

Carbohydrate Content of School Foods

Category	Serving Size	Grams of Carbohydrate
Canned Fruit		
Applesauce	3 oz	11
Pears	3 oz	13
Peaches	3 oz	12
Peach Cup	4.4 oz	29
Pineapple	3 oz	11
Apple Slices	3 oz	7
Mandarin Oranges	3 oz	11
Mixed Fruit	3 oz	14
Fresh Fruit		
Delicious Apple	1 Small	16
Petite Banana	Petite	19
Orange	1	21
Grapes		16
Kiwi	1	11
Fruit Juice		
Apple Juice	4 oz	13
Grape Juice	4 oz	16
Orange Juice	4 oz	13
Juice, Lemonade	4 oz	15
Juice, Fruit Punch	4 oz	15
Vegetables		
Green Beans	3 oz	3
Corn	3 oz	11
Carrots	3 oz	4
Peas	3 oz	5
Lettuce Salad	1/2 Cup	1
California Vegetables	3 oz	4
Carrot Sticks	1 oz	3
Celery Sticks	1 oz	1
Broccoli Flowerets	1/2 Cup	3
Milk		
1% White	8 oz	13
Skim, White	8 oz	13
1% Chocolate	8 oz	26
1% Strawberry	8 oz	30
Potatoes		
Mashed Potatoes	3 oz	12
Potato Wedges	3 oz	21
French Fries	3 oz	20
Twister Fries	3 oz	21
Hash brown Stix	1	14
Potato Tots	10	17
Potato Triangles	1	13
Potato Spudster	5	23
Potato Smiles	3 oz	19

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Category	Serving Size	Grams of Carbohydrate
Condiments		
Honey Cup	0.5	11
Pancake Syrup	1.5 oz	31
BBQ Sauce	1 oz	10
Ketchup	9 gm	2
Mustard	5.5 gm	0
Taco Sauce	9 gm	1
Marinara Sauce for Dipping	1 oz	4
French Dressing	12 gm	2
Italian Dressing	12 gm	1
Ranch Dressing	12 gm	1
Ranch Cup for Dipping	1 oz	1
Lite Italian	1.5 oz	4
Salsa	1 oz	2
Crackers/Cookies		
Ritz	2 ct	10
Saltines	2 ct	13
Cheez-It	1.5 oz	25
Goldfish Cheese Crackers	.75 oz	13
Animal Crackers	.75 oz	16
Teddy Grahams	.75 oz	16
Elf Gram Choc Chip	1 oz	20
Goldfish Graham	2 ct	19
Salty Snacks		
Corn Chips	.75 oz	32
Nacho Chips	1 bag	17
Cheetos	5/8 oz	15
Tiny Twist Pretzels	.5 oz	11
Munchos	1 bag	16
Cool Ranch Doritos	1 bag	18
Popcorn-White Smart	1 bag	9
Munchie Mix	1 bag	20
Grains		
English Muffin	1	25
Roll	1	15
Taco Shell	1	14
Hamburger Bun	1	30
Hot Dog Bun	1	30
Bread	1 slice	15
Soup		
Chicken Noodle	4 oz	8
Chicken Rice	4 oz	10
Chicken Vegetable	4 oz	7
Cream of Potato	4 oz	12
Tomato	4 oz	19
Vegetable	4 oz	14
Vegetarian Vegetable	4 oz	13
Cream of Broccoli	4 oz	17
Mega Chicken Noodle	4 oz	10

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Category	Serving Size	Grams of Carbohydrate
Misc		
Gravy	1 oz	4
Entrees-Poultry		
Chicken Tenders	3	14
Chicken Stix	10	10
Chicken Patty	1	13
Chicken Nugget	5	13
Chicken Corn Dog	1	22
Chicken Corn Dog-Mini	4	18
Chicken Rings	3	21
Chicken Pot Pie	1-8 oz	36
Chicken Quesadilla	1	34
Turkey Taco Meat	2 oz	1
Turkey Sausage	1	0
Entrees-Beef & Pork		
Meatballs	3	2
Mini Cheeseburgers	2	42
Pork Rib-Q	1-2.4 oz	3
Pasta w/Meat Sauce	6 oz	38
Hamburger Patty	1	1
Beef Taco Meat	2 oz	3
Sausage Links	1	0
Pizza		
Tony's Cheese & Pepperoni	1-5.2 oz	41
Stuffed Crust Pizza	1 piece	52
Fiestada Pizza	1-5.2 oz	38
French Bread Cheese Whole Grain	1-4.7 oz	29
French Bread Pepperoni Whole Grain	1-4.7 oz	28
Personal Pan 'Smart' Pizza	1	29
Cheese		
Pizza Breadsticks	1	35
Bosco Stick	1	24
Max Sticks	1	17
Pizza Dipper	2	15
Pizza Stix	1	30
Mozzarella Stick	1	7
Macaroni & Cheese	8 oz	26
Cheese & Sausage McMuffin	1	25
Cheese Pretzel	1-2.5 oz	38
Nachos w/Cheese Sauce	1 Serving	45
Cheese Quesadilla	1	34
Fish		
Cod	3 oz Square	23
Eggs		
French Toast Sticks	3	25

