

CARBOHYDRATE COUNT		
TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
MEAT/MEAT ALTERNATE		
CHICKEN/ TURKEY A LA KING	6 OZ	14.6 GRAMS
BREADED CHICKEN PATTY	1 PATTY	10 GRAMS
CHEESE QUESADILLA	4.22 OZ	30.6 GRAMS
CHICKEN & CHEESE ENCHILADAS	1 EACH	18 GRAMS
OVEN FRIED CHICKEN	1 PIECE	9.7 GRAMS
CHICKEN BREAST NUGGETS	5 NUGGETS	26 GRAMS
VEGETARIAN CHILI	6 OZ	27 GRAMS
CHICKEN CHILI	3 OZ	22 GRAMS
CHICKEN FAJITAS	1 EACH	23.4 GRAMS
CHICKEN MARSALA W/ PASTA	8 OZ	70 GRAMS
HONEY LEMON CHICKEN	1 EACH	1 GRAM
CHICKEN ALFREDO	1 EACH	54.8 GRAMS
NACHOS W/ GROUND BEEF	1 EACH	19.3 GRAMS
LOADED NACHOS	1 EACH	26 GRAMS
HAM & NOODLE CASSEROLE	8 OZ	21 GRAMS
HAM 'N TATER STEW	8 OZ	20 GRAMS
EGGS	1 EGG	1 GRAM
BREAKFAST LASAGNA	8 OZ	23 GRAMS
FULLY COOKED UN-BREADED GRILLED PATTY	1 PATTY	1.5 GRAMS
GARDEN BURGER	1 PATTY	12 GRAMS
TURKEY BURGER	1 EACH	0 GRAMS
HOT (TURKEY) HAM & CHEESE SANDWICH	1 EACH	31.3 GRAMS
TURKEY FRANK	1 EACH	1 GRAM
TURKEY BLT WRAP	1 EACH	20.9 GRAMS
LARGE POPCORN STYLE BREADED CHICKEN	10 PIECES	18 GRAMS
MEXICAN GRILLED CHICKEN WRAP	1 EACH	49 GRAMS
SUN BUTTER	2 TBSP	7 GRAMS
LOW SODIUM HAM	2 OZ	0 GRAMS
LOW SODIUM TURKEY BREAST	2 OZ	0 GRAMS
TYSON BREADED PATTY FINGERS	2 PIECES	12 GRAMS
TONGOL TUNA/ WATER	1/4 CUP	0 GRAMS
MACARONI & CHEESE	2/3 CUP	27 GRAMS
LASAGNA W/ GROUND BEEF	1 SQUARE	28 GRAMS
SPAGHETTI TACOS	2 EACH	73.25 GRAMS
EGGPLANT PARMESAN	1 EACH	62.1 GRAMS
BAKED ZITI W/ BEEF	1 EACH	37.5 GRAMS
BEEF STROGANOFF	6 OZ	9.6 GRAMS
SLOPPY JOES/ ROLL	1 EACH	36 GRAMS
BEEF BURRITO	1 EACH	21 GRAMS

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TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
BEEF TERIYAKI	3 OZ	28.7 GRAMS
SWEET & SOUR PORK	6 OZ	19.3 GRAMS
STUFFED PEPPERS	6 OZ	27.8 GRAMS
SPICY MEATLOAF	1 SLICE	16 GRAMS
GREEK BEEF PITA	1 EACH	42 GRAMS
BBQ BEEF AND CHEDDAR WRAP	1 EACH	55 GRAMS
DAIRY		
8 OZ YOGURT	8 OZ	38 GRAMS
LOW MOISTURE PART-SKIM MOZZARELLA CHEESE	1 OUNCE	LESS THAN 1 GRAM
MOZZARELLA STICKS	2 STICKS	13 GRAMS
NACHO CHEESE SAUCE	1/4 CUP	6 GRAMS
PARMESAN CHEESE	1 TBSP	3 GRAMS
YELLOW CHEESE	2 SLICES	1 GRAM
QUICHE	1 SLICE	11.4 GRAMS
PIZZA		
4x6 WHOLE WHEAT PIZZA (ELEM SCHOOL)	5 OZ	28 GRAMS
PIZZA	1 SLICE	~32 GRAMS
ENGLISH MUFFIN PIZZA	2 HALVES	30.2 GRAMS
CEREALS		
MULTI GRAIN CHEERIOS	3/4 CUP	15 GRAMS
APPLE CINN OATMEAL	1 PACKET	28 GRAMS
CINN SPICE OATMEAL	1 PACKET	35 GRAMS
MAPLE BROWN SUGAR OATMEAL	1 PACKET	32 GRAMS
CORN POPS	3/4 CUP	19 GRAMS
BERRY KIX	3/4 CUP	20 GRAMS
SPECIAL K	3/4 CUP	13 GRAMS
CHERRY GRANOLA	1/2 CUP	49 GRAMS
CEREAL BARS	1 EACH	27-28 GRAMS
SPECIAL K BARS	1 EACH	17-18 GRAMS
BEVRAGES		
1 % CHOCOLATE MILK	8 OZ	21 GRAMS
1% MILK	8 OZ	12 GRAMS
1% STRAWBERRY MILK	8 OZ	22 GRAMS
100% APPLE	4 OZ	14 GRAMS
100% GRAPE	4 OZ	18 GRAMS
100% ORANGE	4 OZ	13 GRAMS
SKIM MILK	8 OZ	12 GRAMS
SNAPPLE TEAS	11 OZ	30-37 GRAMS
SNAPPLE JUICES	11 OZ	42 GRAMS
HOT COCOA MIX	1 ENVELOPE	17 GRAMS
SUNNY DELITE	6.75 OZ	13 GRAMS
GATORADE	12 OZ	21 GRAMS

