

				Carbohydrate Count by Item		Revised 4-11-2024	
				Onalaska School Nutrition Program			
Nutrient values are estimates only. Variations may occur due to product availability and food preparation. None of the information on this site shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician.							
Main Entrée Items				Carbohydrate (grams) per serving			
Bakalar Brats				1.5 gm			
Bakalar Hot Dog				3 gm			
BBQ Rib				4 gm Maidrite			
Bone in chicken wings--5 wings JT706				3 gm 6/5			
Brat Bite nuggets-whole muscle OMS/OHS				11 gm			
Cheddarwurst				1 gm			
Cheese dippers Beacon St.				30 gm			
Cheese Quessadilla Cyote? Grill				25 gm			
Cheese Slice				.45 gram per slice			
Cheese Stick				1 gm			
Chicken breast bites WG R4944				17gm			
Chicken breast Filet WG breaded OMS/OHS				18 gm			
Chicken breast patty OMS/OHS (RFS#BC956)				17 gm			
Chicken Breast Strips-Homestyle (RFS#V4840)				10 gm			
Chicken breast WG tenderlion Elementary HL998				17 gm 6/5# \$77.54			
Chicken Tenders--breaded (Goldkist)				11 gm			
Chicken Buffalo Yang's				11 gm			
Chicken Diced (RFS#34796)				0 gm			
Chicken Fajita meat				1 gm			
Chicken fijita meat RFS#MD010				3 gm			
Chicken homestyle bites G6714				15 gm			
Chicken nuggets (Goldkist)				11 gm			
Chicken Patty (breaded) Elementary (Goldkist)				17 gm			
Chicken Patty Pressed (Goldkist)				13 gm			

Chicken popcorn				13 gm			
Chicken popcorn--Dark Meat (Goldkist)				12 gm			
Chicken popcorn smackers (RFS#AV768)				12 gm			
Chicken Strips				16 gm			
Chicken strips WG breaded V4822				10 gm			
Chili Farm2School				13.5 gm			
Chow mein w/sauce Yang's				30 gm			
Corn dog on a Stick Foster Farm				30 gm			
Deli Bologna				1 gm per 4 slices			
Deli Ham				2 gm per 4 slices			
Deli Salami				1 gm per 4 slices			
Deli Turkey				1 gm per 4 slices			
Dice Ham				2 gm			
Diced Chicken				0 gm			
Fish Nuggets				23 gm			
Fish-potatoe crusted (G9038)				13 gm			
Garlic Cheese Bread				29 gm			
Grilled Cheese Sandwich				27 gm			
Grilled Chicken Patty				1 gm			
Hamburger				2 gm			
Hot Dog Klements				2 gm			
Lasagna with meat (USDA)				28.35 gm			
Lemongrass Chicken (lings brand)				19 gm			
Mac-n-Cheese Land O Lakes				32 gm			
Mandarin Orange Chicken (Lings brand)				19 gm			
Meatballs				4 gm			
Mini Corn dogs				35 gm			
Nacho Ground Beef				5 gm			
Omelet				1 gm			
Peanut Butter & Jelly				32 gm			
Pizza (BIG daddy) Buffalo Chicken				23.6 gm			
Pizza (BIG Daddy) Cheese & Pepperoni				24 gm			
Pizza Dipper (Max Stick)				16 gm			

Pizza Pasta Bake				28 gm				
Pizza the Max 4x6				35 gm				
Pizza the Max standard crust				35 gm	Cheese			
Pizza the Max standard crust				36 gm	Pepperoni			
Pizza Breakfast-Nardone				31 gm				
Pork Patti BBQ JTM				6 gm				
Pulled Pork BBQ				5 gm				
Sausage Patty or Links				1 gm each				
Sliced Beef				3 gm				
Sloppy Joe Meat				6 gm				
Spaghetti Sauce with meat				12 gm				
Spicy Chicken Patty (Goldkist)#7517				????				
Taco Meat JTM				5 gm				
Tony's Breakfast Pizza				30 gm				
Tony's Garlic French Bread Pizza				24 gm				
Turkey bacon				0 gm				
Turkey Pot Roast-Jenni-O				4 gm				
Turkey sticks				0 gm				
Turkey/Gravy Jenni-O				2 gm				
Tyson breast Patty oms/ohs				9 gm				
Tyson pressed Chicken Patty (elem)				16 gm				
Unbreaded Grilled Chicken breast (GF) H9272				1 gm				
Gluten Free Chicken Strips (Brakebush)				12 gm				
Gluten Free Chicken Patty (Brakebush)				1 gm				
Gluten Free Chicken Unbreaded (Brakebush)				1 gm				
Chicken Products								
Bone in chicken wings--5 wings JT706				3 gm 6/5				
Chicken breast bites WG R4944				17gm				
Chicken breast Filet WG breaded OMS/OHS				18 gm				
Chicken breast patty OMS/OHS (RFS#BC956)				17 gm				
Chicken Breast Strips-Homestyle (RFS#V4840)				10 gm				
Chicken breast WG tenderlion Elementary HL998				17 gm 6/5# \$77.54				
Chicken Buffalo Yang's				11 gm				

