

K-5 CARB COUNTS (Updated 8/25/22)

Food/M meal Items	Serving Size	Carbs
Breakfast Entrees		
Nutrigrain Bar (Strawberry)	1 bar	30 g
Cheesy Egg Biscuit	1 Sandwich	14 g
Cinnamon Roll	1 each	36 g
Egg Bagel	1 Sandwich	29 g
Apple Cinnamon Muffin	1 - 2 oz Muffin	31 g
Sausage & Cheese Biscuit	1 Sandwich	14 g
Blueberry Bagel	1 each	33 g
Cocoa Cinnamon Donut Holes	6 donut holes	35 g
Kolaches	1 each	15 g
Strawberry Yogurt Parfait	1 serving	44 g
Apple Overnight Oats	1 cup	55 g
French Toast Sticks with Powdered Sugar	5 Sticks	53 g
Sausage Breakfast Pizza	1 slice	27 g
Mini Cinnamon Rolls	1 pouch	34 g
Pumpkin Spice Cinnamon Toast Crunch Donut	1 each	50 g
Country Chicken Biscuit	1 sandwich	18 g
Fudge Poptart	1 package	36 g
Cheesy Egg Breakfast Burger	1 sandwich	29 g
Oatmeal Apple Cinnamon Breakfast Round	1 each	39 g
Turkey Pancake Wrap	1 each	16 g
Sausage & Cheese English Muffin	1 sandwich	23 g
Apple Frudel	1 pouch	30 g
Egg and Cheese English Muffin	1 sandwich	23 g
Mixed Berry Scone	1 each	35 g
Glazed Cinnamon Roll	1 each	43 g
Chocolate Chocolate Chip Muffin	1 each	63 g
Cinnamon Raisin Bagel	1 each	34 g
Cheese Stuffed Breakfast Sandwich	1 each	19 g
Banana Muffin	1 each (4 oz)	61 g
Additional Breakfast Items		
String Cheese	1 stick	0 g
Graham Cracker	4 each (1 oz)	22 g
Lucky Charms	1 bowl	47 g
Cocoa Puffs	1 bowl	47 g
Cheerios	1 bowl	44 g
Cinnamon Toast Crunch	1 bowl	44 g
Trix	1 bowl	24 g
Lunch Entrees		
Chicken Fried Steak	1 each	19 g
Biscuit	1 each (1 oz)	12 g
Country Gravy	1/4 cup	6 g
Chicken Quesadilla	1 each	32 g
Fish Sandwich	1 sandwich	43 g

Waffle	2 each	23 g
Syrup	1 fl oz	18 g
Scrambled Egg w/Chicken Sausage	1 No 16 Scoop	2 g
Kickin' Chicken Fries	1 serving	18 g
Vegetarian Picadillo Burrito	1 each	63 g
General Tso's Beef w/Vegetables	1 spoodle (6 fl oz)	24 g
Rice	1 cup	42 g
BBQ Chicken Mac	1 serving	69 g
Fish Sticks	4 each	24 g
Roll	1 each (1.25 oz)	14 g
Salisbury Steak	1 each	4 g
Beef Gravy	1/4 cup	5 g
Chili Garlic Popcorn Chicken w. LoMein	1 bowl	50 g
Beef Nachos	1 each	38 g
Chicken Nuggets	5 each	15 g
Spicy Blackbean Beef Bowl, Mexican Corn & Pico	1 serving	70 g
Ranch Chicken Salad	1 each	6 g
Mac and Cheese	6 fl oz	24 g
Potato Crunch Fish Fillet	1 each	13 g
Turkey Soft Tacos	2 each	35 g
Chicken & White Bean Chipotle Chili Frito Bowl	1 bowl	47 g
Ranch Popcorn Chicken Salad	1 each	20 g
Sweet and Sour Chicken w/ vegetables	6 fl oz	17 g
French Toast Sticks	4 sticks	38 g
Cheese Omelet	1 each	2 g
Beef Tacos	2 each	25 g
Disco Fries	1 serving	18 g
Sriracha Chili Sauce	1 tablespoon	3 g
Breaded Fish Bites	8 each	22 g
Macaroni and Cheese	6 fl oz	24 g
Spicy Popcorn Chicken Bowl	1 bowl	49 g
Jumbo Cheese Ravioli	3 each	23 g
Spaghetti Sauce	1/2 cup	11 g
Chicken Tikka Masala Bowl	1 bowl	62 g
Cajun Chili Fries	1 bowl	39 g
Tortilla Scoops	1 serving	33 g
Garlic Toast	1 each	13 g
Penne Alfredo with Chicken	8 fl oz	26 g
Kickin' Bean & Beef Tortilla Bowl	1 bowl	53 g
Chicken Nachos	1 serving	40 g
Corn Muffin	1 muffin	31 g
Baked Potato with Vegetarian Chili & Cheese	1 each	52 g
Chicken Tenders with Rice and Thai Sate Sauce	1 bowl	40 g
Turkey and Cheese Wrap	1 each	32 g
Cheeseburger Meatloaf	1 each	8 g

