

*The carbs below are from the information provided to us at this time. Vendors make substitutions at times and manufacturers are changing formulations in an effort to meet new guidelines.

*For severe Diabetic students, I suggest you find out exactly what the child will eat and confirm the carbs with the cafeteria manager.

*Students are offered 1/2 cup of fruit & 1 cup of vegetables in elementary and middle schools and 1 cup of fruit and vegetables in high school; but only have to take 1/2 cup of either.

Ingredient Name	Serving Size	Serving Size Unit	Carbs (g)
Breakfast, Bagel, 2.3 oz, Plain, Lenders 10076800000271, V04020, 2.25 Non-WG	65	Gram	33.00
Breakfast, Bagel, NY Style, Redhouse, V04032, Non-WG	128	Gram	72.00
Breakfast, Bagel, Redhouse, Plain, Non-WG	128	Gram	71.00
Breakfast, Bun, RF, Sky Blue Foods, WWB5160, V04154, 2.75WG	1	Each	39.00
Breakfast, Cereal Bar, Blueberry, Nutri-Grain, Kellogg's, 48/1.3 oz	100	Gram	65.20
Breakfast, Cereal Bar, Cocoa Puff SS 1.4 oz, General Mills, 16000-19438, Non-WG	1	bar	28.00
Breakfast, Cereal Bar, Kellogg's Nutri-Grain Apple Cinnamon, 48/1.3 oz,	100	Gram	65.30
Breakfast, Cereal Bar, Nutri-Grain, Kellogg's, Strawberry, 48/1.3 oz	100	Gram	65.00
Breakfast, Cereal Bar, Team Cheerios Strawberry General Mills, V04025, 1WG	37	Gram	28.00
Breakfast, Cereal Bar, Trix, Whole Grain, General Mills, 42395, V04109, 1WG	37	Gram	27.00
Breakfast, Cereal, Apple Jacks Reduced Sugar, General Mills, 29472	20	Gram	18.00
Breakfast, Cereal, Cheerios, General Mills, 16000-11941, WG	19	Gram	14.00
Breakfast, Cereal, Cherrios-Honey Nut, General Mills, 16000-11941, WG (#LI100037)	28	Gram	22.00
Breakfast, Cereal, Cinnamon Toast Crunch RS, General Mills, 16000-29444, V04141	28	Gram	22.00
Breakfast, Cereal, Cocoa Puffs RS, General Mills, 16000-29443, V04120, 1WG	24	Gram	20.00
Breakfast, Cereal, Country Corn Flakes, General Mills, 16000-11968, WG	19	Gram	16.00
Breakfast, Cereal, Froot Loops RS, Kellogg's, 3800021863	1	Container	17.00
Breakfast, Cereal, Frosted Flakes, Kellogg's, 3800054998	1	Container	24.00
Breakfast, Cereal, Frosted Mini-Wheats, Kellogg's, 09010, V04071, WG	28	Gram	24.00
Breakfast, Cereal, Kix, General Mills, 16000-11942, MMA	1	bowl	15.00
Breakfast, Cereal, Lucky Charms, General Mills. 16000-11973, V04085, 1WG	1	bowl	21.00
Breakfast, Cereal, Trix RS, General Mills, 16000-29445, WG	21	Gram	18.00
Breakfast, Cereal, Wheaties, General Mills, 16000-11940, WG	23	Gram	19.00
Breakfast, Fruit Pocket, Apple, WW, 3.6oz, Horizon, 00400, WG	3.6	Ounce	44.00
Breakfast, Fruit Pocket, Cherry, WW, 3.6oz, Horizon, 00401, WG	3.6	Ounce	44.00
