

CARBOHYDRATE COUNTS

The Ewing Public Schools Breakfast & Lunch Program

PLEASE NOTE: The amounts listed below are our best approximation of the carbohydrate counts of the foods we serve. They are subject to individual variation in serving size, recipe interpretation, manufacturer reformulation and product substitution. Food Service cannot guarantee the accuracy of this information.

Menu Item	Serving Size	Carbs. in grams ES / MS	Carbs. in grams HS	Notes
Lunch Entrées:				
Beef, Cheese Burger on Bun	1 sandwich	26	26	
Beef, Cheese Steak Sand.	1 sandwich	25	33	
Beef Chili	1 Cup	30	30	
Buffalo Chicken Cheese steak	1 Sandwich	22	38	
Buffalo Chicken Mac & Cheese	1 cup	--	30	
Burrito Bowl	1 Bowl	--	38	
Cheesy Beef & macaroni	1 cup	25	25	
Bologna & Cheese	1 sandwich	29	29	Turkey bologna
Cheese Sandwich, Grilled	1 sandwich	24	24	
Cheese Calzone	1 piece	--	35	Add sauce from "condiments" if served
Cheese Calzones, Mini	3 pieces	34	--	
Cheese steak Calzone	1 piece	28	28	
Cheese Steak Sandwich	1 sandwich	23	31	
Chicken Caesar Sandwich	1 each	--	30	
Chicken Nuggets	5 nuggets	13	13	
Chicken Fajitas	2 each	---	32	
Chicken Salad	1 sandwich	25	27	
Chicken Sand., Hot & Spicy	1 sandwich	37	37	
Chicken Sandwich, Grilled	1 sandwich	26	26	
Chicken Sandwich, Brd.	1 sandwich	40	40	
Chicken Tenders	3 strips	--	11	
Chicken Tenders, Buffalo	3 strips	10	10	
Chicken, BBQ (bone in)	1 serving	12	12	
Chicken, Popcorn	1 serving	13-14	13-14	
Chicken, Cherry Blossom (sweet & sour)	1 serving	--	27	Oriental chicken
Chicken, Tangerine	1 serving	--	27	Oriental chicken
Chicken, Teriyaki	1 serving	14	14	Oriental chicken
Chicken, General Tso's	1 serving	--	28	Oriental chicken
Chicken Waffle Bites	1 servings	13	13	
Chick-Fil-A Nuggets	1 Servings	--	9	
Corn Dog Bites	6ea	20	--	Turkey Hot Dog
Egg Salad	1 sandwich	27	27	
Fish Sticks	3 each	18	18	
French Toast Sticks	4 each	37	37	
Ham & Cheese (hot or cold)	1 sandwich	27	27	Turkey ham
Ham & Cheese melt-pretzel bun	1 sandwich	29	29	

Menu Item	Serving Size	Carbs. in grams ES / MS	Carbs. in grams HS	Notes
Hamburger	1 sandwich	23	-----	
Hoagie	1 sandwich	28	36	(no pork)
Hot Dog on Bun	1 each	22	23	
Hummus & Veggie Sandwich	1 each	---	30	
Lasagna Rollup	1 each	35	35	
Macaroni & Cheese	1 cup	25	25	
Meatball Sandwich	1 sandwich	31	39	
Mozzarella Sticks	3 sticks	14	28	(6 sticks for High)
Nacho Bar	½ Cup	--	40	
Oven Fried Chicken	1 Breast	10	10	
Pasta w/ meatballs	½ Cup	15	15	
Pasta w/Meat Sauce	¾ cup	21	21	
PB&J	1 sandwich	41	43	
Pizza Bagel	1 Bagel (2 halves)	30	30	
Pizza, BBQ Chicken	1 Slice	--	35	
Pizza, Buffalo Chicken Personal	1 Each	--	26	
Pizza Burger	1 each	15	15	
Pizza Crunchers	4 pieces	41	41	
Pizza Crunchers, Buffalo	4 pieces	--	40	
Pizza, Cheese WW	1 slice	28	28	
Pizza, Pepperoni WW	1 slice	28	28	
Pizza, Personal Kit	1 Pack	34	34	
Pizza, Domino's©	1 slice	30	30	
Pizza, French Bread WW	1 slice	33	33	
Pizza, Pan WW	1 slice	33	33	
Pizza Hut ©	1 slice	29	29	
Pizza, Sausage	1 Slice	--	29	
Pizza, Stuffed Crust	1 slice	30	30	
Pizza, Super Supreme	1 slice	--	46	
Pork, BBQ Rib Sandwich	1 sandwich	34	34	
Pork, Pull w/BBQ sauce	1 sandwich	---	46	
Pork, Italian Sausage Sand	1 sandwich	----	33	
Quesadilla, Cheese	1 serving	37	37	
Quesadilla, Chic. & Cheese	1 serving	36	36	
Ravioli, Cheese	1 serving	33	33	
Sloppy Joe	1 sandwich	40	40	beef
Spaghetti & meatballs	1 Cup	30	---	
String Cheese	1 piece	Less than 1	Less than 1	
Tacos, Beef, Hard	2 each	16	16	FMS & EHS
Tacos, Beef, Soft	2 each	34	34	FMS & EHS
Tacos, Turkey, Hard	2 each	16	--	Elem. schools
Tacos, Turkey, Soft	1 each	17	--	Elem Schools
Tuna Salad Sand	1 sandwich	27	27	
Tuna Cup	1 each	3	3	
Tuna Boat	1 each	25	---	(on a hot dog roll)
Turkey Breast	1 sandwich	26	35	Deli turkey sand
Turkey Wrap	1 wrap	26	50	
Turkey Hoagie	1 each	27	35	
Turkey Sandwich, Hot	1 each	28	28	
Yogurt, 4 oz Trix	1 each	20	20	

