

SCS Department of Nutrition Services Carbohydrate List

Breakfast Entrée	Serving	Grams of Carbs
Bagel, Cinnamon Raisin	1 Bagel	36 g
Biscuit	1 Biscuit	28 g
Blue Berry Muffin	1 Muffin	55g
Breakfast Apple Stick	1 Stick	44 g
Breakfast Bun	1 Each	34 g
Breakfast Chicken Slider	1 Sandwich	36 g
Cereal	1 PKG	22-25 g
Cinnamon Raisin Bagel	1 Bagel	36 g
Cinnamon Glazed Pancakes	1 PKG	34 g
Cinnamon Toast Slice	1 Slice	30 g
Coacoa Cherry Bar	1 Bar	37 g
Donut	1 Each	42 g
Granola	1 PKG	26 g
Grilled Cheese Sandwich	1 Sandwich	29 g
Ham and Cheese Fritata	1 Each	15 g
Mini Pancakes	3 Each	41g
Oatmeal Breakfast Round	1 PKG	44 g
Sausage Biscuit	1 Sandwich	28 g
Sausage Patty, Breakfast	1 Each	0 g
Sausage Breakfast Bagel	1 Serving	23 g
Snack n' Waffles	1 Each	43 g
Soy Butter Jammerz	1 Each	55 g
Sweet Potato Muffin	1 Muffin	64 g
Turkey Bacon Toast	1 Toast	18 g
Turkey Sausage Wrap	1 Wrap	25 g
Whole Grain Waffles	2 Each	30 g
Zucchini Bread	1 Each	48 g

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<u>Lunch Entrée</u>	<u>Serving</u>	<u>Grams of Carbs</u>
3 Cheese Bread	1 Serving	40 g
Asian Rice Bowl	1 Bowl	40 g
Baked Rotini	1 Serving	30 g
BBQ Chicken Taco	Tacos	47 g
BBQ Sandwich	1 Sandwich	49 g
Beans & Rice w/ Sausage	6 Oz	22 g
Beef Vegetable Soup	1 Serving	13 g
Black Bean&Corn Salsa w Chips	1 Serving	59 g
Boneless Chicken Wings	4 Pieces	13 g
Burrito	1 Burrito	46 g
Catfish Strips	1 Serving	14 g
Cheese Pizza Wedge	1 Serving	32 g
Chef Salad	1 Salad	10 g
Chicken Curry w/ Rice	1 Cup Curry, 1/2 Cup Rice	24 g
Chicken Alfredo	1 Cup	52 g
Chicken & Dumplings	6 Oz	28 g
Chicken, Lemongrass	1 Portion	19 g
Chicken and Waffles w/ Syrup	1 Serving	50 g
Chicken Noodle Soup and Grilled Cheese	1 Serving	55g
Chicken, Orange	1 Portion	11 g
Chicken Patty (small)	1 Patty	5 g
Chicken Sandwich	1 Sandwich	29 g
Chicken Tenders	3 PCS	17 g
Cornbread Dressing	1/2 Cup	26 g
Crispito w/ Chili	1 Crispito	43 g
Cuban Sandwich	1 Sandwich	40 g
Deli Sandwich	1 Sandwich	36 g
Echilada Casserole	1 Cup	24 g
Fish Filet	1 Portion	20 g
Fish Filet Sandwich	1 Sandwich	49 g
Fish Strips	1 Strip	5 g
Fish Tacos	1 Serving	61 g
Lasagna	1 Roll Up	30 g
Lasagna, Vegetable	1 Roll Up	27 g
Lunchables, Pizza	1 PKG	42 g
Lunchables, Turkey	1 PKG	27 g
Meatball Stroganoff	1 Serving	27 g
Meatball Sub Sandwich	1 Sandwich	36 g
Mini Chicks	2 sandwiches	40 g
Popcorn Chicken	12 pcs	16 g
Shepherd's Pie	1 Cup	13 g
Spaghetti	1 Cup	41 g
Nachos	1 Serving	34 g
Nachos, Vegetarian	1 Serving	49 g
Turkey Burger	1 Sandwich	32 g
Turkey Sausage Pizza	1 Serving	34 g
Veggie Burger	1 Sandwich	47g
Veggie Pita w/ Hummus	1 Wrap	40 g
Veggie Salad Combo	1 Serving	14 g
Yogurt Blast Fruit Plate	1 Plate	79 g

