

Carbohydrate Count in grams.

<u>Item</u>	<u>K-8</u>	<u>9-12 Grades</u>
Apple	21	21
Apple Crisp	28	28
Apple Sauce	12	12
Apple, Sliced	8	8
Bagel, Cinnamon Raisin	32	32
Bagel, Plain	30	30
Bagel-ful, Plain	34	34
Bagel-ful Cinnamon	34	34
Banana	27	27
Beans, Green	7	10
Beef (lunch meat)	0	0
Black Olives	0	0
Bread Sticks	17	17
Breakfast Bar	38	38
Breakfast Bun	37	37
Broccoli	3	5
Carrot Sticks	7	11
Carrots, Glazed	10	15
Carrots Baby	7	11
Celery Sticks	1	1
Cereal, Berry Kix	20	20
Cereal, Cherrios	14	14
Cereal, Corn Flakes	16	16
Cereal, Kix	14	14
Cereal, Pops	19	19
Cereal, Rice Crispies	16	16
Cheddar Cheese	1	1
Cheese, American	0	0
Cheese, Cream	2	2
Cheese Sauce Over Egg Noodles	64	96
Cheese Tortellini	34	51
Chicken Fajita	0	0
Chicken Nuggets	12	18
Chicken Patty	11	11
Chicken, Grilled	0	0
Chili	8	12
Coleslaw	7	11
Corn	18	27
Corn Dog	26	39
Cracker, Goldfish	19	19
Cranberry Sauce	10	15
Dipping Sauce, BBQ	10	10
Dipping Sauce, Honey	37	37
Dipping Sauce, Ranch	2	2
Dressing, 1000 Island	6	6
Dressing, Olive Balsamic/Oil	4	4
Dressing, Blue Cheese	5	5

Dressing, French	13	13
Dressing, Italian	5	5
Dressing, Ranch	2	2
Dressing, Raspberry	2	2
English Muffin	25	25
Egg Pattie	60	60
Egg Salad	4	4
Fig Newton	22	22
Fish Cutlet	14	14
French Bread	9	9
French Toast Sticks	45	68
Garlic Bread	38	57
Goulash	5	7
Green Beans	1	2
Grilled Cheese Sandwich	33	33
Ham, Lunch Meat	1	2
Ham, Pattie	2	2
Hamburger	2	2
Hot Dog	2	2
Juice, Apple	14	14
Juice, Fruit Punch	15	15
Juice, Grape	18	18
Juice, Orange	15	15
Kiwi	11	11
Lettuce (shredded)	2	2
Macaroni and Cheese	48	72
Maple Syrup	31	47
Maple Ham Pattie	1	2
Mashed Potatoes	17	26
Meatballs	3	3
Milk, Chocolate	34	34
Milk, 1%	16	16
Milk, Fat Free	16	16
Mixed Fruit, canned	18	27
Mixed Vegetables	8	12
Mozzarella Cheese	2	2
Nutrigrain Bar, Apple	24	24
Nutrigrain Bar, Blueberry	24	24
Nutrigrain Bar, Strawberry	24	24
Onions & Peppers	3	5
Orange	16	16
Oven Fries	18	18
Pancakes	39	39
Peaches, canned	17	26
Pears, canned	28	41
Peas	11	17
Pickle Slices	14	14
Pineapple, canned	17	26
Pizza (cheese)	29	29
(Pepperoni)	29	29
(Vegetable)	29	29
Potato Salad	24	36

Pretzel, Soft Plain	38	38
Raisins	29	29
Rice, Pilaf	19	29
Rice, Spanish	22	33
Roll, Dinner Wheat	16	16
Roll, Dinner White	17	17
Roll, Hamburger	22	22
Roll, Hot Dog	27	27
Roll, Sandwich	37	37
Salsa	2	3
Sausage Pattie	0	0
Sausage Link	0	0
Soup, Tomato	20	20
Soup, Minestrone	21	21
Sour Cream	2	2
Spaghetti w/Marinara Sauce	54	80
Spaghetti w/Meat Sauce	46	69
Taco Boats	12	18
Taco Meat	2	2
Tater Tots	20	30
Teddy Graham	12	12
Tomato	2	2
Tossed Salad	3	5
Tuna Salad	7	11
Turkey (Lunch Meat)	0	0
Tortilla Chips	18	18
Veggie Burger (Original)	18	18
Veggie Burger (black bean)	18	18
Waffle Sticks	42	63
Whole Wheat Wrap, 8" diameter	29	44
Yogurt, Banilla	13	13
Yogurt, Strawberry	13	13
Yogurt, Strawberry Vanilla	13	13
Yogurt, Raspberrry	13	13