Breakfast, Muffin, Wild Blueberry, Otis Spunkmeyer, 07100	1	muffin	32.00
Breakfast, Pancake 'N Sausage Stick, Whole Grain, CN, 2.5oz, Sara Lee, 70601	71	Gram	22.00
Breakfast, Pancake, Mini Pancake, Maple Burst'n, Pillsbury, WG, 31971	80	Gram	30.00
Breakfast, Pop-Tart, Frosted Blueberry, 72/3.67 oz, Kellogg's, 38000-31032	104	Gram	75.00
Breakfast, Pop-Tart, Frosted S'mores, 3.6oz, Kellogg's FAFH, 3800005817, 2B	100	Gram	72.00
Breakfast, Pop-Tart, Frosted, Brown Sugar Cinnamon, 3.5 oz, Kellogg's, 3800031132	2	pastry	68.00
Breakfast, Pop-Tart, Frosted, Strawberry, 3800031732, 2B, Non-WG (#LI100125)	104	Gram	75.00
Breakfast, Yogurt, Danimals Strawberry Banana Yogurt, 4 oz SS Cup, Dannon 2732	113	Gram	19.00
Breakfast, Yogurt, Danimals Strawberry Yogurt, 4 oz SS Cup, 2731, 1 MMA	113	Gram	19.00
Condiment, BBQ Sauce, Tastepleasers 279450	1	Ounce	12.00
Condiment, Dressing, Country French Lite, Kens, 1.5 oz	1.5	Ounce	14.00
Condiment, Dressing, Italian, Lite, Kens, 1.5 oz	1.5	Ounce	3.00
Condiment, Dressing, Ranch, Lite, Cains 52230, Gal, V11183	1	Ounce	6.00
Condiment, Dressing, Ranch, Lite, Ken, 1.5 oz, V11262	1.5	Ounce	7.00
Condiment, Honey Mustard, 1 oz Cup, Frosty Acres, 92-0128, V11363	1	oz cup	10.00
Condiment, Horseradish, Fresco, V11365	100	Gram	11.29
Condiment, Jelly Assortment PCs, Sauer 06375, V11410			
Condiment, Jelly, Grape, Carriage House	20	Gram	13.00
Condiment, Ketchup, Redgold, Packets, REDY59G, V16107	9	Gram	3.00
Condiment, Mayonnaise, Cains, 59050	1	tbsp	1.00
Condiment, Mustard packets, Monarch, 4329314	5.5	Gram	1.00
Condiment, Oil, Olive, Extra Virgin, Santa Lucia	0.5	Ounce	0.00
Condiment, Pepper, Table Grind Black Pepper, Badia, 00729	100	Gram	65.00

Ingredient Name	Serving Size	Serving Size Unit	Carbs (g)
Dairy, Cheese, 4/5# Feather Shred Yellow Cheddar, Bongards, 75519	28	Gram	0.99
Dairy, Cheese, American & Skim Milk Blend, White, Sliced, Loaves, 5 LB, USDA 100019	28	Gram	2.00
Dairy, Cheese, Cream Philly 1 oz. Cup SS, 11192, Kraft Foods, V05040, .5MMA	100	Gram	4.07
Dairy, Cheese, Mozzarella String Cheese Stick LMPS, Bongards' Creameries, 40240	28	Gram	1.00
Dairy, Cheese, Provolone, Bongards 12# #75247, V05062, 1MMA	2	Ounce	0.00
Dairy, Egg, Fresh, Glennview Farms, Shell Large Grade, AA White Tray, 823013, V05110	100	grams	0.78
Dairy, Egg, Hard Cooked Peeled Whole, Glennview Farms, 827477, V16098	100	Gram	1.00
Dairy, Egg, Patty, Scrambled, Frozen Cooked 1.25 oz, Sunny Fresh, 40700, V16097	1.25	Ounce	1.00
Dairy, Milk, 1% White, Wawa, MILK	244	Gram	13.00
Dairy, Milk, Fat Free Chocolate, Half Pint, WAWA, MILK	245	Gram	24.00
