

2011-12 Carbohydrate Information		All Foods		Please destroy all other copies.		Updated 9/9/11 Office Copy, please keep in a safe place	
Entree	carbo.	Bread	carbo.	Vegetable	carbo.	Condiments	carbo.
1 - Cheese Bosco Breadstick	28	Assorted Bread Choice	20	1 Fresh Grape Tomato	1	1 - BBQ sauce cup	8
14 pc. Chef Boyardee Ravioli	24	Bagel, Sliced, 4 oz.	56	1- Crispy Potato Triangle	12	1 - BBQ sauce cup or 2 ketchup	8
2 - Bosco Cheese Breadsticks	56	1 Soft Pretzel Bun	14	3 oz. Garbanzo Beans	24	1 - Ketchup	2
2 ea. Charbroiled Mini Beef Burgers	0	2 Soft Pretzel Bun	28	5-6 pc. Roasted Baby Baker Potatoes	15	1 - Maple Syrup	18
5 pc. Chicken Chunks	17.5	Bagel, Mini	13	Assorted Hot Vegetable	9	1 - Mustard	0
5 pc. Chicken Nuggets	11	Bagel, Wheat, Honey 2.5 oz.	34	Bean Salad, 4z (1.5z G. Beans, 1zEdamame, 1zGarbanzo)	23	1 - Mustard & 1 Ketchup	2
6 pc. Chicken Chunks	21	Bread, Flat Out	24	Beans, Garbanzo 1 oz.	8	1 - Mustard and 2 Ketchup	4
6 pc. Chicken Nuggets	13	Bread, Lawash	23	Cheddar Broccoli, with 1/2z sauce	7	1 Country Crock Margarine cup	0
Baked Pasta with 4 oz. Marinara Sauce	54	Bread, White Slice	14	Corn & Black Bean Salsa	21	1 pkt. Cocktail Sauce	3
Beef, Crumbles, 2.3oz	2	Bun, Burger Bun	29	Corn, Canned, 4 oz.	15.24	1 T Margarine Solid	0
Buy 1 get 1 Free Chicken Tender on flat breads	35	Bun, Fun Bun	23	Veggie Party Mix	7	1 -Taco Sauce	1
Buy 1 get 1 Free Hot Dog	78	Bun, Hot Dog	36	Edamame, 3 oz.	7	2 oz. Mild Salsa	2
Buy 1 get 1 free Slider Burgers	28	Bun, Sub Bun, 6"	33	Edamame, 2 oz.	5	2 T Sour Cream	3
Cheddar Omelet on 6" Tortilla	18	Bun, Sub Bun, 8"	46	Fresh Baby Carrots Bag	8	2 T Beef Gravy	3
Cheese Mozzarella, 1 slice (1 oz.)	1	Flat Bread 3.5", 2ea.	22	Fresh Baby Carrots, 1 oz. Lowfat Ranch Cup	15	2 T Chicken Gravy	2
Cheese, 1 slice (1/2 oz.)	0	Flat Bread, Country Hinge	19	Fresh Carrot Sticks, 3.53z	10.0	2 -Taco Sauce	2
Cheese, 2 slices (1 oz.)	0	Fresh Breadstick lightly brushed melted margarine	27	Fresh Celery Sticks, 2oz.	1	2-Mustard & 2 Ketchup	4
Cheese, Cheddar, Shr, (1 oz.)	0	Gordita Bread Triangles, 1/2 2 pc.	13	Fresh Frozen Broccoli cuts, 4 oz	6	4 oz. Mild Salsa	2
Cheese, String (1oz.)	1	Gordita Bread, Whole, 4 pc.	25	Fresh Frozen Green Beans, 4 oz.	6	Chow Mein Noodles	5
Cheese, Swiss, 1 slice (1/2 oz.)	1	Mini Loaf, Banana	26	Fresh Frozen Peas, 4 oz.	19	Cream Cheese	2
Cheezy Breadsticks	37	Mini Loaf, Blueberry	25	Fresh Frozen Sweet Corn, 2 oz.	7	Dressing - 1 oz. Ranch dressing	7
Chicken Breast Filet, Grilled	2	Nacho Chips, Tostito's Baked Scoops	19	Fresh Frozen Sweet Corn, 4 oz.	13	Dressing - 1 oz. Reduced Golden Italian Dressing	6
Chicken Fajita, 1.0 oz.	1	Nacho Chips, Whole Grain Bag	36	Fresh Snap Peas (est. cost)	10	Dressing - 1.5z. Thousand Island Dressing	12
