

Carb Counts 2022-23

Breakfast

	<u>Carbs</u>
Pop tarts (2) Strawberry	73
Pop tarts (2) Cinnamon	73
Pop tarts (2) Fudge	76
Nutra grain Bars Strawberry	30
Nutra grain Bars Apple	30
Banana Bread	45
Lemon Bread	44
Nature Valley Banana C. Chip Round	39
Cinnamon Bun Super Bakery	40
UBR Cinnamon	44
UBR Choc Chip	50
Frudel Apple	36
Frudel Cherry	36
Pop Tart (1) Strawberry	36
Pop Tart (1) Fudge	36
Pop Tart (1) Cinnamon	37
Mini Pancake Confetti	36
Mini Cinnis	40
Mini Waffle Maple	33
Belgian Waffle Maple	33
Belgian Waffle Blueberry	33
J&J Oatmeal Bar Raisin	47
J&J Oatmeal Bar Choc Chip	47
J&J Oatmeal Bar Banana CC	48
J&J Oatmeal Bar Apple	46
Cereal Bar Cinnamon Toast	30
Cereal Bar Cocoa Puff	30
Cinnamon Blueberry Cheese Stix	24
Cereal Bar Trix	29
Cereal Bar Team Cheerios	30
Cereal Bar Golden Grahams	30
Tony's Brkfst Bagel Egg Sausage	23
Tony's Brkfst Bagel Egg Cheese	23
Ocean Spray Craisins	28
Scooby Doo Fruit Snacks	21

Rice

Brown Rice (1/4c)	18
Brown Rice Long Grain (1/2c)	36

Sub Sandwich

Bun	25
Meat	0-2
Cheese	1
Vegetables	1-4.
Tomato Sauce (MB)	7

Dairy

	<u>Carbs</u>
Cheese Sliced American	2
Cheese Shredded Comm	0
Cheese Shredded Bongards	1
Cheese Colby Jack Cubed	1
Chesse Shredded Mozz	0
Cheese Colby Jack Cubed	0
Cheese Cheddar String	0
Yogurt Bulk .75 cup ser	28
Yoplait Gogurt	8
Yogurt 4z (all)	19
French Toast Sticks (3)	25
French Toast Slice	28
Egg Patty	1
Egg Hard Boiled	0

Fresh Fruit (1/2 c)

Banana	27
Honeydew Melon 1 cup	16
Grapes Green	22
Grapes Red	28
Apple	18
Bagged Sliced Apples	8
Cantaloupe	14
Watermelon	11
Orange	18
Clementines	10
Pear	25
Plum	8
Peach	19
Kiwi	11
Pineapple	20
Strawberries Fresh 4.5z	10
Strawberry Cups 4.5z	22
Mixed Berry Cup 4z	20
Peach Cup 4.4z	19

Milk

1%	11
Skim Choc	19

Pizza

	<u>Carbs</u>
Wild Mike's Cheesy Bites (4)	28
Wild Mike's Cheesy Jalapeno Bites (4)	28
Chix Quesadilla	38
Chz Quesadilla	39
Nardone's Garlic Fr. Brd.	28
Nardone's Cheese French Brd	28

Specialty Salads

Not Including breadstick	
Lettuce Mix	14
Grilled Chicken	1
Breaded Chix	9
Spicy Chix	17
Taco Salad (Total Carbs)	32

Bread & Misc

Hot Dog Bun	26
WW Bun	25
Bread Stick	12
English Muffin	24
WW Sub bun	25
WW Bread (1 slc)	13
White Bread (1 slc)	13
6" Tortilla	15
9" Tortilla	30
12" Tortilla	44
7" Corn Tortilla (each)	14
Gluten Free Hamb	39
Gluten Free Hot Dog	35

Vegetables (1/2 c)

Baked Beans (3/4c)	39
Green Beans	4
Corn	16
Carrots (cooked)	11
Tossed Salad	3
Cucumbers	1
Cherry Tomatoes	3
Cauliflower	2
Broccoli	6
Steamed Broccoli	4
Pea Pods	3
Celery	3
Spinach (1cup)	1
Mashed Potato	17
Smiles	20
Potato Salad	27

Beef (W/O Bread)

Burgers (1)	2
Taco Filling	5
Beef Rib Sand	13
Meatloaf	8
Hot Dog	2

Carbs**Pizza**

Nardone's 4x6 Cheese w/ boxes	27
Nardone's 6" Sausage	29
Nardone's 6" Cheese	33
Nardones 6" Supreme	30
Big Daddy Pepperoni	33
Big Daddy 4 cheese	35
Rich's Pizza Bites (4)	41
Farm Rich Brd Mozz Stix (6)	32
Tony's 5" deep dish Cheese	22
Tony's 5" dep dish Pepp	31
Hangry Bear Chz Pizza	32
Hangry Bear Pepperoni Pizza	32
WM Cheese Pizza	34
WM Pepperoni	33
Pizza Bagels (4)	24
Max Cheese breadstick	32

Condiments

Ranch Dressing (1 Tbsp)	3.5
1000 Island Drssing (1 Tbsp)	4
Ketchup (1 Tbsp)	4
Ketchup Pkt	2
Mustard Pkt	0
Mayo Pkt	2
Tartar Pkt	2
BBQ Cup	10
Sweet n Sour Pkt	7
Peanut Butter single serve	8
Saltines (2 pk)	5
French Pkt	3
Ranch Pkt	2
Honey Mustard tblsp	4
Chipolte Ranch tblsp	0.5
litalian Pkt	2
Marinara can	5
Marinara Pkt	3
Sriracha Sauce	5
Salsa Cups 3z	5
Taco Sauce Pkt	1
Hot Sauce Pkt	0

Vegetables Cont.

