

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			

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 Surgar		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 Gr	24 gm				
	Fruity Che	26 gm				
	Crispy Rice	16 gm				
	Honey Nut	27 gm				
	Raisin Brar	27 gm				
	Cheerios	14 gm				
Juice:	Apple 4oz	17 gm				
	Grape 4oz	19 gm				
	Orange 4o	13 gm				
	Fruit Punc	15 gm				
Capri Sun		21 gm				
Desserts			Carbohydrate (grams) per serving			
Animal Crackers		21 gm				
Apple Strudel Coffee Cake		33 gm				
Chocolate cake with frosting		34 gm				
Cone for Frozen yogurt		6gm	1 cone			
Cookie		16 gm				
Elf Grahams		20 gm				
Frito Lay Munchies for Kids		18 gm				
Frozen Yogurt		22gm	Per fluid ounce			
Fruit Icee Bar		15 gm				
Giant Goldfish Graham		19 gm				
Goldfish Cheddar		14 gm				
Mini Ice Cream Sandwich		16 gm				

Mini Rice Krispie Treat	9 gm				
Pudding	13-15 gm				
Scooby-Doo Grahams	21 gm				
Sea Animals	20 gm				
Slushy cup	45 gm				
Teddy Graham	16 gm				
Other		Carbohydrate (grams) per serving			
3 Bean Salad	4.56 gm				
Alfredo sauce	4 gm				
Bean/Ham soup 6oz. serving	29 gm				
Broccoli Cheese soup 6 oz serv	18 gm				
Cheese cup	14 gm				
Chicken Noodle soup 6 oz. serving	11 gm				
Chicken wild rice soup 6 oz serv (Knorr)	27 gm				
Chicken wild rice soup homemade	13 gm				
Chipotle sauce 2TBSP	7 gm				
Coleslaw	11 gm				
Cowboy Salsa 1/4cup	6 gm				
Craisins 1/4 cup	24 gm				
Cream of Potatoe soup (Campbell)	14 gm				
Egg Salad Sandwich (2 slices of bread)	27 gm				
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						
<u>Hellman Dressing:</u>						
Cesar		2 gm				
Ranch		2 gm				
1000 Island		5 gm				
French		12 gm				
Light Italian		4 gm				
<u>Marzetti Packets:</u>						
Chipotle Ranch		1 gm				
<u>Ken's:</u>						
Raspberry Vinegrette		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				