Chicken Fajita, 2.0 oz.	1.3	Pasta Noodles, Orzo, Ultra Grain 3.57oz.= 6z portion	72	Frz. Snow Peas	10.66	Dressing - 12 gm Ranch, dressing	2
Chicken Filet on Flat Out Bread, (Elem.)	26	Pasta Noodles, Rotini, Ultra Grain 3.57oz.= 6z portion	72	Green Beans, Canned, 3 oz.	3	Dressing - FF Raspberry Vinaigrette, 1.5z	10
Chicken Flat Bread Sandwich	23	Pasta, 6oz. Penne, Cooked	42	(Broccoli, Cauliflower, carrots, zucchini and yellow squash)	3	Dressing - Honey Mustard, 2 T	9
Chicken Hanni Sandwich	39	Rice, Long Grain, 1 cup	36	Pizza dip sauce, 3.50 oz.	10	Dressing - NF Greek Vinaigrette, 2T	1
Chicken Hummous Lawash	39	Saltine Cracker Packs, 3 pkg.	13	Potato, 98 % Fat Free Potato Wedges, 3 oz., 8 pc	27	Dressing - Salad, 1T	2
Chicken Patty only	14	Saltine Crackers, 1 pkg.	4	Potato, Crispy No Guilt Crinkle Fries	18	Dressing - Teriyaki Sauce, 2T	5
Chicken Patty Sandwich on Bun	43	Saltine Crackers, 2 pkg.	9	Potato, Crispy No Guilt Seasoned Fries	29	Feta Cheese, 1z.	1
Chicken Primavera	47	Soft Pretzel, 1 oz.	16	Potato, Mashed Potato, 4 oz.	16	Parmesan Cheese, Packet	0
Crispy Fish Portion	16	Soft Pretzel, 3.5 oz.	57	Potato, Mashed Potato, 6 oz.	24	Sweet & Sour Sauce, 2 oz.	18
Dannon Crush Cup Yogurt	19	Soft Tortilla, Shell, 10"	35	Potato, Sweet Mashed, 1/4 cup	28	Whip Cream, 2 T	2
E.Z. Jammers (Soy Butter & Grape Jelly)	37	Soft Tortilla, Shell, 6"	15	Potato, Sweet Potato Mini Tater, 13 pc.	23	Black Olives, 1/2 oz.	0
Egg Patty	1	Soft Tortilla, Shell, 8"	29	Potato, Twister fries, seasoned 7 pc, 3 oz.	21	Assorted Bread choice.	cho
Fiesta Macaroni Bake (Sec.)	27	Soft Wheat Dinner Roll	20	Potato, Twister Fries, unseasoned 3z.	21	Fresh Breadstick lightly brushed melted margarine	27
Flamebroiled Burger on Bun	31			Riviera Blend, 1/2 cup	3	Bagel, Mini	13
Flamebroiled Burger, 2.45z lettuce, 2 oz. chicken, tomatoes)	2			Romaine Lettuce, 1 oz.	1	Mini Loaf, Blueberry	25
Grilled Cheese (2 oz. Cheese, 4 slices)	14	Fruit	cho	Spaghetti Sauce, 4 oz.	11	Soft Pretzel, 1 oz.	16
Ham * for sandwiches, 3.0 oz.	5	Applesauce	14	Spinach, 1z	1	Total average bread	20
Hot Dog on bun	39	Apple & Eve Juice Apple Punch	14	The "Big Salad" 3 z lettuce, 2 sliced cuke, 1 grape tomato	2		
Hot Dog only	3	Apple & Eve Juice Fruit Punch	15	Green Salad (2 oz.), 1 small dressing	4	Assorted Pizza Choice.	cho
Hummus & Pretzels	37	Apple & Eve Juice Tangerine Grape	20	Baked Beans, 1/2 cup	29	Pizza, Big Daddy Pizza Wedge, (Sec.)	54
Hummus, 1 oz.	8	Apple & Eve Juice White Grape	20	Homemade Sweet Potato Pudding	16	Pizza, Bosco Stuffed Crust Square Pizza	42
Hummus, 4 oz.	32	Apple Chips Snapz	11	Assorted Hot Veg. Choice.	cho	Pizza, Fresh Thick Square Pizza	43
Land O' Lakes Cheese Sauce Cups, 3 oz.	5	Assorted Fruit Choice	16	Fresh Frozen Sweet Corn, 4 oz.	13	Avg. Pizza Assorted Information	46