Bread Products					Carbohydrate (grams) per serving			
Bagel				32 gm				
Bagel (mini) Strawberry & Brown Sugar				41 gm				
Biscuits				27 gm	***Also see Breakfast			
Bosco Pretzel Stick				26 gm each				
Bosco Sticks 6"				17 gm				
Bread Stick				27 gm				
Bread, Banana Homemade				26 gm				
Bread, Banana wrapped				45 gm				
Bread, Lemon Poppy Seed				19 gm				
Bread, per slice				13 gm				
Breads Cont.....								
Brick Oven sub bread				37 gm (per portion)				
Brown Rice				36 gm				
Ciabatta bun				20 gm				
Dinner Roll (whole grain)				18 gm				
Edible Bowl				28 gm				
English Muffin				25 gm				
Garlic Knot-Tasty Bread				27 gm				
Goldfish Bread				18 gm				
Hamburger Bun				31 gm				
Hoagie Bun				31 gm				
Hot Dog Bun				27 gm				
Hot Pretzel				30 gm				
Maple Bread				19 gm				
Mini Cinni Waffles				35 gm				
Mini Garlic Toast				12 gm				
Muffin				28-30 gm				
Pasta Salad				23 gm				
Rice Bread (Gluten Free)				11 gm per slice				

Rotini Pasta whole grain (Marzetti's)				44 gm				
Spaghetti Pasta				20 gm				
Taco Shell				13 gm				
Tortilla Chips				19 gm				
Tortilla Strips				4 gm				
Walking Taco Chips				28 gm				
Whole grain bread stick Baker Boys				14 gm				
Wild Rice (Uncle Ben)				21 gm				
Gluten Free Bread				15 gm				
Gluten Free Pasta				43 gm				
Potatoes					Carbohydrate (grams) per serving			
1/2 baked potatoe				13 gm				
AuGratin				22 gm				
Mashed potatoes				20 gm				
Oven Potatoes, tater tots				16-18 gm				
Potato Pancakes (4)				17 gm				
Scalloped				11 gm				
Hash rounds (McCain)				16 gm				
Vegetables					Carbohydrate (grams) per serving			
Asparagus 1/2 cup				2 gm				
Baked Beans 1/4 cup				14.5 gm				
Broccoli				5 gm				
Beets				3.25 gm				
Brussel Sprouts				2 gm				
Cabbage				2 gm				
Califlower				2.5 gm 1/2 cup				
Carrots-cooked				7 gm				
Carrots-raw				5 gm				
Celery-raw				5 gm				

Corn				9 gm				
Edamame 1/2 cup				9 gm				
Green Beans				7 gm				
Kale 1/2 cup				3.5 gm				
Peas				5 gm				
Refried Beans				7-8 gm				
Romaine Lettuce (1 cup)				1 gm				
Sauerkraut				1 gm				
Squash (1/2 cup cubed)				8 gm				
Stir Fry Veggies				6 gm				
Sweet Potato Bake				41 gm				
Sweet Potato Fries				22 gm				
Tomatoe---Cherry 1/2 cup				6 gm				
Waffle cut sweet potatoe fries				17 gm				
WI Blend				11 gm				
Winter Moon Blend (Sno-Pac)								
Dressings					Carbohydrate (grams) per serving			
French & Ranch, fat free				6 gm per Tbsp				
Salad Dressing (used as mayo)				3 gm per Tbsp				
Milk					Carbohydrate (grams) per serving			
Chocolate Skim				20 gm				
White Skim				12 gm				
White 1 %				11 gm				
Fruit					Carbohydrate (grams) per serving			
Apple (small whole)				21 gm				
Apple Slices				8 gm				
Applesauce 4oz. Cup				24 gm				
Apricots				14 gm				
Banana (medium)				27 gm				
Banana (small)				23 gm				

