

2012-2013

Updated on 8-22-2012

Carbohydrate Content of Foods

Beverages

Apple Juice – 4 oz = 14 gm CHO 8 oz = 28 gm CHO
Chocolate Milk – 8 oz = 28 gm CHO
Grape Juice – 4 oz = 16 gm CHO 8 oz = 32 gm CHO
Orange Juice – 4 oz = 13 gm CHO 8 oz = 30 gm CHO
White Milk – 8 oz = 11 gm CHO

Breads

Bagel-wheat-47 carbs
Biscuit – 46 gm CHO Bread 1 slice = 12 gm CHO
Bread whole wheat 1 slice = 14 gm CHO
Buns whole wheat (hamburger or hot dog) = 22 gm CHO
Buns (Hamburger or Hot Dog) – 26 gm CHO
Bun (Footlong) = 36 gm CHO
Cinnamon Roll, frosted = Regular size 59 gm CHO-
Petite Cinnamon Roll = 26 gm CHO
Corn bread – 18 gm CHO
Dinosaur potato – 5 potatoes = 20 gm CHO
Wrap- 6 inch-15 CHO
Dinner Roll whole grain wheat = 21 gm CHO
French Toast Sticks (3) = 32 gm CHO
Garlic Bread Sticks- 1 stick=12 CHO
Garlic Bread Sticks – 2 sticks = 24 gm CHO
Sliced garlic bread-1 slice=22 carbs
Hard Shell Taco Shells – 2 shells = 13
Pancake on a stick = 23 CHO
French toast—1 slice=22 carbs
Soft Shell Taco = serving size = 2 each = 26 (13 cho in each)

Chips

BARREL OF FUN CHIPS=18 CARBS

Cheetos – 1.125 oz = 17 gm CHO

Cheetos X & O's – 15 gm CHO

Cool Ranch Doritos – 1 oz = 18 gm CHO

Frito Corn Chips 1.25 oz = 11 gm CHO (used with “Walking Tacos)

Goldfish Crackers = 19 gm CHO

Nacho Cheese Doritos – 1 oz = 17 gm CHO

Saltines 6 crackers – 15 gm CHO

Sun Chips 1 oz = 17 gm CHO

Heartzeles pretzels—23 carbs

Desserts

Cakes always served with frosting = 2”x2” portion

All Brownies and bars and always served with no frosting

Alphabet mini cookie – 23 gm CHO

Animal crackers or cookies—25 carbs

Churro (fruit pastry) – 13 CHO

Banana Cake no frosting = 22 gm CHO

Baseball Cookie 1 bag = 23 gm CHO

Belly Bear Cookie = 20 gm CHO

Big Choc Chip Cookie = 2 oz portion – 28 CHO

Brownie = 27 gm CHO (no frosting)

BUG BITES= 23 CARBS

Cakes 2”X2” square = 30-35 gm CHO

Cherry Fruit cup = 20 gm CHO

Cherry Fruit Pop = 22 gm CHO

Cherries n Sauce = 14 CHO

Cherries over plain cake = 43 gm CHO (cake = 29 + cherries = 14)

Chocolate Chip Cookie – 14 gm CHO

Chocolate Chip Peanut Butter Bar = 19 gm CHO (no frosting)

Chocolate Pudding = 18 gm CHO

Chocolate Cake – 31 gm CHO

Clodhopper—27 carbs

COOKIE- THEME COOKIES FROM J&J=15 CARBS

Holiday cookie—19 carbs

Cutie Pie 3.75 oz portion = 53 gm CHO This is like a fruit bar

DIRT PUDDING DESSERT= 23 CARBS

Fortune cookie—5 carbs

Frozen fruit treat/ shape up = 24 gm CHO

Fruit Juice Popsicle (also called “Fruit Juice Dessert) – 11 gm CHO

Fruit Snacks = 21 gm CHO

Fun fruits = 22 carbs

Golden or chocolate cake w/small amount frosting 24 CHO

Graham Crackers – 3 grahams = 15 gm CHO
Granola Bar, Nature Valley – 1 = 15 gm CHO
Granola Bar, Sunbelt 1 = 19 gram CHO
Grape Shape-up popsicle = 20 gm CHO
Happy Birthday Cupcake = 34 gm CHO
Ice Cream Cup = 19 gm CHO
Ice cream-cotton candy—12 carbs
Ice cream sandwich—28 carbs
Ice cream bar—25 carbs
Chocolate/ vanilla frozen pudding stick—17 carbs
Jello = ¼ cup 9 gm CHO
Jello Cake = 33 gm CHO
M & M cookie – 14 gm CHO
Oatmeal Cookie – 31 gm CHO
Oreo Cookie – 2 ct. = 16 CHO
Ginger bread cookie-15 carbs
Peanut Butter Cake w/Frosting = 29 gm CHO
Peanut Butter Cookie - 16 gm CHO
Pudding pop—17 carbs
Rice Krispie Treat – 18 gm CHO
Carnival Crunch—1 bag -- 16 gm carbs
School House Cookie – 1 bag = 23 gm CHO
Scooby Doo fruit snacks = 1 pkg – 21 gm CHO
Sugar Cookie – 1.5 oz = 18 gm CHO
TEDDY GRAHAMS=16 CARBS
Twix Candy Bar = 18 gm CHO
Vanilla Pudding = 18 gm CHO
Yellow Cake – 31 gm CHO
Yogurt Cup (Danimal Yogurt)– 4 oz serving – 21 gm CHO
Yogurt cup- Twix-Yoplait-17 carbs
Elf graham cookies—both choc and cinnimon –20 carbs

