

**Our Priority:  
Healthy, Happy**



**AMHERST NUTRITION SERVICES  
CARBOHYDRATE CONTENT OF FOODS ON THE MENU**



CATEGORY	SERVING SIZE	GRAMS OF CARBOHYDRATE
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\* =Adjusted 6/2017 \*\* =adjusted 6/2022

**CANNED FRUIT**







Applesauce	1/2 cup	6.5
Applesauce Cups	1/2 cup	22
Mandarin Oranges	1/2 cup	8.5
Mixed Fruit Cocktail	1/2 cup	7.5
Peaches	1/2 cup	7
Pears	1/2 cup	8
Pineapple Tidbits	1/2 cup	8.5




**FRESH FRUIT**



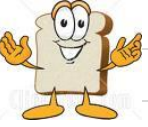



Apple Slices	2 oz bag	7
Fresh Apple	1/2 cup	11
Fresh Orange	1/2 cup	10
Grapes	1/2 cup	8
Strawberries	1/2 cup	6
Watermelon	1/2 cup	6

<b>CANNED FRUIT</b>			
	Applesauce	1/2 cup	13
	Applesauce Cups	1/2 cup	22
	Mandarin Oranges	1/2 cup	20
	Mixed Fruit Cocktail	1/2 cup	15
	* Peaches	1/2 cup	16
	* Pears	1/2 cup	16
	Pineapple Tidbits	1/2 cup	17
<b>FRESH FRUIT</b>			
	Apple Slices	2 oz bag	7
	* Banana	1 whole	27
	Fresh Apple	1 whole	22
	Fresh Orange	1 whole	20
	Grapes	1 cup	16
	** Strawberries	1 cup	15
	Watermelon	1/2 cup	6
<b>FRUIT JUICE</b>			
	* Apple Juice	1/2 cup	14
	Frozen Fruit Bars	1 each	15
	Fruit Slushie	4.4 oz.	20
	Grape Juice	1/2 cup	16
	Juice, Fruit Punch	1/2 cup	15
	* Orange Juice	1/2 cup	14



<b>APPLESAUCES</b>			
	Watermelon	1/2 cup	17
	Blue Raspberry	1/2 cup	17
	Plain Applesauce	1/2 cup	14
	Cinnamon	1/2 cup	17
	Strawberry/Banana	1/2 cup	17
	Cherry	1/2 cup	20
	Mixed Fruit	1/2 cup	21
	Birthday	1/2 cup	17
	Mango Peach	1/2 cup	15
<b>VEGETABLES</b>			
	Baked Beans	1/2 cup	27
	Broccoli Cuts	1/2 cup	2
	Broccoli Florets	1/2 cup	3
	California Blend Vegetables	1/2 cup	5
	Capri Vegetables	1/2 cup	5
	Carrot Sticks	1/4 cup	3
	Carrots	3/4 cup	6
	Celery Sticks	1/4 cup	1
	Corn	3/4 cup	16
	* Green Beans	1/2 cup	5
* Leafy Salad Bar/lettuce,tomato,cheese	3/4 cup	7	
	Mixed Vegetables	1/2 cup	11

	Oriental Vegetables	1/2 cup	3
	Sicilian Vegetables	1/2 cup	7
	<b>POTATOES</b>		
	Crinkle Cut Fries	1/2 cup	19
	Curly Fries	1/2 cup	21
	French Fries	1/2 cup	16
	Hash Brown Triangle	1 each	12
	Mashed Potatoes	1/2 cup	14
	Potato Rounds/Tots	1/2 cup	18
	* Potato Smiles/Stars	1/2 cup	20
	Potato Wedges	1/2 cup	18
	Steak Fries	1/2 cup	19
	Ranch Fries	1/2 cup	17
	Sweet Potato Suffle	1/2 cup	42
	* Sweet Potato Fries	1/2 cup	34
	* Sweet Potato Puffs	1/2 cup	23
	<b>DAIRY</b>		
	Cheese, Shredded	1 oz.	1
	Cheese, Slice	1 slice	1
	* String Cheese	1 oz.	1
	* Co-Jack String Cheese	1 oz.	0
	* Chocolate Milk 1%	1 cup	23
	Sour Cream	1 oz.	2
	Strawberry Milk FF	1 cup	30

	White Milk 1 %	1 cup	12
	* White Milk, skim	1 cup	12
	Yogurt Parfait w/1 oz Granola	1/4 cup	21
	* Trix Raspberry Rainbow Yogurt	1	20
	* Strawberry Banana Danimals Yogurt	1	16
<b>CONDIMENTS</b>			
	BBQ Sauce	2 oz.	19
	Golden Italian Dressing	15 gm.	1
	Honey Mustard	2 oz.	10
	Ketchup	2 oz.	12
	Lite Italian Dressing	15 gm.	3
	Marinara Sauce	2 oz.	8
	Mustard	2 oz.	0
	Ranch Dressing	14 gm.	1
	Ranch for Dipping	2 oz.	2
	Salsa	2 oz.	4
Taco Sauce	1 pk 9 gm.	1	
<b>CRACKERS/COOKIES/BREADS</b>			
	Animal Crackers	1 oz.	22
	* WG Bagel	1	30
	Baked Dorito chips	1.37 oz.	29
	Baked Tortilla chips	10	22
	* Baked, WG Breadstick	1	14