Blueberries (per 1/4 cup)				5 gm				
Cantalope 1/2 cup serving				6 gm				
Cinnamon Apples				14 gm				
Craisins--1/4 cup package				33 gm				
Cranberries 1/2 cup				6 gm				
Dried Cranberries 1/4 cup				24 gm				
Fruit Cocktail 1/2 cup				16 gm				
Grapes 1/2 cup				23 gm				
Honeydew 1/2 cup serving				8 gm				
Kiwi				6.5 gm				
Mandarin Oranges				14 gm				
Mixed fruit cup				16 gm				
Orange Slices (1/2 cup)				11 gm				
Peaches in juice				12 gm				
Peaches in light syrup				17 gm				
Pears in juice				14 gm				
Pears in light syrup				19 gm				
Pineapple in juice				19 gm				
Raisin 4g serv				11 gm				
Slushy cup				45 gm				
Strawberry cup				21 gm				
Watermelon 1/2 cup serving				6 gm				
Breakfast					Carbohydrate (grams) per serving			
Biscuit				27 gm				
Bosco Pretzel stick				17 gm				
Breakfast Pizza--Nardones				31 gm				
Breakfast sandwich on a bagel				34 gm	contains egg & sausage			
Breakfast sandwich on a biscuit				29 gm	contains egg & sausage			
Cereal:								
Cinnamon Roll				33 gm				
Cream Cheese				2 gm				

Egg Hard Boiled				0 gm				
French Toast Sticks (3)				38 gm				
Granola bites (Appleway)				22 gm				
Jelly packet				9 gm				
Malt O Meal Rice cereal				15 gm				
Mini Bagel w/cream cheese				41 gm				
Mini Cinni				40 gm				
Mini Cinni Waffles				35 gm				
Mini Pancakes Maple and Strawberry				41 gm				
Nutri-Grain Bar				25 gm				
Pancake on a stick				19gm				
Pancakes (2)				26 gm				
Pop Tart-Brown Sugar				76 gm				
Pop Tart--Strawberry				75.6 gm				
Sausage Link				1 gm				
Sausage Patty				1 gm				
Syrup Packet				31 gm				
Syrup Packet sugar free				5 gm				
Toast				13 gm per slice				
Ultimate Breakfast Round (UBR) (Rich's)				44 gm				
Yogurt				19 gm				
	Golden Grahams			24 gm				
	Fruity Cheerios			26 gm				
	Crispy Rice			16 gm				
	Honey Nut Chex			27 gm				
	Raisin Bran			27 gm				
	Cheerios			14 gm				
Juice:	Apple 4oz			17 gm				
	Grape 4oz			19 gm				
	Orange 4oz			13 gm				
	Fruit Punch			15 gm				
Capri Sun				21 gm				
Desserts								Carbohydrate (grams) per serving

Fajita Blend--Pepper/Onion				5 gm				
French dressing packet (Marzetti;s)				9 gm				
Gelatin (1/2 cup)				17 gm				
Gravy (brown) 1Tbsp				5 gm				
Gravy (chicken) 1 Tbsp				6 gm				
Marinara Sauce 1/4 cup				6 gm				
Mini egg roll				24 gm				
Orange Sauce				21 gm				
Potato Soup--Campbell's 6oz serv				16 gm				
Pepper Jack Cheese per slice				1 gm				
Ranch cup (Marzetti's)				1 gm				
Ranch packet (Marzetti's)				2 gm				
Salsa 2 Tbsp				2 gm				
Salsa cup				0 gm				
Shredded Cheddar Cheese 1 oz				1 gm				
Shredded Mozzarella Cheese 1 oz				<1 gm				
Spaghetti Sauce 1/2 cup				11 gm				
String Cheese				1 gm				
Sun Chips---ALL flavors				19 gm				
Sweet Baby Rays BBQ sauce cup				21 gm				
Sweet Potato bake				41 gm				
Tomato soup 6oz. serving				25.5 gm				
Vegetable egg roll				20 gm				
Vegetable soup 6 oz. serving				11.52 gm				

OHS Salad Bar Condiments

Hellman Dressing:

Cesar	2 gm
Ranch	2 gm
1000 Island	5 gm
French	12 gm
Light Italian	4 gm

Marzetti Packets:

Chipotle Ranch 1 gm

Ken's:

Raspberry Vinaigrette 11 gm

La Choy Chow Mein Noodles 1/2 cup 18 gm

Magellan Sun Flower Seeds 1/4 cup 6 gm

Culinary Seasonal Crouton Packet 5 gm

Tri-Colored Tortilla Strips 2TBSP 4 gm