

Middle And High School Carbohydrate Count List

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Entrees /Ala Carte:</i>			
Asian Style Chicken & 1/2 Cup Rice	1 Serving	15	0
Bagel, cinnamon raisin, ala carte only	1 Each	55	4
Bagel, plain, ala carte only	1 Each	52	2
Baked Potato w/Cheese	1 Serving	41	5
Baked Potato w/Chili	1 Serving	58	13
Baked Potato w/Chili & Cheese	1 Potato	50	9
BBQ Pork Sandwich	1 Each	39	2
BBQ Rib Sandwich (rib-b-que)	1 Each	28	2.3
BBQ Chicken, Roasted	1 Serving	10	0
Beefaroni	1 Cup	35	4
Black/Red Beans & Rice	1 Serving	63	12
Bosco Sticks	2 Each	52	2
Buffalo Fries, ala carte only	3 Ounces	21	3
Buffalo Wings, ala carte only	4 Each	1	0
Buffalo Wing Basket, ala carte only	1 Basket	22	3
Burrito, Bean & Cheese	1 Each	54	6
Cheeseburger	1 Each	32	3
Cheese Quesadilla	1 Each	39	2
Chicken Fajita	1 Each	48	4
Chicken Nuggets	6 Each	8.8	0
Chicken Snack Wrap	1 Each	34	3.75
<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
Chicken Patty Sandwich	1 Each	43	3
Chicken Pita Pizza	1 Each	48	4
Chicken Quesadilla	1 Each	38	2
Chips & Cheddar Cheese Dip	1 Serving	23	2
Chips & Jalepeno Cheese Dip	1 Serving	23	2
Chips & Salsa	1 Serving	23	3
Cuban Sandwich	1 Each	39	1.3
Egg Salad Sandwich	1 Each	33	2
Grilled Cheese Sandwich	1 Each	29	4
Hamburger	1 Burger	30.5	3
Hot Ham & Cheese Sandwich	1 Sandwich	22	1
Hot Sliced Ham, Holiday Meal	1 Serving	2.5	0
Hot Sliced Turkey, Thanksgiving meal	1 Serving	2	0
Macaroni & Cheese	1 Cup	41	1.7
Mac & Cheese, prepackaged	6 ounces	29	1
Mozza Pesto Pita	1 Each	42	3.4
Nachos w/Cheese Only	1 Serving	42	2
Nachos w/Chili Only	1 Serving	59	9.6
Nachos w/Chili & Cheese	1 Serving	51	5.8
Open Face Turkey Sandwich	1 Serving	13	1
Pancakes w/Sausage	1 Serving	28	1.3
PBJ Uncrustable	1 Each	33	2.5
Penne Pasta with Marinara	1 Serving	42	3.5
Personal Pizza	1 Each	47	3.8
Philly Turkey & Cheese Sandwich	1 Each	42	1.8
Pizza, Unos, Cheese	1 Slice	35	2
Pizza, Unos, Pepperoni	1 Slice	35	2
Pretzel	1 Each	80	4
Pretzel, with Cheese	1 Each	66	2
<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
Roasted Chicken	1 Serving	0	0
Scrambled Eggs,Pancake, saus	1 Serving	15	1
Shepherd's Pie	1 Each	11	2.3
Sloppy Joe Sandwich	1 Each	45	3.2
Soft taco	1 Each	33	1.9
Spaghetti	1 Serving	46	5
Spaghetti w/Marinara Sauce	1 Serving	41	3.2
Sun Chips - French Onion	1 Bag	19	1
Sun Chips - Southwest Cheddar	1 Bag	19	1
Sweet & Sour Chicken w/Rice	1 Serving	29	1.5
Taco	1 Each	13	1.8
Turkey Enchiladas	1 Each	39	1.8

Middle And High School Carbohydrate Count List

Turkey & Cheese Wrap	1 Each	34	1.6
Turkey Submarine	1 Each	40	1.6
Turkey Supreme	1 Each	32	2.3
Zingers, spicy wings	6 Each	21	1.5