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VITAMIN WATER	20 OZ	~13 GRAMS
BAGELS		
CINNAMON/RAISIN BAGEL	4 OZ	62 GRAMS
EVERYTHING BAGEL	4 OZ	59 GRAMS
HONEY WHEAT BAGEL	4 OZ	52 GRAMS
ONION BAGEL	4 OZ	59 GRAMS
PLAIN BAGEL	4 OZ	59 GRAMS
POPPY BAGEL	4 OZ	58 GRAMS
SALTED BAGEL	4 OZ	58 GRAMS
SESAME BAGEL	4 OZ	58 GRAMS
BREAD		
AUNT JEMIMA FRENCH TOAST STICKS	4 STICKS	36 GRAMS
BANANA BERRY JUMBLE	1 EACH	33 GRAMS
BLUEBERRY PANCAKE SQUARES	1 SQUARE	26 GRAMS
FRENCH TOAST CASSEROLE	1 SQUARE	22 GRAMS
FRENCH TOAST	3 SLICES	41 GRAMS
HAMBURGER BUNS	1 BUN	27 GRAMS
SLIDER BUNS	2 EACH	22 GRAMS
ITALIAN BREAD	1 SLICE	18 GRAMS
WHOLE WHEAT FRENCH BREAD	1 SLICE	20 GRAMS
HERO ROLLS	1 EACH	33.7 GRAMS
PANCAKES	3.6 OZ	42 GRAMS
WHOLE WHEAT BISCUIT	1 EACH	6.5 GRAMS
WHEAT PRETZEL (LARGE)	1 PRETZEL	36 GRAMS
WHEAT BREAD	SLICE/2 SLICES	13/22 GRAMS
WHITE BREAD	2 SLICES	22 GRAMS
SWEET POTATO BREAD	2" X 2"	42 GRAMS
WHOLE WHEAT HAMBURGER BUNS	1 BUN	18 GRAMS
BLUEBERRY OATMEAL CAKE	2"X3"	34 GRAMS
CHEDDAR BISCUITS	1 EACH	24 GRAMS
BISCUIT	1 EACH	24 GRAMS
BREADSTICKS	1 EACH	19 GRAMS
TACO SHELLS	2 EACH	14 GRAMS
KAISER ROLL	1 EACH	30 GRAMS
WHEAT WRAPS	1 EACH	50 GRAMS
CONDIMENTS		
BARBECUE SAUCE	2 TBSP	11 GRAMS
BUTTER	1 TBSP	0 GRAMS
CAMPBELLS BROWN GRAVY	1/4 CUP	5 GRAMS
CEASAR DRESSING	1.5 OZ	8 GRAMS
CHICKEN GRAVY	1 TBSP	6 GRAMS

