

Carbohydrate Counts and Allergens for Sides, Condiments

Side Item and Grains	Carbohydrates	Allergens
Applesauce, original or flavored, unsweetened	17	
BBQ Sauce condiment cup	9	
Bean Dip	19	Pinto Beans
Beans, Ranchero (vegetarian)	20	Pinto Beans
Beans, Cheesy Refried	24	Pinto Beans, Milk
Bread, Croissant for Sandwiches	29	Wheat, Milk
Broccoli, Seasoned and Steamed	6	
Buffalo Sauce Condiment Cup	2	Milk, Soy
Bun, for Burger	23	Wheat
Bun, for Hot Dog	22	Wheat
Bun, Hawaiian Slider	14	Wheat
Buttermilk Pancakes, whole-grain	14 each	Egg, Milk, Wheat
Carrots, Baby	7	
Carrots, Roasted with Ranch Seasoning	10	Milk
Carrots, Steamed	9	
Cauliflower, Roasted with Ranch Seasoning	5	Milk
Celery Sticks	2	
Cherries, Dried	38	
Chili (turkey) and Cheese for Hot Dog Topping	1	Milk
Chow Mein Crispy Noodles	14	Wheat
Cole Slaw	4	Egg
Cornbread Poppers (3 pieces)	19	Wheat, Egg, Milk, Soy
Crackers, Cheez-Its, WG	14	Milk, Wheat
Crackers, Buffalo Cheez-Its	14	Milk, Wheat
Crinkle Fries	23	
Craisins (Flavored Dried Cranberries)	28	
Cucumber Slices with Tajin	2	
Diced Peaches	12	
Diced Pears	13	
English Muffin, whole-grain	21	Wheat
Fava Bean Crisps with Buffalo Ranch Seasoning	22	Fava Beans
Flatbread, whole grain	28 (14 for 1/2)	Milk, Wheat
Fresh whole Apple (average of all types)	20	
Fresh Apple Slices, individually bagged	7	
Fresh Banana	27	
Fresh Grapes	13	
Fresh Orange	16	
Fresh Pear	19	
Fresh Strawberries	6	
Fresh Watermelon	6	
Frozen Peaches Cup	13	
Frozen Strawberries Cup	11	
Garlic Texas Toast	14	Milk, Wheat, Soy
Gravy, Brown or Gravy, Turkey	2	Milk, Wheat, Soy
Gravy, Country (White)	3	Milk, Wheat, Soy
Green Beans	4	
Hydroponic Leaf Lettuce Salad	4	
Jalapeno slices	1	
Jelly, packet	7	
Jicama Sticks with Tajin	7	
Juice, Apple (4 oz)	14	
Juice, Apple-Cherry (4 oz)	15	

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Juice, Rio Red with TX Grapefruit (4 oz)	12	apple, orange, red grapefruit
Juice, Sunrise Blend	14	apple, orange, mango, lemon
Juice, Welch's Concord Grape & Apple (4 oz)	19	apple, grape
Ketchup (2 packs)	5	
Lo Mein Noodles with carrots and celery	31	Wheat, Soy
Mandarin Oranges	20	
Marinara Sauce Condiment Cup	3	
Mashed Potatoes	15	Milk
Mayo Packet	1	Egg
Milk, Chocolate, Fat Free	18	Milk
Milk, 1 % Fat	11	Milk
Milk, Lactose Free	13	Milk
Milk, Soy, Original flavor	15	Soy
Mustard Packet	0	
Pickle slices	< 1	
Pico de Gallo, condiment cup	4	
Potatoes, Diced Deli Roasted	19	
Potatoes, Mashed	15	Milk
Raisins	33	
Raisels, Flavored Raisins	38	
Rice, Fried Brown Rice	27 per 1/2 cup	Sesame, Soy, Wheat
Rice, Plain White Rice	20 per 1/2 cup	
RIPS Fruit Slush (any flavor)	15	
Rosati Frozen Juice Cups (Cry Baby, Cherry Lime Emoji)	25	
Salad Dressing, Asian Sesame (1.5 oz portion)	20	Sesame, Soy, Wheat, Citrus
Salad Dressing, Italian (1.5 oz pouch)	4	
Salad Dressing, Ranch (Ken's 1.5 oz cup)	1	Egg, Milk
Salad Dressing, Ranch - small packet	1	Milk, Egg
Salsa, Dipping Cup	3	
Scooby Graham Snacks (regular and Chocolate)	21	Wheat
Sour Cream	1	Milk
Sriracha Sauce Packet	2	Fish Sauce
String Cheese	<1	Milk
Seasoned Sweet Corn	21	
Sweet Potato Fries	28	
Syrup Cup	30	
Taco Sauce	1	
Tartar Sauce	2	Egg
Texas Toast	14	Milk, Wheat, Soy
Tostitos brand individual bag (for bean dip)	29	
Tortilla Chips (2 ounce Portion)	36	
Tortilla, 6 inch, each	13	Wheat
Veggie Juice, average for all flavors, pouch or box	13-15	
Waffle, Belgian Maple, whole-grain	36	Egg, Milk, Wheat
Wheat Roll, whole-grain	26	Wheat, Milk

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