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<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Lighten Up Selections:</i>			
1905 Salad	1 Each	21.5	3
Cheese w/Apple, Celery & Carrots	1 Each	9.5	3
Chef's Salad	1 Each	11	3.5
Chicken Caesar Salad	1 Each	15	2.6
Chicken Salad & Fruit Platter	1 Each	28	2
Cobb Salad	1 Each	8.5	2
Greek Salad, includes dressing	1 Each	18	3
Large Spinach Salad	1 Each	8	3
Oriental Chicken Salad, includes dressing	1 Each	41	8
PB w/Apple, Celery & Carrots	1 Each	16	4
Southwest Black Bean Salad, includes dressing	1 Each	56	12
Spring Salad, includes dressing	1 Each	19	5.5
Summer Salad, includes dressing	1 Each	23	5
Veggie Pita Delight	1 Each	68	13
Vegetarian Taco Salad	1 Each	39	8
Yogurt Parfait, Cherry & Blueberry	1 Each	75	6
Yogurt Parfait, Cherry & Peach	1 Each	83	6
Yogurt Parfait, Peach & Blueberry	1 Each	76	5
Yogurt Parfait, Peach & Strawberry	1 Each	85	6
Yogurt Parfait, Strawberry & Blueberry	1 Each	77	5.5

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Salad Dressings-</i>			
1905 Dressing	1 Serving	1.4	0.2
Caesar Dressing	1 Serving	2	0
Citrus Yogurt Dressing	1 serving	4	0
Creamy Italian	1 Packet	1	0
French Dressing	1 Packet	2	0
Greek Dressing	1 Serving	0.6	0.2
Italian Dressing	1 Packet	1	0
Oriental Dressing	1 Ounce	8	0
Ranch Dressing	1 Ounce	3	0
Southwest Ranch Dressing	2 Ounce	5	0

<i>Condiments:</i>			
Brown Gravy	1 Serving	2	0
Cranberry Sauce	2 Tbsp	15	0
Marinara Sauce	0.25 Cup	4	1
Marinara, Tomato Sauce	0.25 Cup	10	2
Salsa	0.25 Cup	4	1
Yogurt & Cream Cheese, plain	1 Ounce	3	0
Yogurt & Cream Cheese, strawber.	1 Ounce	4	0

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Breads/Grains:</i>			
Berry Muffin	1 Muffin	33	1
Blueberry Muffin	1 Muffin	33	1
Cheese Bread	1 Piece	20	0.5
Cherry Muffin	1 Muffin	42	1
Cornbread	1 Piece	18	1
Cornbread Stuffing	1 Serving	21	1.5
Couscous	0.5 Cup	23	1
Cowboy Bread	1 Piece	26	0.5
Garlic Toast	1 Slice	25	2.7
Rice, Brown	0.5 Cup	34	2
Rice, White	0.5 Cup	37	0
Rice, Yellow	0.5 Cup	21	0
Roll, Dinner, 2 ounces	1 Roll	27	2.5
Saltine Crackers, with yogurt & salads	4 Packages	52	4
Spice Bread	1 Slice	48	1.3
Texas Toast	1 Piece	19	1
Spice Cake-given on holiday meals	1 Piece	22	1

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<i>Vegetable Selections:</i>			
Baked Beans	0.5 Cup	28	4
Broccoli w/Dip	0.5 Cup	5	1
Broccoli, Steamed	0.5 Cup	2	1
Caesar Side Salad	1 Each	1	1
Carrots w/Dip	0.5 Cup	9	2
Carrots, steamed	0.5 Cup	5	0.5
Chicken Noodle Soup	1 Cup	12	1.4
Chicken Tortilla Soup	1 Cup	29	4
Corn	0.5 Cup	21	2
Creamy Tomato Soup, homemade	1 Cup	26	3
Cucumber w/Dip	0.5 Cup	4	0
Garden Cup	0.5 Cup	3	1
Green Beans	0.5 Cup	5	2
Lettuce & Tomato	0.5 Cup	2.5	0.8
Mashed Potatoes	0.5 Cup	15	1.3
Mashed Potato Bake	0.5 Cup	12	0
Minestrone Soup	1 Cup	10	2
Mixed Veggies	0.5 Cup	6	1.2
Oven Fries	0.5 Cup	13	1
Parslied Potatoes	0.5 Cup	18	2
Peas	0.5 Cup	9	3
Potato Wedges	0.5 Cup	16	1.5
Refried Beans	0.5 Cup	22	5
Roasted Potatoes/Potato wedges	0.5 Cup	35	5
Salsa Queso Soup	1 Cup	11	2
Spanish Bean Soup	1 Cup	16	4.5
Spinach	0.5 Cup	6	4
Tator Tots	9 Each	16	2
Tomato Soup, Creamy	1 Cup	26	3
Tomato Soup, Regular	1 Cup	25	1
Tomato Wedges	0.5 Cup	4	1
Tossed Salad	1 Each	2	1
Turkey Noodle Soup	1 Cup	12	2
Vegetable Soup	1 Cup	9	2.6
Veggie Chicken Soup	1 Cup	16	3
Zucchini, Steamed	0.5 Cup	2	0.6
Zucchini & Squash, Steamed	0.5 Cup	3	1
Zucchini w/ Dip	0.5 Cup	7	1
<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Fruit Selections:</i>			
Apple	1 Apple	15	2.5
Applesauce	0.5 Cup	25	1.5
Apple Crisp	0.5 Cup	46	2
Banana	1 Each	23	3
Berry Crisp	0.5 Cup	51	6
Blueberries, dried	0.5 Cup	56.5	7.5
Cherry Crisp: All	0.5 Cup	46	2.6
Cinnamon Apples	0.5 Cup	17	1
Grapes	0.5 Cup	15	1
Grapefruit Half	1/2 Half	12	2
Mixed Fruit	0.5 Cup	9	1
Mixed Fruit with Cherries	0.5 Cup	26	1.6
Orange: All	1 Orange	17	4
Peaches, Canned	0.5 Cup	19	2
Peach Cups	0.5 Cup	30	2
Peach Crisp	0.5 Cup	50	2.3
Pear Crisp	0.5 Cup	55	3
Pears, diced	0.5 Cup	19	2
Pears, sliced	0.5 Cup	16	2
Pineapple, Canned	0.5 Cup	17	1
Pineapple, Fresh	0.5 Cup	10	1