	Bread Stick, Soft (GFS/388096)	1	28
	Bread, French	1 slice	14
	Bread, Garlic	1 slice	18
	Bread, Texas Toast (1091)	1 slice	18
	Bread, White (1187)	1 slice	13
	Bread, Whole Wheat (1322)	1 slice	13
	Bun, Hamburger, White (1524)	1	23
*	Bun, Hamburger, Whole Grain (1793)	1	23
	Bun, Hamburger, Whole Wheat (1766)	1	24
	Bun, Hoagy (1522)	1	35
*	Bun, Hot Dog, Whole Grain (1794)	1	22
	Bun, Hot Dog, Foot Long (1512)	1	36
	Bun, Hot Dog, White (1509)	1	22
	Bun, Sub (1717)	1	30
	Cheese Bread	1 slice	19
	Cheese Stuffed Bread stick/4"	1	29
	Chocolate Chip Cookie	1	28
	Chocolate Chip Granola Bar	1	18
	Elf Graham Chocolate Chip	1	20
	English Muffin	1	25
	Fortune Cookie	1	6
*	Banana Muffin	1	31
	Fruit Muffin	1	26-28
	Fun Chips	1 oz.	19
	Goldfish Crackers	1.1 oz.	20

	Goldfish Graham	.75 oz.	14
	Graham Bug Bites	1 pkg	23
	Graham Crackers	2 count	10
	Mini Soft Pretzel	1 piece	16
	* Pretzel Rod, Soft Whole Wheat	1 piece	14
	Rice Krispie Treat	1 piece	35
	Roll, Assorted, Dinner (1544)	1	14
	* Roll, Dinner, Whole 8 Grain (1966)	1	15
	Roll, Dinner, Snowflake (1661)	1	19
	Roll, Dinner, Whole Wheat (1975)	1	15
	Roll, Finger (1744)	1	14
	Roll, Kaiser (1898)	1	32
	Roll, Kaiser, Multi-Grain (1854)	1	25
	Roll, Wheat (1965)	1	27
	Saltine Crackers	1 pkg.	4
	Scooby Doo Graham Snacks	1 pkg.	20
	Snickerdoodle Cookie	1	24
	Sugar Cookie	1	18
	Teddy Grahams	1 pkg.	16
	Theme Cookie	1	18
	Tortilla Chips	10	22
	Tortilla, Flour, 6.5 Inch	1	15
	Tortilla, Flour, 8 Inch	1	20
	Tortilla, Spinach	1	47

		<b>MISC.</b>	
		Black Beans	1/2 cup 20
		Cheese Sauce	3 oz. 4
		Chicken Noodle Soup	1/2 cup 8
		Chow Mein Noodles	1/2 cup 19
		Gravy	1/4 cup 4
	*	Mini Pancakes	1 Pkg 35
		Rice	1/4 cup 38
		Spanish Rice	2 oz. 44
		Tomato Soup	1/2 cup 19
		<b>ENTREES</b>	
		<b>POULTRY</b>	
		Chicken Flower Patty	1 10
		Chicken Fryz's	2.8 oz. 10
	*	Chicken Nuggets	5 pieces 16
	*	WG Chicken Patty	1 17
	*	Chicken Popcorn	12 pieces 15
		Chicken Rings	3 pieces 21
		Chicken Tenders	3 pieces 15
		Soft Chicken Taco	1 24
	*	Turkey & Gravy	4 oz 2
		<b>BEEF AND PORK</b>	



	BBQ Rib Sandwich	4 oz	12	
*	Beefy Cheese Nachos	1 serving	32	
*	Beef Soft Taco	1	33	
*	Cheeseburger	1	3	
*	Corn Dog on a Stick	1	30	
	Hamburger	1	2	
*	Hot Dog	1	1	
	Meatballs	4	5	
*	Mini Corn Dogs	6	30	
	Pasta with Meat Balls	1 serving	55	
	Pasta with Meat Sauce	1 cup	29	
	Pulled Pork	4 oz.	18	
	* Ravioli	1 cup	30	
	Sausage Link	3	1	
	Sausage Patty	1	1	
	Sub Meat (Turkey, Ham, Cheese)	1 slice each	3	
	<b>OTHER</b>			
	Bosco Bread Stick/Cheese (7 in)	1 each	28	
	Bosco Stuffed Bread Stick (4 in)	4	29	
	* Cheesy Breadstick w/Marinara	2	39	
	* Cereal	1 bowl	23	
	* Cereal Bar	1	30	
		Breakfast Sandwich	1	33
	* WG Cheese Pizza	1 slice	33	
* WG Mozzarella Bread stick	1	16		



	Domino's Pizza, cheese	1 slice	31
	Domino's Pizza, pepperoni	1 slice	31
	Egg Patty	1	1
*	Fiestada Pizza	1	33
*	French Bread Pizza, cheese	1 piece	33
*	Eggo Mini Waffles	1 Pkg	35
**	Fish Shapes	4 pcs	21
**	Fish Sticks	4 sticks	19
**	Fish Patty w/Bun	1	16
	French Bread Pizza, pepperoni	1 piece	35
*	Mini French Toast	1 Pkg	37
	French Toast Sticks	3	23
*	Macaroni & Cheese	1 cup	47
	Mini Pancakes	8	30
	Pizza Dippers	4	29
	Pizza Hut Pizza, cheese	1 slice	29
	Pizza Hut Pizza, pepperoni	1 slice	29
*	Pop Tart - 1 ct	1 pkg	38
*	Refried Beans	1/2 cup	30
	Stuffed Cheese Bread Sticks (5 in maxi)	2 each	34
	Stuffed Crust Whole Wheat Pizza	1 slice	27
	Taco Wedges/Mini Quesadillas	3	28
	Toasted Cheese	1 each	27
	Ultimate Breakfast Round	1	43
*	Uncrustables - grape	1 each	32