Dairy, Milk, Fat Free Strawberry, Pint, WAWA, MILK	245	Gram	22.00
Dairy, Milk, Fat Free, Wawa, V05190	8	Ounce	13.00
Dairy, Milk, Lactaid, Fat Free, Half Pint, MILK	245	Gram	13.00
Dairy, Whipped Topping, On Top Whipped Topping, Frozen,Rich's Foodservice Products	8	Gram	2.00
Entree, American Cheese Stix, Toasted, V16095	113	Gram	27.00
Entree, Calzonette, Giorgio, 9074, V16127, 2MMA,2 WG	3	Each	34.00
Entree, Cheese Stick, Mozzarella, Breaded, .84oz Red Sodium, Fishery Prod, G1042DF	5	pieces	29.00
Entree, Chicken, 8 Piece Cut Up Parts, Breaded, Gold Kist Farms, 7810, V16071	3	Ounce	10.00
Entree, Chicken, 8 piece Roasted, Gold Kist, 8820, V16069, 2MMA	1	3 Ounce	3.00
Entree, Chicken, Asian Chicken, V15148, 2MMA, 1.5 Non-WG	80	Gram	14.00
Entree, Chicken, Nuggets, Gold Kist Farms WG, Fully Cooked, Breaded, Pilgrim's, 61210	3.04	Ounce	13.00
Entree, Chicken, Patty, Breaded, Gold Kist 6654, V16065, MMA, WG	3.05	Ounce	9.00
Entree, Chicken, Popcorn Gold Kist, Breaded, 69160, V16051, MMA, WG	3.08	Ounce	13.00
Entree, Chicken, Sticks, Tyson, 70367-928, V16072, MMA, WG	8	piece	14.00
Entree, Chicken, Strips, Breaded, Krisp N' Krunchy,Tyson, 3859-328, V16077, MS 4 Pcs	95	Gram	12.00
Entree, Corn Dog, Turkey, Mini, Frozen, Sara Lee Corp, 09100, V15165, MMA, Non-WG	70	Gram	21.00
Entree, French Toast Sticks, BakeCrafters, 442, V12065, WG	94	Gram	42.00
Entree, MaxStix Pizza Sticks 12685, Frozen, ConAgra, 77387-12685, MMA, WG	1.93	Ounce	16.00
Entree, MaxStix, Reduced Fat, Mozzarella, Frozen, ConAgra Foods, 77387-12722	110.57	Gram	31.00
Entree, Pizza, 4x6, 4.56 oz., Frozen, The Max Fit For Kids, ConAgra, 12655, MMA,, WG	1	Each	33.00
Entree, Pizza, Bagel, Mini, Tasty Brand, 52222, 2MMA, 2WG	4	Each	24.00
Entree, Pizza, Big Daddy's, Whole Grain, Cheese,16", Rolled Edge, Schwan's, 78926	4.38	Ounce	33.00
Entree, Pizza, Domino, Smart Slice, 14" 8 cut, V13229, 2MMA, 2WG	139	Gram	31.00
Entree, Pizza, French Bread, 6" Frozen 50/50 Moxx/Sub Mozz, Red Baron, 7242852	1	slice	35.00
Entree, Pizza, French Bread, 8" 2MMA,2.25G/B	163	Gram	42.00
Entree, Pizza, The Max Stuffed Crust, FFK 77387-12716, MMA, WG, Veg-RO	1	slice	52.00
Entree, Quesadilla, Cheese, 5oz, Conagra, 7738712699, V13335, 2MMA, 2.25WG	5	Ounce	42.00
Entree, Quesadilla, Chicken, The Max Whole Grain 12700, Frozen, ConAgra, 77387-12700	5	Ounce	38.00
Entree, Taco, Mini, Tasty Brand, 25701, V16081, 2MMA, 1.5 WG	3	Each	27.00
Entree, Tacos, Chicken, Mini, Whole Grain Volcano, Tasty Brands, 25702, MMA, WG	128	Gram	31.00
Fruit Juice, Apple, 100% with Vitamin C, 4 oz, Suncup, 090303, V03020, F	4	Ounce	15.00
Fruit Juice, Fruit Punch Cup, 100%, Fresh, 4oz, Suncup, 090803, V03023, F	4	Ounce	15.00
