

## Carb Counts 2022-23

<u>Breakfast</u>	<u>Carbs</u>	<u>Dairy</u>	<u>Carbs</u>	<u>Lunch</u>	<u>Carbs</u>
Banana Bread	45	Cheese Cheddar String	0	<u>Beef (W/O Bread)</u>	
Belgian Waffle Blueberry	33	Cheese Colby Jack Cubed	1	Beef Rib Sand	13
Belgian Waffle Maple	33	Cheese Colby Jack Cubed	0	Burgers (1)	2
Blueberry Twisted Breadsticks stuffed	24	Cheese Shredded Bongards	1	Hot Dog	2
Bun Cinnamon Super Bakery	40	Cheese Shredded Comm	0	Meatloaf	8
Cin Toast Crunch Brek Bar w/Cheese	41	Cheese Sliced American	2	Taco Filling	5
Cereal Bar Cinnamon Toast	30	Cheese String Mozz	0		
Cereal Bar Cocoa Puff	30	Cheese Shredded Mozz	0	<u>Pork (w/o Bread)</u>	
Cereal Bar Golden Grahams	30	Egg Hard Boiled	0	Carnitas	1
Cereal Bar Team Cheerios	30	Egg Patty	1	Pulled BBQ Pork	16
Cereal Bar Trix	29	French Toast Slice	28	Sausage Patty	0
Cereal Bowl Cinnamon Toast	44	French Toast Sticks (3)	25		
Cereal Bowl Cocoa Puffs	47	Yogurt 4z (all )	19	<u>Fish (w/o bread)</u>	
Cereal Bowl Honey Nut Cheerios	45	Yogurt Bulk .75 cup ser	28	Breaded Fillet	16
Cereal Bowl Lucky Charms	46	Yoplait Gogurt	8	Breaded Potato Crunch Fillet	13
Cereal Bowl Trix	48				
Cinnamon Blueberry Cheese Stix	24	<u>Milk</u>		<u>Turkey (w/o Bread)</u>	
Cinnamon Bun Super Bakery	40	1%	11	Bacon (T)	0
Crescent Chocolate Filled Pillsbury	37	Skim Choc	19	Corn Dog on Stick	30
Donut Super bakery	29			Diced Turkey	3
Frudel Apple	36	<u>Fresh Fruit (1/2 c)</u>		Ham (T) sliced (6 slices)	0
Frudel Cherry	36	Apple	18	Mini Corn Dogs (6)	30
Goldfish Crackers Cheddar	14	Bagged Sliced Apples	8	Pepperoni (T)	1
Goldfish Crackers Jumbo cracker	19	Banana	27	Turkey & Gravy	2
J&J Oatmeal Bar Apple	46	Cantaloupe	14	Turkey sliced (6 slices)	0
J&J Oatmeal Bar Banana CC	48	Clementines	10		
J&J Oatmeal Bar Choc Chip	47	Grapes Green	22	<u>Chicken (w/o Bread)</u>	
J&J Oatmeal Bar Raisin	47	Grapes Red	28	Brd Drumstick	6
Lemon Bread	44	Honeydew Melon 1 cup	16	Breaded Chicken Patty	9
Mini Cinnis	40	Kiwi	11	Buffalo Drumstick	4
Mini Pancake Confetti	36	Mixed Berry Cup 4z	20	Chicken Fajita	2
Mini Waffle Maple	33	Orange	18	Diced Chix	1
Nature Valley Banana C. Chip Round	39	Peach	19	Glazed Drumstick	4
Nutri grain Bars Apple	30	Peach Cup 4.4z	19	Hot & Spicy Patty	9
Nutri grain Bars Strawberry	30	Pear	25	Hot & Spicy Popcorn (11)	16
Ocean Spray Craisins	28	Pineapple	20	Hot & Spicy Tenders (3)	17
Pop Tart (1) Cinnamon	37	Plum	8	Meatballs Chix (3)	6
