

School Nutrition Department
Carbohydrate Guide*
15 grams of Carbohydrates = 1 Carb Choice

*Values are approximate and only intended as a guideline. Consult your personal physician and/or dietitian for more accurate values.

Menu Item	Serving Size	Grams of Carbohydrate	Carbohydrate Choices
Entrée:			
BBQ Beef (Sloppy Joe) on Hamburger Bun	4 oz.	34 grams	2
BBQ Pork (shredded) on Hamburger Bun	4 oz.	40 grams	3
BBQ Pork on Hoagie Roll (RibBQue)	1 each	38 grams	3
Baked Potato with Toppings	1 medium potato 1 oz. Ham 2 oz. Cheese	50 grams	3
Beef and Cheddar	2 oz. / 1 oz	42 grams	3
Beef, Roast	2 oz.	0 grams	0
Beef and Cheddar on a Roll	1 each	42.5 grams	
Beef & Cheese Burrito	1 each	37 grams	2.5
Beef or Chicken Burrito	1 each	30 grams	2
Beef or Pork in Gravy	4 oz.	12 grams	1
Beef Ravioli	8 oz.	30 grams	2
Beef Stew	6 oz.	15 grams	1
Bratwurst on Hog Dog Bun	1 each	23 grams	1.5
Breaded Chicken Patty on Bun	1 each	34 grams	2
Cheese/Egg/Meat Sandwich on Hamburger Bun	1 oz. Cheese 1 egg patty 1 oz. Sausage or ham	24 grams	1.5
Cheeseburger on Hamburger Bun	1 each	28 grams	2
Cheese Omelet	1 each	3.5 grams	0
Cheese Quesadillas	1 each	36 grams	2
Chili	1 cup	36 grams	2
Chicken Breast, on Bun	1 each	27 grams	2
Chicken Enchilada	1 each	30 grams	2
Chicken or Turkey in Gravy	4 oz.	14 grams	1
Chicken, cooked, breaded	1 leg + 1 thigh OR 1 breast + 1 wing	10 grams	1
Chicken Fajita	2 oz. Chicken 1 tortilla shell 1 oz. Cheese	34 grams	2
Chicken Fajita Strips	3 oz.	3 grams	0
Chicken Nuggets or Sticks	5 each	9 grams	1
Chicken O's	5 each	11 grams	1
Chicken Patty, breaded (no bun)	1 each	12 grams	1

Chicken Patty on Bun, grilled	1 each	30 grams	2
Chicken Parmesan on a bun	1 each	38 grams	3
Chicken, popcorn	14 pieces	14 grams	1
Chicken Salad on a bun	½ c	33 grams	2
Chicken Salad on Croissant	½ c chicken salad 1 croissant	34 grams	2
Chicken Sticks	8 sticks	10 grams	1
Chicken Strips, breaded	4 strips	12 grams	1
Chicken Teriyaki Dippers	3 pieces	7.6 grams	0
Chicken Wrap	1 each	22 grams	1
Chicago Dog	1 each	27 grams	2
Chow Mein with Rice	4 oz. Chow mein ½ c rice	27 grams	2
Club Sandwich	3 slices of bread 1 slice ham 1 slice cheese 1 slice turkey ¼ c lettuce ¼ c tomato	51.4 grams	3
Corn Dog, turkey mini	6 each	27 grams	2
Deep Dish Pizza	1 piece	30 grams	2
Egg Rolls	1 each	15 grams	1
Fish Sandwich, breaded	1 each	45 grams	3
Fish Sticks, breaded	4 sticks	20 grams	1
French Toast Sticks	4 sticks	15 grams	1
Grilled Cheese	1 each	30 grams	2
Gyro	1 each	46 grams	3
Ham	2- 1oz. Slices	0 grams	0
Ham & Cheese on Hamburger Bun	1 oz. Ham 1 oz. Cheese	23 grams	1.5
Ham and Cheese on a Croissant	1 each	26 grams	2
Hamburger on Bun	1 each	24 grams	1.5
Hot Dog on Bun	1 each	25 grams	1.5
Lasagna with Meat Sauce	8 oz.	30 grams	2
Meatball Sub Sandwich	5 meatballs 2 oz. Shred. Mozz. 1 hoagie bun	32.5 grams	2
Ocean Fish Treats	3 treats	13 grams	1
Oriental Chicken Salad	½ c lettuce ¼ c mandarin oranges 3 pieces Teriyaki Chick. Dippers ¼ c Chinese noodles 2 TBSP oriental dress.	38 grams	3
Pancakes, 4"	2 each	28 grams	2
Pancakes silver dollar (mini)	4 each	42 grams	3
Pancake sausage Wrap	1 wrap	30 grams	2
Pancake wrap mini	4 each	24 grams	1.5
Penne Noodles w/meatballs	2- #12 scoops	32 grams	2