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TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
CHUNKY SALSA	2 TBSP	2 GRAMS
CRANBERRY SAUCE	1/4 CUP	26 GRAMS
CREAM CHEESE	2 TBSP	3 GRAMS
GRAPE JELLY	1 TBSP	9 GRAMS
MAYONNAISE	1 TBSP	0 GRAMS
ITALIAN DRESSING	1.5 OZ	7 GRAMS
KETCHUP	1 TBSP	4 GRAMS
PANCAKE SYRUP	1/4 CUP	17 GRAMS
PIZZA SAUCE	1/4 CUP	4 GRAMS
PLAIN SPAGHETTI SAUCE	1/2 CUP	11 GRAMS
RANCH DRESSING	1.5 OZ/2 TBSP	9 GRAMS/2 GRAMS
SALSA	2 TBSP	2 GRAMS
SPAGHETTI SAUCE	1/2 CUP	9 GRAMS
SUGAR PACKETS	1 PACKET	3 GRAMS
TRIO BROWN GRAVY	1 TBSP	5 GRAMS
HALLOWEEN DIP	3 OZ	11 GRAMS
FRUITS AND VEGETABLES		
APPLESAUCE	1/2 CUP	22 GRAMS
APPLESAUCE JELLO	1/2 CUP	17 GRAMS
APRICOTS	1/2 CUP	14 GRAMS
CINNAMON ORANGES	1/2 CUP	<22 GRAMS
GREEN BEAN SALAD	1/2 CUP	5 GRAMS
SOUTHERN GREEN BEANS	1/2 CUP	25.9 GRAMS
CREAMY GREEN BEAN SALAD	1/2 CUP	18.2 GRAMS
CORN & BLACK BEAN SALAD	1/2 CUP	17 GRAMS
FIESTA CORN SALAD	1/2 CUP	6.7 GRAMS
CUCUMBERS IN SOUR CREAM	1/2 CUP	6 GRAMS
CUCUMBER SALAD	1/2 CUP	2 GRAMS
PASTA SALAD	1/2 CUP	22.4 GRAMS
PASTA VEGETABLE SALAD	1/2 CUP	19.6 GRAMS
POTATO SALAD	1/2 CUP	18 GRAMS
POTATO & VEGETABLE SALAD	1/2 CUP	26 GRAMS
BROCCOLI SALAD	1/2 CUP	31 GRAMS
BEAN SALAD	1/2 CUP	4.5 GRAMS
GREEN BEAN & TOMATO SALAD	1/2 CUP	11.4 GRAMS
CARROT RAISIN SALAD	1/2 CUP	31 GRAMS
CHERRY COUSCOUS SALAD	1/2 CUP	45 GRAMS
CHERRY PEPPER SALAD	1/2 CUP	6.5 GRAMS
APPLE SLAW	1/2 CUP	17.1 GRAMS
TURKEY TACO SALAD	1 EACH	48 GRAMS
BLACK BEANS	1/2 CUP	16 GRAMS

CARBOHYDRATE COUNT		
TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
BEET SALAD	1/2 CUP	11 GRAMS
CALIFORNIA RAISINS	3-1/2 TBSP	29 GRAMS
CHICK PEAS	1/2 CUP	20 GRAMS
CHICKEN CAESAR SALAD	1 EACH	14 GRAMS
COLE SLAW	4 OZS	19 GRAMS
ORANGE GLAZED CARROTS	1/2 CUP	11.5 GRAMS
CORN	1/3 CUP	17 GRAMS
CORN SALAD	1/2 CUP	30.6 GRAMS
QUINOA W/ CHICK PEAS AND TOMATOES	1/2 CUP	28.8 GRAMS
FRUIT COCKTAIL IN NATURAL JUICE	1/2 CUP	20 GRAMS
FRUIT MIX	1/2 CUP	18 GRAMS
GREEN BEANS	1/2 CUP	4 GRAMS
ITALIAN BLEND VEGETABLES (SUMMER BLEND)	2/3 CUP	5 GRAMS
KIDNEY BEANS	1/2 CUP	16 GRAMS
MEXICALI CORN	1/2 CUP	7.7 GRAMS
MIXED VEGETABLES	1/2 CUP	11 GRAMS
PEACHES	1/2 CUP	17 GRAMS
BAKED PEACHES	1/2 CUP	50.9 GRAMS
PEACH COBBLER	1 EACH	31.75 GRAMS
PEARS	1/2 CUP	21 GRAMS
APPLE CRISP	1/2 CUP	32 GRAMS
PINEAPPLE SAUCE	2 OZ	14.2 GRAMS
POTATO CHOWDER	6 OZ	19 GRAMS
POTATO CORN HAM SOUP	6 OZ	18.4 GRAMS
PEA SOUP	6 OZ	46 GRAMS
TOMATO SOUP	6 OZ	26.5 GRAMS
CHICKEN RICE SOUP	6 OZ	13 GRAMS
CREAM OF CHICKEN SOUP	6 OZ	10.5 GRAMS
CREAM OF VEGETABLE SOUP	6 OZ	12 GRAMS
TEX MEX CHICKEN SOUP	6 OZ	9 GRAMS
CHICKEN NOODLE SOUP	6 OZ	9 GRAMS
BEEF NOODLE SOUP	6 OZ	41 GRAMS
VEGETABLE SOUP	6 OZ	8.6 GRAMS
MINISTRONE SOUP	6 OZ	18 GRAMS
TAVERN CHEESE SOUP	1/2 CUP	14.3 GRAMS
TUNA CHOWDER	6 OZ	15.8 GRAMS
CURRIED TURKEY VEGETABLE SOUP	6 OZ	11 GRAMS
BACON TUNA CHOWDER	6 OZ	15.8 GRAMS
BEEF MACARONI SOUP	6 OZ	14 GRAMS
CORN & CHICKEN CHOWDER	6 OZ	17 GRAMS
CORN CHOWDER	6 OZ	17.5 GRAMS
MEXICAN CHICKEN SOUP	6 OZ	6.8 GRAMS

