



Scranton School District School Year 2026-2027 Carbohydrate List

For the most updated version, please visit www.scrsd.org and click on:

Departments → Food Services → Nutritional Information → SY 25-26 Carbohydrate Count List

Breakfast Items

Cold Breakfast Items

Item	Carbohydrates
Bagels	
Plain Bagel	30
Cereal Bars	
Chocolate Chip Breakfast Round	44
Cinnamon Toast Crunch Cereal Bar	30
Cocoa Puff Cereal Bar	30
Golden Graham Cereal Bar	30
Nutrigrain, Apple Cinnamon	30
Nutrigrain, Blueberry	31
Nutrigrain, Strawberry	30
Oatmeal Chocolate Chip Benefit Bar	46
Team Cheerios Cereal Bar	30
Trix Cereal Bar	30
Cereal Bowls	
Blueberry Chex Cereal Bowl	23
Blueberry Chex Cereal (Big 2 oz Bowl)	46
Cheerios Cereal Bowl	21
Cinnamon Chex Cereal Bowl	23
Cinnamon Chex Cereal (Big 2 oz Bowl)	46
Cinnamon Toast Crunch Cereal Bowl (Reduced Sugar)	22
Cinnamon Toast Crunch Cereal (Big 2 oz Bowl)	45
Cocoa Puff Cereal Bowl (Reduced Sugar)	25
Cocoa Puff Cereal (Big 2 oz Bowl)	47
Corn Chex Cereal Bowl	24
Frosted Corn Flakes Cereal Bowl	24
Frosted Corn Flakes Cereal (Big 2 oz Bowl)	49
Honey Cheerios Cereal Bowl	22
Honey Cheerios Cereal (Big 2 oz Bowl)	44
Lucky Charms Cereal Bowl	23
Lucky Charms Cereal (Big 2 oz Bowl)	45
Rice Chex Cereal Bowl	25

Trix Cereal Bowl (Reduced Sugar)	24
Trix Cereal Bowl (Big 2 oz Bowl)	47
Graham Crackers	
Animal Crackers	22
Bug Bite Cinna Graham	21
French Toast Crackers	38
Giant Goldfish Graham	19
Scooby Doo Cinna Graham	21
Granola	
Granola (1/4 c)	15
Granola (1/2 c)	31
Muffins/Bread/Donuts	
Bread, Banana Breakfast	45
Bread, Blueberry Breakfast	45
Bread, Pumpkin Breakfast	44
Donut, Cinnamon Sugar	39
Muffin, Apple Cinnamon	27
Muffin, Banana	31
Muffin, Blueberry	28
Muffin, Chocolate Chip	29
Parfaits (High School)	
Blueberry & Yogurt Parfait	44
Mixed Berry & Yogurt Parfait	44
Peach & Yogurt Parfait	47
Strawberry & Yogurt Parfait	43
Strawberry, Banana, & Yogurt Parfait	58
Poptarts	
Blueberry Poptart	36
Cinnamon Poptart	37
Fudge Poptart	36
Strawberry Poptart	36
Smoothies	
Apple Cinnamon Yogurt Smoothie (8 fl oz)	31
Apple Orange Yogurt Smoothie (8 fl oz)	30
Berry Banana Smoothie (8 fl oz)	37
Chocolate Dipped Strawberry Smoothie (8 fl oz)	32
Strawberry Apple Smoothie (8 fl oz)	30
Yogurt/Cheese/Hard Boiled Egg	
Cheese Stick	2
Hard Boiled Egg	<1
Strawberry Banana Yogurt	12

Hot Breakfast Items

Item	Carbohydrates
Breakfast Sandwiches	
Bacon, Egg, & Cheese Bagel Sandwich	32
Egg & Cheese Bagel Sandwich	31
Egg & Cheese Melt (on bun)	32
Egg & Cheese Pancake Melt	32
Sausage, Egg, & Cheese Bagel Sandwich	32
Individually Wrapped	
Apple Frudel	34
Blueberry Mini Waffles	37
Chocolate Filled Crescent	38
Cinnamon Toast Crunch French Toast	37
CinniMini	37
Maple Mini Pancakes	35
Mini Cinnamon Creamy Cheese Bagel	34
Mini Confetti Pancakes	36
Mini Maple Pancake Puffs	33
Mini Strawberry Creamy Cheese Bagels	42
Mini Strawberry Pancake Puffs	33
Trix French Toast	36
Vanilla Confetti Snack'n Waffles	37
Wild Blueberry Snack'n Waffles	37