Middle And High School Carbohydrate Count List

Rosy Applesauce	0.5 Cup	22	2
Spiced Pears	0.5 Cup	11	1
Strawberry Cup	0.5 Cup	33	2.4
Strawberries in Jello	0.5 Cup	19	2
Tangerine	1 Each	11	1.5
Watermelon	0.5 Cup	6	1

<u>Food Item</u>	<u>Portion</u>	<u>Carbohyrdate - G</u>	<u>Fiber - G</u>
<i>Juice Selections:</i>			
Apple Juice	4 Fl Oz	14	0
Blue Raspberry Juice	4 Fl Oz	14	0
Frozen Fruit Smoothie	6 Oz	28	0
Fruit Blend Juice, 100%	4 Fl Oz	14	0
Grape Juice	4 Fl Oz	19	0
Green Apple Juice	4 Fl Oz	14	0
Orange Juice	4 Fl Oz	15	0
Peach Juice	4 Fl Oz	14	0
Tropical Island Splash Juice	4 Fl Oz	14	0

<i>Milk Selections-</i>			
Skim (fat-free) Milk	8 Fl Oz	12	0
1% (low-fat) Milk	8 Fl Oz	12	0
2% (reduced-fat) Milk	8 Fl Oz	11	0
1/2% Chocolate Milk	8 Fl Oz	27	0
1/2% Strawberry Milk	8 Fl Oz	27	0

<u>Food Item</u>	<u>Portion</u>	<u>Carbohyrdate - G</u>	<u>Fiber - G</u>
<i>Ala Carte Drink Selections:</i>			
Dasani Water	12 Fl Oz	0	0
Dasani Water	20 Fl Oz	0	0
Minute Maid, Apple Juice	10 Fl Oz	35	0
Minute Maid, Orange Juice	10 Fl Oz	33	0
Powerade Zero, Strawberry	12 Fl Oz		

<i>High School Only:</i>			
Fuze, Blueb Rasp Pomegranate	12 Fl Oz	2	0
Fuze, Peach Mango	12 Fl Oz	8	0
Fuze, Strawberry Melon	12 Fl Oz	2	0
Island Oasis, Banana	12 Fl Oz	39	1
Island Oasis, Mango	12 Fl Oz	38	1
Island Oasis, Peach	12 Fl Oz	39	1
Island Oasis, Pina Colada	12 Fl Oz	37	2
Island Oasis, Strawberry	12 Fl Oz	37	2
Island Oasis, Wild Berry	12 Fl Oz	38	2
Vitamin Water, Dragonfruit	12 Fl Oz	19	0
Vitamin Water, Fruit Punch	12 Fl Oz	19	0
Vitamin Water, Grape	12 Fl Oz	19	0
Vitamin Water, Kiwi-Strawberry	12 Fl Oz	19	0
Vitamin Water, Orange-Orange	12 Fl Oz	19	0