Pop Tart (1) Fudge	36	Strawberries Fresh 4.5z	10	Nuggets (5)	16
Pop Tart (1) Strawberry	36	Strawberry Cups 4.5z	22	Popcorn / Smackers (10)	17
Pop tarts (2) Cinnamon	73	Watermelon	11	Sriracha Boneless Wings (6)	21
Pop tarts (2) Fudge	76			Tenders (3)	16.5
Pop tarts (2) Strawberry	73	<u>Vegetables (1/2 c)</u>		Tyson Grilled Chix	1
Scooby Doo Fruit Snacks	21	Baked Beans (3/4c)	39	Yang's BBQ Teriyaki Chix	6
Scooby Doo Grahams	21	Broccoli	6	Yang's Gen Tso	23
Scooby Doo Grahams Cinn	21	Carrots (cooked)	11	Yang's Orange Chicken	19
Tony's Brkfst Bagel Egg Cheese	23	Cauliflower	2		
Tony's Brkfst Bagel Egg Sausage	23	Celery	3	<u>Pizza</u>	<u>Carbs</u>
UBR Choc Chip	50	Cherry Tomatoes	3	Big Daddy 4 cheese	35
UBR Cinnamon	44	Corn	16	Big Daddy Pepperoni	33
Waffle Snaps	40	Crinkle Fries	19	Chix Quesadilla	38
		Crispy Seasoned 1/2" long	20	Chz Quesadilla	39
<u>Juice</u>	<u>4z</u> <u>4.23z</u>	Cucumbers	1	Farm Rich Brd Mozz Stix (6)	32
Apple 4z & 4.23z	14    14	Emoticons (4)	18	Hangry Bear Chz Pizza	32
Fruit Punch 4z & 4.23z	14    15	French Fry Seasoned Wedges	20	Hangry Bear Pepperoni Pizza	32
Grape 4z & 4.23z	18    18	Green Beans	4	Max Cheese breadstick	32
Orange 4z & 4.23z	13    15	Mashed	15	Nardone's 4x6 Cheese w/ boxes	27
Verry Berry 4.23z	----    17	Mashed Potato	17	Nardone's 6" Cheese	33
	<u>6.75z</u>	Pea Pods	3	Nardone's 6" Sausage	29
Apple 6.75z	23	Potato Salad	27	Nardone's Cheese French Brd	28

Fruit Punch 6.75z	25	Prince Charles Vegetable blend	6	Nardone's Garlic Fr. Brd.	28
Orange 6.75z	24	Smiles	20	Nardones 6" Supreme	30
<b>Fruit Cups</b>		Smiles	20	Pizza Bagels (4)	24
Applesauce cup unsweetened	14	Spinach (1 cup)	1	Rich's Pizza Bites (4)	41
Cinnamon Applesauce	17	Spiral Fries	15	Tony's 5" deep dish Cheese	22
Strawberry Applesauce	17	Steamed Broccoli	4	Tony's 5" deep dish Pepp	31
Unsweetened Apple Sauce (Can)	15	Stir Fry Vegetables	6	Wild Mike's Cheesy Bites (4)	28
		Sweet Pot Fries KK	24	Wild Mike's Cheesy Jalapeno Bites (4)	28
		Tater Tots	16	WM Cheese Pizza	34
		Tossed Salad	3	WM Pepperoni	33
		Waffle Fries	17		
<b>Canned Fruits (1/2c)/Packaged fruit</b>		<b>Rice</b>		<b>Misc/scratch items</b>	<b>Carbs</b>
Apple Crisp	10	Brown Rice (1/4c)	18	6-12 Ham & Cheese Roll Up	34
Apple Sauce Cin and Strawberry	17	Brown Rice Long Grain (1/2c)	36	6-12 Turkey Ranch Roll Up	39
Applesauce unsweetened	13	(1c)	72	9-12 Nachos (Meat/Cheese/Chips)	39
Craisins	28			Chicken Fajita	31