Pizza Burger	1 burger	30 grams	2
Pizza, cheese, Tony's 4x6	1 slice	34 grams	3.5
Pizza, cheese, deep dish	1 slice	48 grams	2.5
Pizza, cheese wedge	1 slice	34 grams	3
Pizza, cheese, stuffed crust	1 slice	46 grams	3
Pizza, cheese, 6" French bread	1 each	36 grams	2
Pizza, pepperoni	1 slice	34 grams	2.5
Pizza, pepperoni wedge	1 slice	32 grams	2
Pizza Dippers	4 small, 2 large sticks	29 grams	2
Pork Chop Patty	1 each	13 grams	1
Roast Beef on Kaiser Roll	2 oz. Roast beef 1 roll	37 grams	2
Rib-B-Que on a Bun	1 each	38 grams	3
Salisbury Steak	1 each	5 grams	0
Santa Fe Chicken Salad	½ c lettuce ¼ c corn 2 oz. Cheese ¼ c tomato ¼ c black beans 3 oz. Fajita chicken	28.3 grams	2
Sausage links/patties	2 each	0 grams	0
Scrambled Eggs	2 oz.	2 grams	0
Spaghetti with Meat Sauce	1 cup	28 grams	
Soft Shell Taco	1 tortilla shell 1 oz. Cheese 1 oz. Meat ¼ c lettuce	22.9 grams	1.5
Stacked Turkey on Whole Grain Bread	2 oz. Turkey 2 slices bread	47 grams	3
Sub Sandwich w/ham or turkey	1 hamburger bun 2 oz. Meat 1 oz. Cheese	25 grams	1.5
Taco, beef or pork (soft)	1- 8" tortilla shell 1 oz. Meat 1 oz. Cheese	23 grams	1.5
Taco Salad	1 taco shell 1 oz. Cheese 1 oz. Meat ½ c lettuce	13.8 grams	1
Tony's Rounded Wedge	1 round	38 grams	3
Tuna Salad on a Bun	2 oz.	29 grams	2
Turkey Breast	2 oz.	1 gram	0
Turkey & Gravy	2 oz. Turkey 2 oz. Gravy	9 grams	1
Turkey Pita Pocket	1 each	40 grams	3
Turkey Wrap	1 tortilla shell 1 TBSP ranch 2 oz. Turkey 1 oz. Cheese	30 grams	2