Lunch Items

Hot Lunch Items

Item	Carbohydrates
Bowls	
Country Popcorn Chicken Bowl	54
Popcorn Chicken Potato Bowl	30
Entrees	
Balsamic Glazed Parmesan Popcorn Chicken (12 pieces)	18
BBQ Meatballs (5)	14
Bean & Cheese Burrito	44
Beef Nachos (Elementary) (Beef Taco Meat 2 + Cheese Sauce 3 + Bag of Scoops 19)	24
Beef Nachos (Intermediate)	37
Beef Quesadilla	33
Beef Soft Tacos (2)	33
Beef Taco Meat	2
Bosco Sticks (2)	33
Bosco Sticks, Buffalo (2)	33
Breaded Fish Bites (6)	17
Buffalo Cheese Max Pizza Sticks	29
Buffalo Chicken Dip	4
Buzzer Beater Basket	34
Cheese & Green Chile Tamale	30
Cheese Sauce (3 fl oz)	5
Cheesy Lasagna Rollup	38
Cheese Pizzadilla	39
Cheese Quesadilla	31
Chicken & Vegetable Dumpling (3)	16
Chicken Nuggets (4 - Pre-K)	12
Chicken Nuggets (5)	15
Chicken Parmesan (Elementary)	15
Chicken Parmesan (Middle & High School)	12
Chicken Sausage Patty (1)	<1
Chicken Sausage Patty (2)	2
Chicken Soft Tacos (2)	31
Chicken Taco Meat	1
Chicken Tenders, Golden Crispy (3)	15
Chicken Tenders, Krispy Krunchy (3)	13
Chili Orange Glazed Popcorn Chicken	25
Cilantro Lime Rice (1/2 c)	24
Colby Cheese Omelet	1

Corn Dog	27
Diced Chicken Patty (3 oz)	6
Dutch Waffle	38
Fish Sticks (4)	18
French Toast Sticks (2)	21
French Toast Sticks (4)	42
Fried Rice w/ Vegetables	25
General Tso Popcorn Chicken w/ Broccoli	32
Golden Crispy Boneless Wings (5)	15
Honey Stung Popcorn Chicken (12 Pieces)	30
Maple Mini Pancakes (2 - Pre-K)	17
Maple Mini Pancakes (4)	34
Meat Sauce (3/4 c)	13
Meatballs (5)	2
Mini Baked Pretzel	14
Mini Chicken Corn Dogs (6)	27
Nacho Cheese Walking Taco	25
Orange Popcorn Chicken w/ Broccoli	39
Pancake Bites (6)	38
Pizza Crunchers (4)	41
Popcorn Chicken (9 pieces - Pre-K)	12
Popcorn Chicken (12 pieces)	16
Rice (1 c)	43
Rice (1/2 c)	22
Scrambled Eggs	2
Soft Pretzel	30
Soft Pretzel Nuggets (2)	14
Soft Pretzel Nuggets (4)	27
Soft Pretzel Rod	15
Spaghetti Sauce (1/2 c)	9
Spicy Popcorn Chicken (12 pieces)	16
Tomato Soup (1 c)	18
Tomato Soup (1/2 c)	9
Turkey Barbacoa Soft Tacos (2) (Elementary)	30
Turkey Barbacoa Soft Tacos (2) (Intermediate & High School)	31
Turkey Sausage Links (2)	1
Vegan Chik'n Nuggets (4)	19
Vegetable Egg Roll	21
Vegetarian Fried Rice (1/2 c)	25
Waffle (1 - Pre-K)	12
Waffles (2)	24
Waffles (Eggoji) (2)	30
Yellow Rice (1 c)	45