Fruit Juice, Orange, 100%, 4oz, Suncup, 090103, V03290, F	4	Ounce	14.00
Fruit, Apple Slices, Canned, Unsweeteed, USDA, 100206, F	0.5	Cup	9.00
Fruit, Apples, Red Delicious, 138 Ct, PL, V07025, F	242	Gram	34.00
Fruit, Applesauce, Canned, Unsweetened, Alpine, V06020, F	0.5	Cup	12.00
Fruit, Bananas, Raw, Commodity, 9040, F (#LI100115)	100	Gram	22.84
Fruit, Grapes, American Type (Slip Skin), Raw, Commodity, V07161, F	100	Gram	17.15
Fruit, Mandarin Oranges, Can, PL, V06100, F	100	Gram	16.00
Fruit, Mixed, Diced in Juice, Canned, Monarch, 6328207, F	124	Gram	13.00
Fruit, Orange, Fresh, Packer, 113 CT, V07271, F	1	Each	19.00
Fruit, Peaches, Clingstone, Diced, Extra Light Syrup, Canned, USDA, 100220	0.5	Cup	13.99
Fruit, Peaches, Clingstone, Sliced, Extra Light Syrup, Canned, USDA, 100219	0.5	Cup	13.99
Fruit, Peaches, Freestone, Diced, Frozen, Single Serve, 4.4 oz, USDA 100241	0.5	Cup	19.00
Fruit, Peaches, Sliced, Packer, 38930, F	0.5	Cup	20.00

Ingredient Name	Serving Size	Serving Size Unit	Carbs (g)
Fruit, Pears, Canned, Barlett, Extra Light Syrup, Halves, USDA 100226	2	halves	18.54
Fruit, Pears, Canned, Bartlett, Extra Light Syrup, Diced, USDA 100225	0.5	Cup	15.07
Fruit, Pears, Canned, Bartlett, Sliced, Extra Light Syrup, USDA, 100224	0.5	Cup	15.12
Fruit, Pineapple Tidbits in juice, V06210, F	140	Gram	17.00
Fruit, Raisins, Thompson Seedless Select, 365, V02654, F	0.25	Cup	31.00
Fruit, Strawberry, Frozen, Sliced, Sweetened, 30 LB, USDA, 100254	0.5	Cup	33.05
Fruit, Water Ice, Rosati, 100% Fruit Juice	4	Ounce	25.00
Grain, Bread, Jewish Rye, Morbiato, 332	1	Slice	24.00
Grain, Bread, Combo Rye and Pumpernickel, Morabito, 336	1	Slice	24.00
Grain, Bread, Goldfish, Whole Wheat, Pepperidge Farms, V04065, 1WG	1.5	Ounce	21.00
Grain, Bread, Italian, Red Lobster, Morabito, 168	30	Gram	46.00
Grain, Bread, Rye, Baker's Touch, 2094, Non-WG	2	Slice	26.00
Grain, Bread, Wheat, Bakers Touch, Pullman, Morabito, 49, V04060, 1WG	1	Slice	13.00
Grain, Chow Mein, Noodles, La Choy, 12620	0.5	Cup	19.00
Grain, Cracker, Graham, Honey Maid, 1001932001380, V08334, .5Non-WG	14	grams	11.00
Grain, Crackers, Saltines, Whole Grain, Lance, 803206-102997, WG	4	cracker	8.00
Grain, Crouton, Cube Herb Seasoned Bag, Fresh Gourmet, 74470	7	Gram	5.00
Grain, Dinner Roll, Whole Wheat, Cluster, Morabito, 60, 116, 1WG	1	Roll	22.00
Grain, Macaroni, Elbow, V04210, 2Non-WG	58	Gram	41.00
Grain, Rice, Brown, Riceland, 8288854, WG	0.5	cup	32.00
Grain, Rice, Extra Long Grain 4% Broken bag, Riceland, 5008289	2	once	35.00
Grain, Roll, Club, Morbaito, 591, 2.18 WG	1	Roll	18.00