Menu Item	Serving Size	Carbs. in grams ES / MS	Carbs. in grams HS	Notes
Yogurt Parfait, Blueberry	1 each	68	68	EHS/FMS (includes granola) reg van.
Yogurt Parfait, Strawberry	1 each	68	68	EHS/FMS (includes granola) reg van.
Yogurt Parfait, Peach	1 each	72	72	EHS/FMS (includes granola) reg van.
Yogurt Parfait, Pineapple	1 each	74	74	EHS/FMS (includes granola) reg van.
Vegetables:				
Baked Beans	½ cup	24	24	
Baked Black Beans	½ cup	23	23	
Black Beans Salsa	½ cup	19	19	
Broccoli Florets	½ cup	5	5	
California Blend Vegetables	½ cup	5	5	
Carrots, Coins or Steamed	½ cup	6	6	
Carrots, Fresh Baby	1 bag	7	7	
Cole Slaw	½ cup	6	6	
Collard Greens	½ cup	--	3	
Corn	½ cup	15	15	
Fixings Cup	½ cup	4	4	
French Fries	½ cup	21	21	
Fresh Veggies w/Dip	½ cup	About 9	About 9	
Green Beans	½ cup	4	4	
Hash Brown Pattie	1 each	14	14	
Mixed Vegetables	½ cup	11	11	
Peas	½ cup	10	10	
Potato Puffs	½ cup	19	19	
Potato Wedges	½ cup	20	20	
Potatoes, Smiley	½ cup	20	--	
Potatoes, Whipped	½ cup	16	16	
Scalloped Potatoes	½ cup	--	27	
Spinach, Steamed	½ cup	5	5	
Sweet Potatoes	½ cup	22-27	22-27	Frozen (lower),Canned (higher)
Sweet Potato Coins	½ cup	19	19	
Sweet Potato Fries	½ cup	13	13	
Sweet Potato Wedges	½ cup	17	17	
Salad, Side	½ cup	2	2	Dressed w/Lt Ital - 4 g
Salad, Lunch	2 cups	8	8	Only for vegetables
Salad, Chicken Caesar	2 cups	9	9	Add dressing
Salad, Chefs	2 cups	10	10	Add dressing
Other Sides:				
Bagel (w/ Yogurt Lunch)	1 each	26-30	----	
Biscuit - 2 oz	1 each	27	27	Served with non-breaded products
Biscuit - 1 oz	1 each	13	13	Served with breaded products
Bread, Garlic	1 slice	12	15	
Bread, Wheat	1 slice	11	12	
Cookie, Holiday	1 each	21	21	
Cookie, M&M	1 each	18	18	
Cookies, Giant Goldfish	1 pkg.	19	19	
Crackers, Alphabet	1 pkg	22	22	
Crackers, Animal	1 bag	24	24	
Crackers, Saltine	1 pkg.	4	4	
Crackers, Graham	1 bag	17	17	
Fortune Cookie	1 Cookie	16	16	
Noodles, Seasoned (buttered)	½ cup	40	40	
Pierogi's	3 each	--	40	