Yellow Rice (1/2 c)	23
Hot Sandwiches	
Bacon Cheeseburger	33
Bacon Grilled Cheese	32
BBQ Chicken Tender Sub Melt	66
BBQ Pork Sandwich	45
BBQ Pork Riblet Sandwich	56
Breaded Chicken Sandwich (Interm. & High School)	40
Breaded Fish Melt	48
Breaded Fish Sandwich	47
Buffalo Chicken Sandwich	41
Buffalo Chicken Stuffed Sandwich	31
Cheeseburger	33
Chicken Parmesan Flatbread	37
Chicken Patty Sandwich (Elementary)	43
Chicken Patty Sliders (2)	41
Chicken Tikka Masala Bowl	55
Grilled Cheese Sandwich	32
Grilled Three Cheese Sandwich	31
Ham & Cheese Melt on Pretzel Roll	38
Hot Dog w/ Bun	33
Italian Meatball Sub	38
Meatball Pizza Sub	40
Pittsburgh Style Chicken Sandwich	58
Sloppy Joe Sandwich	38
Spicy Nashville Chicken Sandwich	47
Turkey Pepperoni Stuffed Sandwich	29
Veggie Burger	36
Veggie Cheeseburger	36
Pasta	
Buffalo Popcorn Chicken Mac & Cheese (6 oz)	32
Cheesy Baked Penne	52
Lo Mein Noodles (1/2 c)	25
Macaroni & Cheese (6 oz)	25
Mini Pierogies (6)	24
Mini Pierogies (9 - Pre-K)	36
Penne Chicken Alfredo	26
Rotini Pasta (1 c)	40
Spaghetti Noodles (1/2 c)	20
Three Cheese Macaroni & Cheese	49

Pizza

Item	Carbohydrates
Buffalo Chicken Pizza	32
Cheese Pizza	32
Cheese Pizza (Elementary)	32
Cheeseburger Pizza	32
Chicken Bacon Ranch Pizza	31
Chicken Mac & Cheese Pizza	39
Chicken Sausage Pizza	32
Fully Loaded Pizza	38
Galaxy Pizza	28
Pepperoni Pizza	32
Spicy Chicken Pizza	35
Taco Pizza	32
Vegetable Pizza	34

Limited Time Offers

Item	Carbohydrates
Bang Bang Chicken Sandwich	43
Cheeseburger Soup & Cheddar Breadsticks	46
Chipotle-Ranch Chorizo Waffalaco	35
Gochujang Spicy Chicken Mac & Cheese	48
Pepperoni Calzone & Pizza Ranch	35
Pesto Chicken Flatbread	37
Southwest Crunch Burger	42
Spicy Hawaiian Breakfast Sandwich	68
Twisted Chili Nachos	51

Cold Sandwiches, Salads, Parfaits, Packs

Item	Carbohydrates
Cold Salads	
All-American Cobb Salad	5
Breaded Chicken Caesar Salad	24
Breaded Chicken Caesar Salad (High School)	27
Egg Chef Salad	3
Hummus & Veggie Plate	50
Popcorn Chicken Salad	19
Spicy Popcorn Chicken Salad	15
Tuna Salad Platter	9
Vegetable Baja Salad	24
*Add Dinner Roll	20
*Add Croutons (4 oz)	18
Cold Sandwiches	
Cheese Sandwich	32
Ham & Cheese Sandwich	32
Make Your Own Pizza Bagel	38
Peanut Butter & Jelly	69
Sun Butter & Jelly	67
Triple Decker Peanut Butter & Jelly	83
Triple Decker Sun Butter & Jelly	81
Turkey & Cheese Sandwich	29
Turkey & Cheese Sub	36
Parfaits	
Blueberry & Yogurt Parfait (Elementary & ECA Lunch)	29
Blueberry & Yogurt Parfait (High School)	44
Mixed Berry & Yogurt Parfait (High School)	44
Peach & Yogurt Parfait (Elementary & ECA Lunch)	31
Peach & Yogurt Parfait (High School)	47
Strawberry & Yogurt Parfait (Elementary & ECA Lunch)	27
Strawberry & Yogurt Parfait (High School)	43
Strawberry, Banana, & Yogurt Parfait (High School)	58
*Add Cheese Stick	1
*Add Heartzels	15
*Add Goldfish Crackers	14
Packs	
Build Your Own Nacho Pack	50