Grain, Roll, Hamburger, Whole Wheat, Bimbo 5193, 1.5WG	50	Gram	24.00
Grain, Roll, Hot Dog, Bakers Touch Wheat, 16 ct 28 oz, Bimbo Bakeries, 5194, 1.5WG	50	Gram	22.00
Grain, Roll, Kaiser, Bimbo, 3242, 4", 2WG	1	Roll	29.00
Grain, Rotini, Whole Grain, Dry, 20 LB Carton, USDA, 100434	2	oz dry	42.77
Grain, Spaghetti, Whole Grain, Dry, 20 LB Bag, USDA, 100427	2	oz dry	18.58
Grain, Tortilla Chips, Abuelita, V08860	28	Gram	21.00
Meat, Bacon, Patuxent Farms, Pre-Cooked, Non-Creditable V15010	100	Gram	1.35
Meat, Beef, Crumbles with VPP, Kettle Cooked, JTM Food Group, 5868CE, V16036, 2MMA	69.2	Gram	1.00
Meat, Beef, Meatballs, Advance Food, 1/-17-305-0, V16111, 2MMA	70	Gram	3.00
Meat, Beef, Pattie, Smart Picks Flamebroiled, Low Sodium, Advance Pierre 3742, 2.25 oz	1	pattie	1.00
Meat, Beef, Sandwich Steak Slices, Cooked, Maid Rite, 75156-96100, V16030	2.4	Ounce	1.00
Meat, Chicken, Diced, Goldkist, 1230, V16086, MMA	2.72	Ounce	1.00
Meat, Deli, Cappocola Ham, Hatfield, 2289, MMA	2	Ounce	3.00
Meat, Deli, Ham, Water Added, Fully Cooked, Frozen, USDA, 100184, MMA	34	Gram	1.59
Meat, Deli, Ham, Water Added, Sliced, Frozen, 5 lb, USDA 100187, V00466, 1MMA SI	1.22	Ounce	1.83
Meat, Deli, Salami, Hatfield, 3240, MMA	2	Ounce	3.00
Meat, Deli, Turkey Combo Pack, Ham, Salami, Bologna, Sliced, Jennie-O, 2095, MMA	4.1	Ounce	3.00
Meat, Deli, Turkey Ham, Water Added, Fully Cooked, Frozen, USDA, 100126	2	ounces	1.00
Meat, Deli, Turkey, Italian Combo Pack, HAM, .50 oz, Sliced, Jennie-O, 2096-12	3.01	Ounce	1.00
Meat, Pork, Ham, Cured, Sliced, Precooked, 97% Fat Free, Commodity, 100187, V00466	100	Gram	1.24
Meat, Pork, Sausage, Pattie, Advance Pierre, 1.20 Oz, MMA	1	Patty	0.00
Meat, Turkey, Breast, Skinless, Oven Roasted, Jennie-O Turkey Store Sale LL, 835402	3.86	Ounce	2.20
Meat, Turkey, Frank, Kunzler, 1079, V15381, MMA	1	hot dog	1.00
Meat, Turkey, Taco, Pre-cooked, Jennie-O, 2856-28, V16237, 2MMA	2.97	Ounce	3.00
Miscellaneous, SunButter, Creamy, SunGold Foods, 1MMA	2	tbsp	7.00
Sauce, Cheese, Trio, Mix, Nestle, V11111	1	Serving	7.00
Sauce, Nacho Cheese, Can, El Pasado, Shelf Stable, V1115, 447951, MMA	56	Gram	4.00
Sauce, Sloppy Joe, Redpack RPK1A99, V06105	2	Ounce	8.00
Sauce, Tomato, Marinara Sauce, Red Gold, REDNA99 - UPC Code: 72940-82200	128	Gram	14.00
Sauce, Tomato, Paste, Canned, No Salt Added, USDA, V00093, 100327	0.5	Cup	24.77
Sauce, Tomato, Spaghetti, Meatless, Red Pack, Red Gold Inc, RPKMA9C, Veg-RO	125	Gram	11.00
Seafood, Tuna, Chunk Light Tuna In Water, Nifda, 636341, MMA	2	ounces	0.00
Shrimp Popper, SeaPak, 041344470205, V13275, 1MMA	88	Gram	23.00

Ingredient Name	Serving Size	Serving Size Unit	Carbs (g)