Entrees

Alfredo with noodles—20 carbs
BBQ Pork = 15 gm CHO
BBQ Rib – 9 CHO
Whole Grain Bagel—warm with ham & cheese—49 carbs
Beef Pattie-1 CHO
Beef nacho—meat, cheese(8) and chips (28)---36 carbs total
Brato Sausage (some rice added) = 1.2 gm CHO serve 2 each = 2 gm CHO
Bread = 12 gm CHO per slice
Breaded Chicken Pattie on Bun – 8 gm CHO + 25 gm CHO w/Bun=33
Breaded Mozzarella Sticks – 4 per serving = 28 gm CHO
Bosco Cheese stuffed breadstick-26 carbs
Breakfast Pizza
Bean & Cheese Burritos—54 carbs
Cheese Omelet—1 carb
Cheese Pizza – 34 gm CHO

Cheeseburger on Bun (25 gm CHO for bun)
Cheeseburger Macaroni casserole—27 carbs per number 8 disher
Cheese Stick – 1 oz USDA product – 1 CHO
Cheesy garlic flatbread—44 carbs
Cheese Quesadilla's=41 carbs
Chicken Noodle Soup – ½ cup = 9 gm CHO
Chicken Noodles = 20 gm CHO
Chicken Nuggets – 5 nuggets = 8 gm CHO
Chicken w/ wrap-23 carbs
Deli Sub—27 carbs
Pepperoni Crispy rounds—35 carbs
Popcorn chicken- 8 CHO
Pop corn chicken wrap-23 CHO
Chicken Rings or O's – 5 per serving – 12 CHO
Chicken Tenders- USDA- 3 per serving= 12 carbs
Chicken wonder bites (5) —5 carbs
Breaded Chicken leg- (14 CHO)
Chili 4 oz serving – 15 gm CHO
Chilled Ham and Cheese Sandwich = 0 gm (27 gm CHO)
Corn Dog—Chicken/Turkey or Pork (one large or 5 mini's) – 33 gm CHO
Crustless Grilled Cheese – 24 gm CHO (Toasted cheese)
Egg & cheese omelet (1 CHO)
Egg roll—3 oz.-- 20 carbs
Fajitas 8 inch - 2 fajitas = 48 gm CHO
Fish pattie= 22 gm CHO
Fish Shapes—4 total—21 carbs
French Bread Pizza – 26 gm CHO
French Toast Sticks – 2 sticks = 32.4 gm CHO
Grilled Chicken pattie = 3 carbs (add 25 gm more CHO for bun)
Ham & cheese deli wrap---18 carbs
Hot Dog – 1 gm CHO (plus 25 gm CHO for bun)
Hot Dog Footlong on a Bun (36 carbs)
Lasagna serving-18 carbs
Italian meat sauce—6 carbs
Maid Rite (loose meat) – 0 gm CHO (except 25 gm CHO for bun)
Macaroni & Cheese – 2/3 cup = 19 gm CHO
Mandarin orange chicken-20 carbs
Mexican Beef pasta—18 carbs
Rice-20 carbs
Meat & Cheese Nachos = 17 gm CHO (for nachos)
Mini Corndogs = 32 gm CHO
Mini pizza—44 carbs
Noodles w/ tetrazzini sauce—20 carbs
Peanutbutter & jelly sandwich—48 CHO
Pancake Sausage Stick 1 stick = 23 gm CHO
Pulled Cuban Pork—all meat—0 carbs

Turkey & gravy- 3 oz. serving= 7 CHO
 Lasagna Bites- 3 ounce school serving-18 carbs
 Little Smokies- 6 per serving= 2 CHO
 Dinosaur pasta- 4 oz. serving=21 CHO
 Pizza Max Sticks – 2 sticks = 32 gm CHO
 Pizza dippers- 4 = 29 carbs
POPCORN SHRIMP= 19 CARBS
Breaded pork pattie =15 carbs
 Ravioli w/ meat sauce = 26 gm CHO
 Sausage Links = 0 gm CHO
 Sausage Pizza School 4x6 size – 31 gm CHO
 Shaved Ham Sandwich 0 gm CHO (25 gm CHO for bun)
 Sloppy Joe on Bun = 15 gm CHO for meat + 25 gm CHO for bun
 Spaghetti w/meat sauce – ¾ cup = 26 gm CHO
 Sweet & sour chicken—13—brown rice—16 total=29 carbs
 Tomato Soup = ½ cup = 19 gm CHO
 Tuna Salad ½ cup = 29 gm CHO
 Turkey burger---grilled meat—1 carb bun –26 total = 27 carbs
 Tacos, Walking – 7 Carbs meat only (served with Fritos = 11 carbs more)
 Tacos, Soft Shell - 7 carbs meat only (served with 2 soft shells= add 40 carbs
 Tacos, Hard Shell - 7 carbs meat only (served with 2 hard shells= add 38 carbs
 Ham and Cheese Sandwich (32 gm CHO) or Hoagie sandwich
 Turkey & Cheese Sandwich (32 gm CHO) or Hoagie Sandwich
 Cold cut combo—turkey, ham and cheese on a bun—Ready made—34 carbs
 Salisbury steak (3.6 CHO)
 Vegatarin Burrito from USDA: 54 carbs