CARBOHYDRATE COUNT		
TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
FRUITS AND VEGETABLES		
PINEAPPLES	1/2 CUP	17 GRAMS
BEETS	1/2 CUP	8 GRAMS
SLICED CARROTS	1/2 CUP	6 GRAMS
CORN	1/2 CUP	20 GRAMS
SWEET PEAS	1/2 CUP	12 GRAMS
TOMATO SOUP	1/2 CUP	19 GRAMS
VEGETARIAN BEANS	1/2 CUP	24 GRAMS
WHITE KIDNEY BEANS	1/2 CUP	16 GRAMS
SPICED CHICKPEA NUTS	1/2 CUP	14 GRAMS
CINNAMON ORANGES	1/2 CUP	22 GRAMS
POTATOES/RICE/PASTA		
BROWN RICE	1/4 CUP	35 GRAMS
ELBOW MACARONI	1/4 CUP	42 GRAMS
HASH BROWN POTATO PATTIES	1 PATTIE	15 GRAMS
TATER TOTS	1/2 CUP	20 GRAMS
MASHED POTATOES	1/4 CUP	20 GRAMS
BAKED POTATO	HALF	24.7 GRAMS
SCALLOPED POTATOES	1/2 CUP	25 GRAMS
SWEET POTATO FRIES	4 OZ	22 GRAMS
PASTA	1/4 CUP	42 GRAMS
SPAGHETTI	1/4 CUP	41 GRAMS
PINEAPPLE SWEET POTATO CASSEROLE	1/2 CUP	35 GRAMS
SWEET POTATOES AND APPLES	1/2 CUP	33 GRAMS
ORANGE SWEET POTATOES	1.2 CUP	38 GRAMS
SWEET POTATOES	1/2 CUP	30 GRAMS
BROWN RICE PILAF	1/2 CUP	23 GRAMS
SPANISH RICE	1/2 CUP	10 GRAMS
RICE WITH CHEESE	1/2 CUP	32 GRAMS
PARTY BROWN RICE	1/2 CUP	54 GRAMS
SOUR CRANBERRY RICE	1/2 CUP	15.1 GRAMS
SNACKS		
SNACKWELL COOKIES	1 PK (4 EACH)	38 GRAMS
NACHOS (ROUND)	12 CHIPS	18 GRAMS
RICE KRISPIE TREAT	1 EACH	28 GRAMS
POP TARTS	1 PK (2 EACH)	69-75 GRAMS
BAKED CHIPS- REGULAR	1 PACKAGE	20 GRAMS
BAKED CHIPS- BBQ	1 PACKAGE	19 GRAMS
BAKED CHIPS- SOUR CREAM & ONION	1 PACKAGE	19 GRAMS
FRUIT SNACKS	2.25 OZ	31 GRAMS

CARBOHYDRATE COUNT		
TYPE OF FOOD	SERVING SIZE	TOTAL CARBS (CHO)
CHEETOS	1 PACKAGE	17 GRAMS
CHEEZITS	1 PACKAGE	24 GRAMS
SMART FOOD POPCORN WHITE CHEDDAR	1 PACKAGE	9 GRAMS
COMBOS	1 PACKAGE	35 GRAMS
PIRATE'S BOOTY	1 PACKAGE	19 GRAMS
SUN CHIPS (HARVEST CHEDDAR)	1 PACKAGE	19 GRAMS
SUN CHIPS (ORIGINAL)	1 PACKAGE	18 GRAMS
WHITE CHEDDAR POPCORN	1 PACKAGE	9 GRAMS
100% FRUIT ICE	1 EACH	6.2 GRAMS
SHERBET	1 EACH	25-27 GRAMS
FRESH BAKED COOKIES (LOW FAT):		
CHOCOLATE CHIP	1 EACH	23.97 GRAMS
CARNIVAL	1 EACH	23.73 GRAMS
SUGAR	1 EACH	23.79 GRAMS
OATMEAL RAISIN	1 EACH	23.52 GRAMS
DOUBLE CHOCOLATE	1 EACH	24.01 GRAMS
APPLESAUCE OATMEAL COOKY	1 EACH	68.4 GRAMS