Menu Item	Serving Size	Carbs. in grams ES / MS	Carbs. in grams HS	Notes
Roll, Pan WG	1 each	17	17	
Roll, Dinner WG	1 each	18	18	
Pretzel, Soft J&J	1 each	30	30	Served w/yogurt @ MS & HS
Pretzel Stick, Soft	1 each	14	---	
Rice, Seasoned Brown	½ cup	19	19	
Rice, Seasoned Brown	1 cup	38	38	
Tortilla Chips	1 oz	--	20	
Fruits:				
Applesauce, unsweetened	½ cup	15	15	
Applesauce, Cups	4.5 oz	14	14	Cinn, Straw., Straw. Banana
Apple Crisp	1 portion	30	30	
Apple, Fresh	1 each	16	16	
Apples, Sliced	½ cup	12	12	
Banana, Fresh	1 each	24	24	
Grapes, Fresh	½ cup	14	14	
Orange, Fresh	1 each	12	12	
Oranges, Mandarin	½ cup	12	12	
Pears	½ cup	19	19	
Pear Sauce	½ cup	22	22	
Peaches	½ cup	22	22	
Mixed Fruit	½ cup	18	18	
Pineapple Chunks	½ cup	24	24	
Italian Ice, various flavors	1 each	25	--	Seasonal & b-day" treats/surprise"
Strawberries, whole unsweetened	½ cup	10	10	
Strawberries, Sliced sweetened	½ cup	23	23	
Soup:				
Tomato Soup	½ cup	20	20	
Vegetarian Vegetable	½ cup	15	15	
Breakfast & BFL Items:				
Bagel (w/elem brk)	1 each	30	----	
Bagel, WGR Fresh	1 each	56	56	HS only
Bagel, Everything (EHS)	1 each	---	54	HS only
Bagel, Cinn. Raisin (EHS)	1 each	---	56	HS Only
Bagel, Mini	1 pkg	41	41	Elem & MS
Breakfast Sausage Pattie	1 each	1	1	
Cereal Bar, Golden Graham	1 each	27	27	
Cereal Bar, Fruity Cheerios	1 each	30	30	
Cereal, Cheerios	bowl	14	14	
Cereal, Apple Jacks RS	bowl	24	24	
Cereal, Apple Cinn. Cheerios	Bowl	22	22	
Cereal, Cinnamon Toast Crunch	bowl	22	22	
Cereal, Cocoa Puffs	bowl	25	25	
Cereal, Frosted Flakes RS	bowl	24	24	
Cereal, Golden Grahams	bowl	24	24	
Cereal, Rice Chex	bowl	24	24	
Cereal, Rice Crispies	bowl	19	19	
Cereal, Frosted Mini Wheat	bowl	24	24	
Canadian Ham	2 oz eq	0	0	<i>Brunch for lunch</i>
Egg, Cheese Omelet	1 each	1	--	
Egg, Cheese on English muffin	1 sand	--	24	<i>Breakfast</i>

Menu Item	Serving Size	Carbs. in grams ES / MS	Carbs. in grams HS	Notes
Sausage, Egg, Cheese on English Muffin	1 Sand	--	24	<i>Breakfast</i>
Egg, Scrambled	1 each	1	--	
Frudel, Apple	1 each	---	36	
Ham & Egg Sandwich	1 each	30	--	<i>Brunch for lunch</i>
Mini Cinnis	1 pkg	---	39	
French Toast Sticks WGR	1 serving	35	--	
French Toast, Mini	1 bag	37	37	<i>Brunch for lunch</i>
Pancakes, Mini	1 bag	34	34	<i>Brunch for lunch/breakfast</i>
Waffles, Mini	1 bag	27	27	
UBR	1 each	--	44	
Milk/Juice:				
FF Chocolate	½ pint	22	22	
FF Strawberry	½ pint	22	22	
FF Vanilla	½ pint	20	30	
1% White	½ pint	13	13	
Skim White	½ pint	13	13	
Apple Juice	½ cup	15	15	
Grape Juice	½ cup	15	15	
Orange Juice	½ cup	13	13	
Mixed Fruit Juice	½ cup	14	14	
Condiments:				
BBQ Sauce	1 each	11	11	
Catsup	1 packet	3	2	
Cream Cheese	1 packet	1	1	
Dressing, Lrg. Lt . Caesar	1 packet	7	7	
Dressing, Lrg. Lt Ranch	1 packet	9	9	
Dressing, Lrg. Lt Italian	1 packet	6	6	
Dressing, Lrg. Lt French	1 packet	14	14	
Dressing, Lrg. Lt Ranch	1 packet	9	9	
Dressing, Small, various	1 packet	about 2	about 2	
Jelly	1 packet	10	10	
Marinara Sauce	¼ cup	4	4	
Mayonnaise	1 packet	3	3	
Mustard	1 packet	1	1	
Pancake Syrup	1 each	30	30	
Relish	1 packet	3	3	
Taco Sauce	1 packet	1	1	
Tartar Sauce	1 packet	5	5	
Snack:				
Choc. Chip Cooke 1oz		17	17	
Choc. Chip Cookie 1.5oz	1	24	24	
Philly Pretzel WGR	1 ea	37	37	HS / MS
Pudding	4.5oz	25	25	

Aug. 2016 / Nov. 2016 / Mar. 2017 / Oct 2017/ Aug. 2018/ July 2019/ Sept. 2019/ Sept. 2021