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Vegetable	Serving	Grams of Carbs
Baked Beans	3/4 Cup	45 g
Beans	1/2 Cup	15g
Black Eyed Peas	1/2 Cup	28 g
Corn	1/2 Cup	15g
Corn Salad	1/2 Cup	10 g
Mashed Sweet Potatoes	2/3 Cup	31 g
Non-Starchy Vegetables	1/2 Cup	5g
Peas	1/2 Cup	15g
Peas & Carrots	1/2 Cup	10 g
Potatoes	1/2 Cup	15g
Stir Fry Vegetables	1/2 Cup	7 g
Zucchini & Squash Blend	1/2 Cup	< 1 g
Fruit	Serving	Grams of Carbs
Apple Sauce	1/2 Cup	22 g
Apple Sauce (Peach)	1/2 Cup	14 g
Assorted Fruit	1/2 Cup	15g
Chilled Pears	1/2 Cup	17 g
Fruit Cocktail	1/2 Cup	16 g
Manadarin Oranges	1/2 Cup	17 g
Peach Cup	1/2 Cup	23 g
Tropical Fruit Cup	1 Serving	15 g
Grains	Serving	Grams of Carbs
Bread	2 Slices	25 g
Cheese Bread Stick	1 Stick	31 g
Crackers, Saltine	2 PKG	8 g
Egg Roll	1 Roll	19 g
Garlic Bread/French Bread	1 Slice	15 g
Hamburger Bun	1 Bun	27 g
Hot Dog Bun	1 Bun	32 g
Macaroni and Cheese	1/2 Cup	31 g
Rice	1/2 Cup	24 g
Slider Buns	1 Serving	30 g
Texas Garlic Toast	1 Slice	27 g
Snack Crackers	1 PKG	30 g
Spanish Rice	1/2 Cup	24 g
Tortilla 8"	1 Tortilla	34 g
Whole Grain Cornbread	1 Piece	30 g
Whole Grain Roll	1 Roll	30 g
Milk	Serving	Grams of Carbs
Chocolate Milk	8 oz	20 g
Fat Free Milk	8 oz	11 g
Low Fat Milk	8 oz	11 g
Strawberry Milk	8 oz	23 g

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Snacks	Serving	Grams of Carbs
Honey Graham Belly Bear	1 PKG	20 g
Apple Juice	6 oz	22 g
Breakfast Apple Bar	1 Bar	23 g
Cheez-its	1 PKG	14 g
Fantastix	1 Bag	20 g
Fruit Punch Juice	6 oz	21 g
Fruit Snack Bar, Strawberry	1 Bar	27 g
Granola, Strawberry	1 PKG	43 g
Grape Juice	6 oz	28 g
Oatmeal Apple Snack Bar	1 Bar	39 g
Orange Juice	6 oz	22 g
Pretzels	1 PKG	17 g
Raisins, Flavored	1 PKG	35 g
Snack Mix	1 Bag	21 g
Strawberry Cereal Mix	1 PKG	23 g
Sunflower Kernals	1 PKG	8 g
Tortilla Chips	1 Bag	20 g
Vanilla Graham Bear Cookie	1 PKG	20 g
Vegetable Juice	1 Box	17 g
Yogurt, Greek (Blueberry)	1 Serving	14 g
Yogurt, Greek (Strawberry)	2 Serving	14 g
Condiments	Serving	Grams of Carbs
BBQ Sauce	1 PKG	3 g
Sugar Free Syrup	1 oz	10 g
Soy Ginger Vinaigrette Dressing	2 oz	11 g
Honey Mustard	1 Serving	11 g
Ketchup	1 Serving	7 g
Marinara Sauce	1 oz	3 g
Ranch Dressing	1 PKG	11 g
Sweet and Sour Sauce	1 oz	2 g

*Carbohydrate amounts are approximates based on nutrition information provided by manufacturers.

When in Doubt:

Most meats have 0 carbs, unless it has breading on it

One serving of white MILK = 12-15 grams

One serving of STARCH/GRAINS = 15 grams

One serving of FRUIT = 15 grams

One serving of NONSTARCHY VEGGIES = 5 grams

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