Grill

Hamburger	1 each	29 g
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Cheeseburger	1 each	30 g
Veggie Burger	1 each	33 g
Hotdog	1 each	28 g
Chicken Patty Sandwich	1 each	39 g
Chicken Tender	3 each	13 g
Grilled Cheese	1 sandwich	33 g
Popcorn Chicken	1 serving	8 g
Tater Tots	1/2 cup	14 g
Crinkle Cut Fries	1/2 cup	13 g
Roll	1 each (2.5 oz)	29 g
Breadstick	1 each	15 g

Pizza

Wedge Cheese Pizza	1 each	32 g
Wedge Pepperoni Pizza	1 each	31 g

Starchy Vegetables

Baked Beans	1/2 cup	43 g
Creamy Coleslaw	1/2 cup	10 g
Mashed Potato	1/2 cup	14 g
Edamame	1/2 cup	9 g
Canned Mixed Vegetable Blend	1/2 cup	10 g
Waffle Cut Fries	1/2 cup	20 g
Acorn Squash	1/2 cup	9 g
Black Bean and Vegetable Salad	1/2 cup	16 g
Sweet Potato Fries	1/2 cup	25 g
Mexicali Corn	1/2 cup	12 g
Green Beans with Carrots	1/2 cup	6 g
Chipotle Campfire Beans	1/2 cup	34 g

Fruit

Apple	1 each	16 g
Orange	1 each	12 g
Watermelon	1/2 cup	7 g
Banana	1 each	18 g
Grapes	1/2 cup	15 g
Diced Pears w/ Juice	1/2 cup	16 g
Fruit Mix w/light syrup	1/2 cup	17 g
Fruit Mix w/Juice	1/2 cup	16 g
Applesauce (Strawberry/Banana)	1 each	14 g
Applesauce (Unsweetened)	1/2 cup	13 g
Raisin	1 box	34 g
Diced Peaches w/Juice	1/2 cup	12 g
Fresh Fruit Salad	1/2 cup	13 g
Apricot Halves w/Juice	1/2 cup	14 g

Juice

Grape Juice	4 fl oz	19 g
Fruit Punch	4 fl oz	24 g
Orange Juice	4 fl oz	14 g
Cherry Star Juice	4 fl oz	13 g

Apple Juice	4 fl oz	14 g
Fruit Juice	4 fl oz	14 g

Milk

White Milk	8 fl oz (1 carton)	11 g
Chocolate Milk	8 fl oz (1 carton)	20 g

Dressing/Condiments

Italian Dressing	1 tablespoon	0.5 g
Ranch Dressing	1 each/1 tablespoon	1 g
French Dressing	1 tablespoon	4 g
Ketchup	1 each	3 g
Mayonnaise	1 each	1 g
BBQ Sauce	1 tablespoon	9 g