm       |
| Shrimp Poppers                               | 21 gm       |
| Uncrustable PB&J                             | 32 gm       |
| Zweigle's Hot Dog                            | 24 gm       |
| NON-STARCHY VEGETABLES                       | TOTAL CARBS |
| Broccoli                                     | 5 gm        |
| California Blend                             | 6 gm        |
| Carrots                                      | 7 gm        |
| Cauliflower                                  | 3 gm        |
| Cucumber                                     | 2 gm        |
| Glazed Carrots                               | 8 gm        |
| Green Beans                                  | 5 gm        |
| Lettuce                                      | 1 gm        |
| Mushrooms                                    | 4 gm        |
| Spinach                                      | 4 gm        |
| Squash                                       | 9 gm        |
| Tomato                                       | 2 gm        |
| Zucchini                                     | 5 gm        |
| PIZZA  | TOTAL CARBS |
| Big Daddy's Primo Four Cheese Pizza (10 cut) | 28.8 gm     |
| Big Daddy's Primo Four Cheese Pizza (8 cut)  | 35 gm       |
| Domino's (1/10 Cheese)                       | 30.4 gm     |
| Domino's (1/8 Cheese)                        | 38 gm       |
| Domino's (1/8 Pepperoni)                     | 38 gm       |
| Fiestada                                     | 39 gm       |
| Smart Wedge                                  | 35 gm       |
| Stuffed Crust Max                            | 34 gm       |
| Tony's Deep Dish                             | 36 gm       |
| Wild Mike's                                  | 34 gm       |

| <b>POULTRY</b>                                  | <b>TOTAL CARBS</b> |
|---|--------------------|
| Deli Turkey                                     | 0 gm               |
| Chicken Breaded Patty                           | 12 gm              |
| Chicken Nuggets (5)                             | 14 gm              |
| Grilled Chicken Patty                           | 3 gm               |
| Popcorn Chicken (13)                            | 26 gm              |
| Spicy Chicken Patty                             | 11 gm              |
| Turkey Sausage                                  | 0 gm               |
| Turkey Taco Meat                                | 2 gm               |
| <b>SOUP-ALA CART</b>                            | <b>TOTAL CARBS</b> |
| Chicken Noodle (4 oz)                           | 8 gm               |
| Tomato Soup (4 oz)                              | 20 gm              |
| <b>STARCHY VEGETABLES, POTATOES &amp; BEANS</b> | <b>TOTAL CARBS</b> |
| # Fries   | 21 gm              |
| Baked Beans                                     | 29 gm              |
| Chick Peas                                      | 13 gm              |
| Corn  | 17 gm              |
| Mashed Potatoes                                 | 14.6 gm            |
| Peas  | 9 gm               |
| Ranch Style Black Beans                         | 16 gm              |
| Refried Beans                                   | 19 gm              |
| Smile Fries                                     | 25 gm              |
| Spiral Fries                                    | 25 gm              |
| Straight Cut Fries                              | 22 gm              |
| Tater Tots                                      | 16 gm              |
| <b>VEGETABLE BLENDS</b>                         | <b>TOTAL CARBS</b> |
| California Blend                                | 5 gm               |
| Fajita Blend                                    | 4 gm               |
| Greens & Beans                                  | 17 gm              |
| Italian Blend                                   | 5 gm               |
| Mixed Vegetables                                | 10 gm              |
| Normandy Blend                                  | 7 gm               |
| Stir Fry Blend                                  | 5 gm               |