	¼ c lettuce ¼ c tomato		
Uncrustables, grape, 2.8 oz.	1 each	34 grams	2
Uncrustables, grape, 4 oz.	1 each	51 grams	3
Veggie Burger on a Bun	1 each	30 grams	2
Waffle Sticks	2 sticks	28 grams	2
Sauces/Dressings:			
Barbeque	2 TBSP	15 grams	1
Cranberry Sauce	¼ c	26 grams	1.5
Cheese Sauce	2 TBSP	2.5 grams	0
French dressing, fat free	2 TBSP	11 grams	1
Gravy, chicken	2 oz.	8 grams	1
Honey	1 TBSP	17 grams	1
Italian dressing, fat free	2 TBSP	2 grams	0
Ketchup	2 TBSP	8 grams	1
Marinara	2 TBSP	5 grams	0
Oriental dressing	2 TBSP	11 grams	1
Ranch dressing, fat free	1 TBSP	4 grams	0
Salsa	2 TBSP	2 grams	0
Syrup	2 TBSP	60 grams	4
1000 Island dressing, fat free	2 TBSP	10 grams	1
Soups:			
Beef Vegetable	4 oz.	10 grams	1
Broccoli & Cheese	4 oz.	9 grams	1
Chicken Noodle	4 oz.	9 grams	1
Chili	4 oz.	18 grams	1
Tomato	4 oz.	18 grams	1
Starches:			
Baked Potato	1 medium	45 grams	3
Baked Potato with Toppings	1 medium	48 grams	3
Chow Mein Noodles	¼ c	9.5 grams	1
Crinkle Cut Fries	½ c	22 grams	1
Curly Fries	3 oz.	20 grams	1
French Fries, Oven Q's	½ c	33 grams	2
French Toast Sticks	4 sticks	50 grams	3
Hash Brown Patty	1 each	14 grams	1
Macaroni	½ c	15 grams	1
Macaroni & Cheese	½ c	20 grams	1
Mashed Potatoes, instant	¼ c	7 grams	0
Mini Potato Triangles	3 each	19.5 grams	1
Noodles	½ c	15 grams	1
Potato Smiles	5 each	23 grams	1.5
Potato Starz	4 each	10 grams	1
Potato Triangle	1 each	13 grams	1
Potato Wedges	½ c	24 grams	1.5
Pretzels, snack bag, 1.5 oz.	1 each	34 grams	2

Rice, white	¼ c	10 grams	1
Spaghetti	½ c	15 grams	1
Spanish Rice or Mexican	¼ c	21 grams	1
Tater Tots or Coins	8 tots	19 grams	1
Tri-Taters	1 each	15 grams	1
Waffle Fries	5 each	20 grams	1
Whipped Potatoes	⅓ c	15 grams	1
Vegetables, Canned:			
Baked Beans	¼ c	12.5 grams	1
Black Beans	¼ c	9.5 grams	1
California Blend Veggies	3 oz.	6 grams	0
Corn	¼ c	8 grams	.5
Diced Tomatoes	¼ c	2 grams	0
Green Beans	¼ c	1.5 grams	0
Italian Veggies	3 oz.	6 grams	0
Peas	¼ c	5.5 grams	0
Refried Beans	¼ c	12 grams	1
Seasoned Peas & Carrots	¼ c	4.25 grams	0
Vegetables, Fresh:			
Carrots, baby whole	¼ c	15 grams	1
Coleslaw, creamy	¼ c	5.5 grams	0
Mixed Salad Greens	¼ c	2.4 grams	0
Relishes	⅛ c cucumber ⅛ c shredded carrots ⅛ c celery	2 grams	0
Vegetables, Frozen:			
Broccoli	¼ c	2 grams	0
Carrots	¼ c	3 grams	0
Corn	¼ c	8 grams	.5
Mixed Vegetables	¼ c	4 grams	0
Peas	¼ c	4 grams	0
Breads:			
Biscuit	1 each	29 grams	2
Bread, sliced white or wheat	1 slice	15 grams	1
Bread Stick (8")	1 each	25 grams	1.5
Crackers	1 packet	4 grams	0
Croissant	1 each	26 grams	2
Croutons	1 cup	15 grams	1
English Muffin	1 each	25 grams	1.5
Garlic French Bread	1 slice	14 grams	1
Hamburger Bun	1 each	22 grams	1
Hoagie (sub) Bun	1 each	28.5 grams	2
Hot Dog Bun	1 each	21 grams	1
Kaiser Roll	1 each	37 grams	2
Muffin, small	1 each	15 grams	1