Snack, Cookie, Bonzer Choc Chip 71501 V08242	42.5	Gram	27.00
Snack, Cookie, Bonzer Choc Chip 71535 V08241	42.5	Gram	27.00
Spice, Garlic, Granulated, V11320	28	Gram	20.00
Spice, Taco Seasoning Mix, Pasado, V11800	4	Gram	2.00
Vegetable, Can, Beans, Garbanzo (chickpea), Fancy, Monarch-D, 9330168, V06041	125	Gram	19.00
Vegetable, Can, Beans, Great Northern, Dry, LS, USDA, 100373, V00121, Veg-BP	0.5	Cup	18.66
Vegetable, Can, Beans, Lima, Baby, Dry, LS, USDA, 100371, Veg-BP	0.5	Cup	20.09
Vegetable, Can, Beans, Vegetarian	100	Gram	23.07
Vegetable, Can, Tomato, Salsa, Chunky Mild Salsa, Red Gold,V16108, Veg-RO	29	Gram	2.00
Vegetable, Can, Tomatoes, Diced, No Salt Added, USDA, 100329	0.5	Cup	6.00
Vegetable, Fresh, Bok Choy, V07215, Veg-DG	1	Cup	2.18
Vegetable, Fresh, Broccoli, Floret, Cross Valley Farm, 042287, Veg-DG	148	Gram	8.00
Vegetable, Fresh, Carrots, V07090, Veg-RO	64	Gram	3.00
Vegetable, Fresh, Celery, Packer, V07121, Veg-O	2	Med Stalks	5.00
Vegetable, Fresh, Cucumber, V07132, V-O	100	Gram	2.16
Vegetable, Fresh, Lettuce, Iceberg, Shredded 1/8", Pillow Pack, Cross Valley Farms	89	Gram	2.00
Vegetable, Fresh, Lettuce, Iceberg/Romaine 50/50 with color, Taylor Farms, 1070044	85	Gram	4.00
Vegetable, Fresh, Lettuce, Iceburg, Shredded, Veg-DG	85	Gram	3.00
Vegetable, Fresh, Lettuce, Mix, Iceberg, Red Cabbage, Carrot, Bag, Cross Valley Farms	89	Gram	2.00
Vegetable, Fresh, Onion Yellow, Dry, Veg-O	1	Med	9.00
Vegetable, Fresh, Salad Mix, Iceburg Romaine Carrot Cabbage Lettuce, Packer, 00671419	89	Gram	2.00
Vegetable, Fresh, Squash, Butternut	100	Gram	8.59
Vegetable, Fresh, Tomatoes, Grape, Veg-RO	2	Each	0.31
Vegetable, Frozen, Beans, Green, V14010, Veg-O	68	Gram	4.35
Vegetable, Frozen, Broccoli, Mini Florets, Hanover, 761561, V14020, Veg-DG	85	Gram	3.00
Vegetable, Frozen, Carrots, Sliced, 30 LB, USDA, 100352, V14060, Veg-RO	0.5	Cup	5.64
Vegetable, Frozen, Cauliflower, cooked	100	Gram	3.16
Vegetable, Frozen, Cauliflower, cooked, drained Veg-O	100	Gram	3.75
Vegetable, Frozen, Corn, Golden Corn, Yellow Cut, Veg-S	100	Gram	21.00
Vegetable, Frozen, Peas, Green, 30 LB, USDA, 100350	0.5	Cup	11.41
Vegetable, Frozen, Potato, Hash Brown Patty, 2.25 oz., McCain Foods USA, V14090	2	Each	30.00
Vegetable, Frozen, Potato, Oven Fry, 5 LB, USDA 100357	0.5	Cup	33.93
Vegetable, Frozen, Potato, Sweet Gems, Simplot, 10071179024361, Veg-RO	100	Gram	22.50
Vegetable, Frozen, Potatoe, Russet, Wedges, IQF, prebaked, 100355, A174	100	Gram	25.50
Vegetable, Frozen, Spinach, Packer, Veg -DG	78	Gram	4.00
Vegetable, Frozen, Sweet Potatos, Chunks, 5LB, USDA, 100353	0.5	Cup	20.59