Spiral Fries	15
Crinkle Fries	19
Crispy Seasoned 1/2" long	20
French Fry Seasoned Wedges	20
Waffle Fries	17

Pork (w/o Bread)

Carnitas	1
Pulled BBQ Pork	16
Sausage Patty	0

Fish (w/o bread)

Breaded Fillet	16
Breaded Potato Crunch Fillet	13

Turkey (w/o Bread)

Mini Corndogs (6)	30
Ham (T) sliced (6 slices)	0
Turkey sliced (6 slices)	0
Turkey & Gravy	2
Bacon (T)	0
Corn Dog on Stick	30
Pepperoni (T)	1
Diced Turkey	3

Chicken (w/o Bread)

Brd Drumstick	6
Buffalo Drumstick	4
Glazed Drumstick	4
Chicken Fajita	2
Diced Chix	1
Sriracha Boneless Wings (6)	21
Nuggets (5)	16
Popcorn / Smackers (10)	17
Breaded Chicken Patty	9
Tenders (3)	16.5
Hot & Spicy Patty	9
Hot & Spicy Tenders (3)	17
Hot & Spicy Popcorn (11)	16
Yang's Orange Chicken	19
Tyson Grilled Chix	1
Yang's BBQ Teriyaki Chix	6
Meatballs Chix (3)	6
Yang's Gen Tso	23

Misc./scratch items

Smucker's PB&J Grape	32
Smucker's PB&J Strawberry	33
<u>LARGE Smucker's PB&J 5.3z</u>	64
Sloppy Joe	10
6-12 Turkey Ranch Roll Up	39
6-12 Ham & Cheese Roll Up	34
K-5 Turkey Ranch Roll Up	23
K-5 Ham & Cheese Roll Up	19
Macaroni & Cheese (2/3c)	29

Carbs**Vegetables Cont.**

Sweet Pot Fries KK	24
Emoticons (4)	18
Mashed	15
Smiles	20
Tater Tots	16

Pasta

WW Spag / Meat Sauce HS & MS	50
WW Spag / Meat Sauce Ele	30
Lasagna Roll Ups / Sauce	34
Jumbo Ravioli / Sauce	29
Chow Main Noodles Yangs	30

Desserts

Luigis Sherbet cup	26
Smart Grain Cookies	34
Ridgefield Sidekicks	22
Fortune Cookie	2.5
FT Triple Choc Cookie	28

Canned Fruits (1/2c)

Pineapple	16
Mandarin Orange	20
Tropical Mixed Fruit	15
Applesauce unsweetend	13
Apple Sauce CIn and Strawberry	17
Fruit Cocktail	15
Peaches	15
Pears	16
Raisins 1.5z	33
Craisins	28

Bars / Snacks / Ala Carte

Cheetos Flamin Hot Puffs & Ched Curls	13
Cheetos Baked & Baked Flamin Hot	16
Simply Chex Cheddar	20
Simply Chex Strby Yogurt	23
Simply Chex Choc Carmel	22
Betty Cr. CC and Double Chocolate	24
Doritos All Flavors	20
Rold Gold Pretzel heart shape	16
Funyons	14
Cookies 1.85z large	34
Cookies 1z small	18
Kellogg's Rice Krispie Treats	30
Kellogg's Rice Krispie Treats Chocolate	34
Betty Crocker Fruit roll up	11
Welchs Fruit snacks	34

Misc./scratch items

9-12 Nachos (Meat/Cheese/Chips)	39
K-8 Nachos (Meat/Cheese/Chips)	26
Turkey & Gravy	2
Cranberry Sauce (1/4c)	28
Walking Tacos	33
Chicken Fajita	31

Juice

Apple 4z & 4.23z	4z	4.23z	14	14
Orange 4z & 4.23z	13	15	13	15
Grape 4z & 4.23z	18	18	18	18
Fruit Punch 4z & 4.23z	14	15	14	15
Verry Berry 4.23z	----	17	----	17
	6.75z			
Apple 6.75z	23			
Orange 6.75z	24			
Fruit Punch 6.75z	25			

Fruit Cups

Apple Sauce cup unsweetened	14
Strawberry Apple Sauce	17
Cinnamon Apple Sauce	17
Unsweetened Apple Sauce (Can)	15

Carbs**Bars / Snacks / Ala Carte****Carbs**

Lays Baked BBQ	19
Lays Baked Original	19
Lays Baked Sour Cream	19
Ruffles Baked Sour Cream & Cheddar	17
Tostito Scoops & Tostitos	19
Scooby Dew Grahams	21
Pep Farms Goldfish Cheddar .75z	14
Pep Farms Goldfish All Others	19
Keebler Snacks	21
Chez It .75z	14
Teddy Grahams Cinnamon 1z	21
Pirate's Booty Popcorn	14
G2 Sugar Free	1
G2	8
Propel & Ice & Arizona Tea	0
Juicy Juice 10z, Apple & Or Tang	35
Juicy Juice 10z, Grape	36
Riptide Rush Flavor	36

Bars / Snacks / Ala Carte

Izze	22-24
Crystal Light (all)	0
Switch	26-30