

CARB COMPONENTS 2022-2023

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
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
Eggoji Waffles	30 gm
Mini Maple Waffles	38 gm

CANNED FRUIT	TOTAL CARBS
Applesauce	23 gm
Fruit Cocktail/Pears	19 gm
Mandarin Oranges	23 gm
Peaches	17 gm
Pineapple	19 gm
Sliced Apples	12 gm
CONDIMENTS	TOTAL CARBS
BBQ Sauce (2 tbsp)	10 gm
Chicken Gravy	7 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
DAIRY	TOTAL CARBS
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
FRUIT	TOTAL CARBS
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
MINOR'S SAUCES ON STIR-FRY CHICKEN	TOTAL CARBS
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 (3/4 cup)	19 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
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
Stuffed Crust Max	34 gm
Tony's Deep Dish	36 gm
Wild Mike's	34 gm

POULTRY	TOTAL CARBS
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
SOUP-ALA CART	TOTAL CARBS
Chicken Noodle (4 oz)	8 gm
Tomato Soup (4 oz)	20 gm
STARCHY VEGETABLES, POTATOES & BEANS	TOTAL CARBS
# 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
VEGETABLE BLENDS	TOTAL CARBS
California Blend	5 gm
Fajita Blend	4 gm
Greens & Beans	17 gm
Italian Blend	5 gm
Mixed Vegetables	10 gm
Stir Fry Blend	5 gm