Roll, dinner	1 each	15 grams	1
Super Pretzel	1 each	15 grams	1
Taco Shell, corn	1 each	8 grams	1
Tea Roll	1 each	15 grams	1
Tortilla, flour	1 each	19.5 grams	1
Vienna Slice / French Bread	2 slices	15 grams	1
Whole Grain Bread	1 slice	23 grams	1.5
Fruit, Canned:			
Applesauce	¼ c	11.5 grams	1
Applesauce, cupped	½ c	22 grams	1
Applesauce, cupped, cherry	½ c	23 grams	1.5
Apple Slices	¼ c	6 grams	0
Fruit Salad w/Marshmallows	¼ c fruit 1 oz. marshmallows	14.5 grams	1
Mandarin Oranges, whole	¼ c	7 grams	0
Mixed Fruit	¼ c	9.5 grams	1
Peaches, diced, light	¼ c	9 grams	1
Pears, diced, light	¼ c	8.5 grams	1
Pineapple, tidbits, natural	¼ c	8.5 grams	1
Pineapple w/Mandarin Oranges	¼ c	7.75 grams	1
Fruit, Dried:			
Cranberries	¼ c	25 grams	1.5
Raisins	¼ c	31.5 grams	2
Fruit, Fresh:			
Apple	1 small	21 grams	1
Banana	1 small	15 grams	1
Grapes	9 each	8 grams	.5
Orange	½ each	8 grams	.5
Watermelon, diced	½ c	6 grams	0
Fruit, Frozen:			
Blueberries	¼ c	5 grams	0
Juice Bar Frozen	1 each	18 grams	
Strawberries, unsweetened	¼ c	3.5 grams	0
Strawberries, sweetened	¼ c	16.5 grams	1
Fruit Juice:			
Apple	4 oz.	15 grams	1
Grape	4 oz.	21 grams	1
Orange	4 oz.	15 grams	1
Orange-Pineapple	4 oz.	15 grams	1
Dairy:			
Cheese, Mozzarella Stick	1 oz.	0.75 grams	0
Cheese Sauce, cheddar	2 oz.	5 grams	0
Milk, Chocolate 1%	8 oz.	28 grams	2

Milk, Lowfat 1%	8 oz.	13 grams	1
Milk, Skim	8 oz.	13 grams	1
Milk, Strawberry 1%	8 oz.	26 grams	2
Sliced Cheddar	2 slices	2 grams	0
Yogurt, Fruited, Dannon	4 oz.	23 grams	1.5
Desserts:			
Banana Bread Square	3 x 3 cut	25 grams	1.5
Blueberry Coffee Cake	1 square	33 grams	2
Brownie	1 each	23 grams	1.5
Cake, Chocolate w/frosting	2 x 3 cut	36 grams	2
Cake, Vanilla w/frosting	2 x 3 cut	38 grams	2.5
Cookie, Chocolate Chip	1 each	16 grams	1
Cookies, Chips Ahoy, snack bag	1 each	28 grams	2
Cookies, Mini Oreos, snack bag, 1.25 oz.	1 each	25 grams	1.5
Cookie, Sugar	1 each	15 grams	1
Cupcake, Chocolate	1 each	34 grams	2
Cupcake, White	1 each	36 grams	2
Dessert Bars	1- 2" square	30 grams	2
Frozen Juice Bar, Blue, Raspberry or Cherry, 3.1 oz.	1 each	21 grams	1
Ice Cream Cup, Vanilla	1 each	12 grams	1
Jello, Regular, Strawberry	½ c	17 grams	1
Mini Marshmallows	1 oz.	5 grams	0
Molasses Cookie	1 each	16 grams	1
Poptarts, Fudge	2 ct.	37 grams	2
Poptarts, S'mores	2 ct.	36 grams	2
Poptarts, Strawberry	2 ct.	38 grams	2.5
Pudding, Vanilla	3.5 oz.	26 grams	2
Pumpkin Bar	1 square	44 grams	3
Pumpkin Pie Square	3 x 3 cut	45 grams	3
Raspberry Sherbet Cup	1 each	26 grams	2
Shape Up-frozen cup	1 each	18 grams	1
Sherbet	1 each	27 grams	2
Superstar Popsicle	1 each	26 grams	2
Teddy Grahams, snack bag	1 each	16 grams	1
Trail Mix	¼ c	21 grams	1

***If a carbohydrate is more than .70 we round up or if less than .70 we round down.**