

Carbohydrate Count

revised 4/3/23

Lunch Entrées	Serving Size	Carbohydrates (g)
Chicken Tenders	2 tenders	6
Chicken, Popcorn	15 pieces	17
Chicken & Waffle	1 patty, 1 waffle	47
Chicken Patty	1 patty	9
Belgian Waffle	1 waffle	38
Corn Dog, Chicken	1 each	28
Hamburger	1 each	31
Mac & Cheese	6 oz	30
Orange Chicken & Rice	3.6oz chx/8oz rice	63
Orange Chicken	3.6oz	19
Rice	8oz	44
Pizza Cruncher	4 pieces	41
Pizza, Cheese	1 slice	37
Pizza, Pepperoni	1 slice	34
Pupusa, Bean & Cheese	1 each	35
Quesadilla, Cheese	1 each	39
Rotini w/ Meat Sauce	8oz	24
Sandwich, Italian Sub	1 each	31
Sunbutter Sandwich & Cheez It	1/1 each	47
Sunbutter	1 each	33
Cheez It	1 each	14
Taco Salad	2.75oz beef, 12 chips	31
Tamale, Chicken	1 each	26
Vegan Burger	1 each	35
Veggie Buffalo Nuggets & Cheez It	6 nuggets, 1 each	41
Veggie Buffalo Nugget	6 nuggets	27
Cheez It	1 each	14
Yogurt, Cheese, & Granola	4oz yogurt, 2oz granola, 1 string cheese	57
Yogurt	4oz	15
String Cheese	1 each	0
Granola (2oz)	2oz	42
Granola(1oz)	1oz	21
(Fruit)-Sidekicks Frozen Fruit Cup	1 each	23

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Breakfast Entrées	Serving Size	Carbohydrates (g)
Bagel	1 each	34
with Cream Cheese	1 each	1
Banana Bread	1 each	44
Blueberry Muffin	1 each	39
Breakfast Bites	1 each	37
Cinnamon Crumb Loaf	1 each	47
Chorizo Cheese Sunrise Stick	1 each	17
Egg & Cheese English Muffin	1 each	23
Egg Chorizo Burrito	1 each	22
French Toast Sticks	2 sticks	38
Maple Chicken Sandwich	1 each	17
Pan Dulce	1 each	34
Pancakes, Mini	1 each	36
Pumpkin Bread	1 each	44
Smoothie & Granola	1/1 each	78
Straw/Bana Yogurt Smoothie	1 each	36
Granola (2oz)	1 each	42
UBR Bar	1 each	44
Waffles, Mini Maple	1 pack	35
Yogurt & Granola	4oz, 1 pouch	36
Yogurt	4oz	15
Granola (2oz)	2oz	42
Granola(1oz)	1oz	21
Cereal, Cheerios Apple	1 each	22
Cereal, Cheerios Fruity	1 each	25
Cereal, Cheerios Multigrain	1 each	23
Cereal, Cinnamon Chex	1 each	23
Cereal, Cinnamon Toast Crunch	1 each	22
Cereal, Frosted Flakes	1 each	24
Cereal, Frosted Mini Wheats	1 each	24
Cerea, Fruit Loops	1 each	24
Cereal, Lucky Charms	1 each	22
Cereal, Raisin Bran	1 each	27
String Cheese (comes with cereal)	1 each	0