Breads/Grains/Chips/Crackers

Item	Carbohydrates
Bread/Rolls/Tortillas/Croutons/Granola	
Biscuit	24
Biscuit (Mini)	12
Bread (2 Slices)	28
Breadstick	15
Chocolate Chip Cookie	24
Croutons (2 oz)	9
Dinner Roll	20
Flatbread	25
Hamburger Bun	31
Parmesan Black Pepper Flatbread	13
Sub Roll	35
Texas Toast	16
Tortilla, Whole Grain 10"	29
Chips/Crackers/Granola	
Buffalo Cheez-It Crackers	14
Cheez-It Crackers	15
Goldfish Crackers (1 bag)	14
Granola (1/4 c)	15
Granola (1/2 c)	31
Heartzels	15
Saltine Crackers (2 packs)	9
Tortilla Chips (2-6oz scoops High School)	32
Tortilla Scoops (.875 oz bag)	19
Rice	
Cilantro Lime Rice (1/2 c)	24
Rice (1 c)	43
Rice (1/2 c)	22
Vegetarian Fried Rice (1/2 c)	25
Yellow Rice (1 c)	45
Yellow Rice (1/2 c)	23

Hot & Cold Vegetables

Item	Carbohydrates
Cold Vegetable (1/2 c servings)	
Coleslaw	6
Fresh Baby Carrots	6
Fresh Broccoli	2
Fresh Celery Sticks	2
Fresh Cucumber Slices	3
Fresh Garden Salad	2
Fresh Green Pepper Strips	2
Fresh Spinach Salad	2
Fresh Tomato Wedges	3
Hot Vegetable (1/2 c servings)	
Campfire Beans	27
Charro Black Beans	19
Crinkle Cut French Fries	14
Kickin' Pinto Beans	18
Mashed Potatoes	14
Mexican Style Street Corn	18
Refried Beans	21
Smile Fries	20
Spiral Fries	17
Steamed Broccoli	4
Steamed Carrots	7
Steamed Corn	17
Steamed Green Beans	5
Steamed Peas	13
Sweet Potato Fries	26
Tater Tots	14
Vegetarian Baked Beans	43
Waffle Fries	20

Fruit & Juice

Item Name	Carbohydrates
Apple (Fresh)	18
Apple Juice (4 fl oz)	14
Apple Slices (Fresh, 2 oz bag)	7
Applesauce, Sweetened (1/2 c)	27
Banana (Fresh)	18
Blueberries (1/2 c)	8
Craisins	27
Diced Peaches (1/2 c)	12
Diced Pears (1/2 c)	16
Mixed Berry Applesauce Cup	14
Mixed Fruit (1/2 c)	16
Orange (Fresh)	12
Orange Juice (4 fl oz)	13
Pear (Fresh)	12
Pineapple Chunks (1/2 c)	19
Strawberries, Diced Frozen (4.5 oz cup)	21
Strawberry Applesauce Cup	14

Condiments/Sauces/Gravy

Item	Carbohydrates
BBQ Sauce (1 Tbsp)	9
Buffalo Sauce (1 Tbsp)	<1
Cream Cheese	2
Cream Cheese, Strawberry	4
Gravy (1/4 c)	7
Honey Mustard Dressing (1 Tbsp)	2
Italian Dressing (1 Tbsp)	1
Jelly Packet (Assorted)	9
Ketchup (1 Tbsp)	5
Marinara Dipping Sauce	5
Mayonnaise (1 packet)	<1
Mustard	<1
Ranch Dressing (1 Tbsp)	<1
Salsa (1/4 c)	5
Syrup (1 fl oz)	28
Syrup (1.4 fl oz container)	28