Fruits ½ cup = 21 gm CHO **All packed in light syrup**

| | | |
|----------------------|---------------------|------------------|
| Applesauce | Freestone peaches | |
| Chilled Peaches | Diced Pears | Apricots |
| Fruit Cocktail | | Mandarin Oranges |
| Mixed Fruit | | Peaches, sliced |
| Pears, sliced | Pineapple Tidbits | Pink Applesauce |
| Tropical Fruit Salad | Cinnamon applesauce | |

Apple wedges (Richland farms Brand) – 2 oz = 8 gm CHO

Apple-whole 125 ct per case---21 CHO

Kiwi – 1 whole = 14 gm CHO

Strawberries 4 oz portion =11 gm CHO

Watermelon 4 oz. = 11 CHO

Banana- Petite size = 12 carbs

Banana- Regular size= 20 carbs

Motts applesauce in the cup—24 carbs

Fresh grapes- 4 oz. size- 12 carbs

Fresh orange wedges- 4 oz. size- 11 carbs

Raisins packet = 11 carbs

Juices 4 oz portions – see beverages for larger portions

Apple – 14 gm CHO

Grape – 16 gm CHO

Orange – 13 gm CHO

Miscellaneous

BBQ Sauce = 12 CHO

Caramel Dip serving size= 2 TBSP =24 gm CHO

Cheese – 0 gm CHO

Cheese Sauce – 1 oz serving – 3 gm CHO

Dill Pickle Spear – 0 gm CHO

Dill pickle slices---12 carbs for 8 pickles

Frosting – 1 oz = 14-22 gm CHO

Gravy – 3 gm CHO

Jelly – 1 Tablespoon = 15 gm CHO

Jelly – sugar free 1 Tablespoon = 5 gm CHO

Maple syrup – 1.5 oz packet = 32 gm CHO

Mayo Packet – 2 gm CHO

Pizza Sauce – 2 oz = 4 gm CHO

Marinara sauce- 2 oz. = 6 carbs

Salad Dressing = one ounce or 2 TBLS.: French – 10 gm CHO Ranch – 8 gm

Salsa cup 1 oz serving = 2 gm CHO

Syrup Sugar free – 1 Tablespoon = 5 gm CHO

Carbohydrate Content of Foods

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Vegetables serving size 1/2 cup

Baby Carrots – 8 carrots = 1/2 cup = 4 gm CHO

Broccoli w/ cheese sauce—8 carbs

Carroteenies- 8 CHO

Baked Beans – 23 gm CHO

Black Beans—20 carbs

Corn, – 13 gm CHO

Corn/Mex-13 carbs

French Fries = 4 oz serving = 31 CHO

Fresh Garden Salad – 3 gm CHO

Green Beans – 5 gm CHO

Lettuce – 2 gm CHO

Peas – 9 gm CHO

Mixed vegetables=9 carbs

Navy Beans-21 carbs

Peas and Carrots – 7 gm CHO

Refried Beans – 24 gm CHO

Excel Mashed potatoes= 18 CHO

Idahoan Mashed Potatoes= 18 carbs

Au Gratin Potatoes – 18 gm CHO

Sweet Potato puffs—1/2 cup serving—30 carbs

Cheesy Au Gratin Potatoes- 18 gm CHO
Hashbrowns – 18 gm CHO
Tator Tots – 9 = 19 gm CHO
Tri Tator 4 oz wedge = 16 gm CHO
Spudster potatoes—5 per servings= 23 carbs
Potato stick—14 carbs
Scalloped potatoes---4 oz. ser.—22 carbs
Smiley Potatoes—serving of 4—34 carbs
Stir fry veggies—4 oz.—9 carbs
Potato Wedges = 18 gm CHO
Sweet Potato fries—23 carbs

Pizza for 2010-2011 School Year

Tony's Cheese Pizza School 4x6 size(thin crust) – 5.13 oz portion = 31 carbs
Tony's Pepperoni Pizza School 4x6 size = 31 gm CHO
Tony's School baked Taco (Fiestada) Pizza= 54 carbs
Tony's French Bread Pizza: 38 carbs
Gilardi whole grain pepperoni pizza—33 carbs