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Fruits & Vegetables	Serving Size	Carbohydrates (g)
Apple, fresh (small)	1 each	14
Apple, slices (pouch)	1 each	8
Applesauce (1/2 c)	1 each	14
Banana, fresh (petite)	1 each	23
Beans, Garbanzo (1/4 c)	1/4 c	11
Beans, Green (1/2 c)	1/2 c	4.5
Beans, Kidney (1/4 c)	1/4 c	9
Beans, Vegetarian (1/4 c)	1/4 c	13.5
Beets, sliced (1/4 c)	1/4 c	3
Blueberries, frozen (1/2 c)	1/2 c	9.5
Broccoli, florets (1/4 c)	1/4 c	1.5
Cabbage, red (1/4 c)	1/4 c	1
Carrots, baby (1/4 c)	1/4 c	3
Cauliflower, florets (1/4 c)	1/4 c	1
Celery sticks (1/4 c)	1/4 c	1
Corn, frozen (1/2 c)	1/2 c	16
Corn Cobbette (each)	1 each	9
Cranberries, dried (pouch)	1 each	27
Cucumbers, sliced (1/4 c)	1/4 c	1
Cucumber Salad (1/2 c)	1/2 c	6.5
Fruit Mix (1/2 c)	1/2 c	18
Grapefruit, fresh (1/2 medium)	1/2 each	10
Grapes, fresh (1/2 c)	1/2 c	8
Jalapenos (1/8 c)	1/8 c	0.5
Jicama, sliced (1/4 c)	1/4 c	2.5
Juice Bar, frozen	1 each	10
Kiwi, fresh (medium)	1 each	11
Lettuce, shredded (1/2 c)	1/2 c	1
Lettuce, romaine (1/2 c)	1/2 c	1
Lime, fresh (medium)	1 each	7
Mandarin/Tangerine, fresh (medium)	1 each	12
Mushrooms, sliced (1/4 c)	1/4 c	0.5
Nectarine, fresh (medium)	1 each	14
Onions, sliced (1/4 c)	1/4 c	2.5
Orange, fresh (medium)	1 each	15
Peaches, canned (1/2 c)	1/2 c	13.5
Peaches, fresh (medium)	1 each	14
Peach cup, frozen	1 each	30
Pears, canned (1/2 c)	1/2 c	15
Pear, fresh (medium)	1 each	27
Peas, frozen (1/2 c)	1/2 c	11
Persimmon, fresh (medium)	1 each	31
Pickles, dill (1/8 c)	1/8 c	0.5
Pineapples, canned (1/2 c)	1/2 c	17
Plum, fresh (medium)	1 each	7.5
Radishes, sliced (1/4 c)	1/4 c	1
Raisins, box	1 each	29
Salad/Spinach Mix (1/2 c)	1/2 c	1
Salsa, canned (1/4 c)	1/4 c	4
Spinach, fresh (1/2 c)	1/2 c	0.5
Strawberry cup, frozen	1 each	33
Sidekicks, Frozen Fruit (Assorted Flavors)	1 each	23
Strawberries, fresh (1/2 cup)	1/3 c	6
Tomatoes, cherry (1/4 c)	1/4 c	1.5
Tomatoes, chopped/sliced (1/4 c)	1/4 c	1.5
Watermelon, sliced (1/2 c)	1/2 c	6
Zucchini, sliced (1/4 c)	1/4 c	1

Beverages	Serving Size	Carbohydrates (g)
Juice, Apple (4oz)	1 each	14
Juice, Appleberry (4oz)	1 each	14
Juice, Cherry (4oz)	1 each	15
Juice, Fruit Punch (4oz)	1 each	15
Juice, Grape (4oz)	1 each	18
Juice, Orange (4oz)	1 each	14
Juice, Wildberry (4oz)	1 each	15
Milk, 1% (8oz)	1 each	16
Milk, Nonfat (8oz)	1 each	12
Milk, Nonfat Chocolate (8oz)	1 each	20
Condiments	Serving Size	Carbohydrates (g)
Dressing, Italian (2 tbsp)	2 tbsp	6
Dressing, Lite Ranch (2 tbsp)	2 tbsp	4
Dressing, Ranch (2 tbsp)	2 tbsp	2
Jalapenos (1/8 c)	1/8 c	1
Ketchup (9g packet)	1 each	2
Mayonnaise (9g packet)	1 each	1
Mustard (5.5g packet)	1 each	0
Pickles (1 oz/8 slices)	1 oz	1
Sauce, Fish Taco (1 oz)	1 each	1
Salsa (1/8 c)	1 each	4
Tartar Sauce (9g packet)	1 each	1
Taco Sauce (9g packet)	1 each	1
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