Fruit Cocktail	15	<b>Pasta</b>		Cranberry Sauce (1/4c)	28
Mandarin Orange	20	Buttered Noodles (1/2c cooked)	39	K-5 Ham & Cheese Roll Up	19
Peaches	15	Chow Mein Noodles Yangs	30	K-5 Turkey Ranch Roll Up	23
Pears	16	Jumbo Ravioli / Sauce	29	K-8 Nachos (Meat/Cheese/Chips)	26
Pineapple	16	Lasagna Roll Ups / Sauce	34	<u>LARGE Smucker's PB&amp;J 5.3z</u>	64
Raisins 1.5z	33	WW Spag / Meat Sauce Ele	30	Macaroni & Cheese (2/3c)	29
Tropical Mixed Fruit	15	WW Spag / Meat Sauce HS & MS	50	Sloppy Joe	10
				Smucker's PB&J Grape	32
				Smucker's PB&J Strawberry	33
				Turkey & Gravy	2
				Walking Tacos	33
<b>Sub Sandwich</b>	<b>Carbs</b>	<b>Bars / Snacks / Ala Carte</b>	<b>Carbs</b>		
Bun	25	Betty Cr. CC and Double Chocolate	24	<b>Desserts</b>	
Cheese	1	Betty Crocker Fruit roll up	11	Fortune Cookie	2.5
Meat	0-2	Cheetos Baked & Baked Flamin Hot	16	FT Triple Choc Cookie	28
Tomato Sauce (MB)	7	Cheetos Flamin Hot Puffs & Ched Curls	13	Luigi's Sherbet cup	26
Vegetables	1-4	Chez It .75z	14	Ridgefield Sidekicks	22
		Cookies 1.85z large	34	Smart Grain Cookies	34
		Cookies 1z small	18		
<b>Specialty Salads</b>		Crystal Light (all)	0		
Not Including breadstick		Doritos All Flavors	20		
Breaded Chix	9	Funyuns	14		
Grilled Chicken	1	G2	8	<b>Condiments</b>	
Lettuce Mix	14	G2 Sugar Free	1	1000 Island Dressing (1 Tbsp)	4
Spicy Chix	17	Izze	22-24	BBQ Cup	10
Taco Salad (Total Carbs)	32	Juicy Juice 10z, Apple & Or Tang	35	Chipotle Ranch tbsp	0.5
		Juicy Juice 10z, Grape	36	French Pkt	3
		Keebler Snacks	21	Honey Mustard tbsp	4
		Kellogg's Rice Krispie Treats	30	Italian Pkt	2
		Kellogg's Rice Krispie Treats Chocolate	34	Ketchup (1 Tbsp)	4
		Lays Baked BBQ	19	Ketchup Pkt	2
		Lays Baked Original	19	Mayo Pkt	2
		Lays Baked Sour Cream	19	Mustard Pkt	0
		Pep Farms Goldfish All Others	19	Peanut Butter single serve	8
		Pep Farms Goldfish Cheddar .75z	14	Ranch Dressing (1 Tbsp)	3.5
		Pirate's Booty Popcorn	14	Ranch Pkt	2
		Propel & Ice & Arizona Tea	0	Saltines (2 pk)	5
		Riptide Rush Flavor	36	Sweet n Sour Pkt	7
		Rold Gold Pretzel heart shape	16	Tartar Pkt	2
		Ruffles Baked Sour Cream & Cheddar	17	Marinara can	5
		Scooby Doo Grahams	21	Marinara Pkt	3
		Simply Chex Cheddar	20	Sriracha Sauce	5
		Simply Chex Choc Caramel	22	Salsa Cups 3z	5
		Simply Chex Strby Yogurt	23	Taco Sauce Pkt	1
		Switch	26-30	Hot Sauce Pkt	0
		Teddy Grahams Cinnamon 1z	21		
		Tostito Scoops & Tostitos	19		
		Welch's Fruit snacks	34		