Land O' Lakes Cheese Sauce, 1 oz.	2	Chilled Apricots	15	Fresh Frozen Broccoli cuts, 4 oz	6	Average Mystery Treat.	cho
Land O' Lakes Macaroni & Cheese, 4 oz.	14	Chilled Fruit	18	Fresh Frozen Green Beans, 4 oz.	6	Smart Cookies	18
Land O' Lakes Macaroni & Cheese, 6 oz.	22	Chilled Pears	20	Frz. Snow Peas	10.66	Fortune Cookie	4.16
Land O' Lakes Macaroni & Cheese, 8 oz.	29	Chilled Pineapple Chunks	17	Average Assorted Hot Vegetable	8.81	Rold Gold Heartzels	23
Mashed Potato Bowl, Secondary	74	Cling Peaches	18	Assorted Fruit Choice.	cho	Average Mystery Treat	15
(Round Chips, 2z. Meat, 1 cup cheese sauce)	44	Fresh Apple Wedges in bag	7.83	Fresh Apple Wedges in bag	10	Snack Foods	
Nacho (Tostito's, 2z. Meat, 1 cup cheese sauce)	27	Fresh Banana	23	Assorted 100% Fruit Box	16	Ice Cream Cup, Low Fat Birthday Cake	13
Nacho - Nacho Supreme - Secondary	44	Fresh Diced Cantaloupe	14	Fruit Cocktail with cherry	18	Fortune Cookie	4
Oriental Chicken, snow peas, rice	67	Fresh Orange Sections, 4 oz.	16	Smart Gels - Sour Watermelon Jello	21	Ice Cream Cup, Chocolate Malt	16
		Fruit Cocktail with cherry	18	Chilled Pears	20	Soft Pretzel, 6.0 oz.	98

mozzarella, 2 slices Pepperoni	49.5	Fruit, Apple & Grape Mix (giggles)	10	Apple Chips Snapz	11	Averaged Bowl Pack Cereal Information.	
Pepperoni *, 2 slice	0	Luigi's Fruit Sherbet (Lime)	27	Averaged Assorted Fruit Choice	16	Cereal Bowl- AppleCinn.Cheerios	19
Perdue Turkey Sausage Link, 1 pc.	0	Luigi's Fruit Sherbet (Orange)	27	Averaged Juice Box flavors.	cho	Cereal Bowl-Honey Graham Squares	24
Perdue Turkey Sausage Link, 2 pc.	1	Luigi's Fruit Sherbet (Rainbow)	25	Apple & Eve Juice Apple	14	Cereal Bowl-Chex Rice Cereal	16
Perdue Turkey Sausage Patty, 1 pc.	0.05	Luigi's Fruit Sherbet (Raspberry)	27	Apple & Eve Juice Fruit Punch	15	Average Cereal	20
Personal Pizza (served at JHHS ala carte)	70	Side Kick Fruit Slushie	20	Apple & Eve Juice Tangerine	15	Breakfast	cho
Philly Steak 6" Sub	37	Smart Gels - Grape Jello	21	Apple & Eve Juice White Grape	20	3 pc. Cinnamon Glazed Fresh Toast Sticks	28
Philly Steak, 2.92 oz.	3	Smart Gels - Sour Watermelon Jello	21	Juice Averaged	16	Apple Cinnamon Texas Toast	50
Pizza Cheese Quesadilla	41	Strawberries, 1/2 cup	7	Assorted 100% Fruit Juice Box	16	Bagel-er, Cinnamon	32
Pizza, Assorted Secondary	46	Sunkist Fresh Pineapple Spear	10	Averaged Chilled Fruit.	cho	Bageler, Plain	28
Pizza, Big Daddy Pizza Wedge, (Elem)	37	Chilled Fruit	18	Chilled Pears	20	Benefit Breakfast Bar - Banana Chocolate	48
Pizza, Big Daddy Pizza Wedge, (Sec.)	54	Snacks	cho	Chilled Apricots	15	Benefit Breakfast Bar - Oatmeal Chocolate Chip	47
Pizza, Bosco Stuffed Crust Square Pizza	42	Rold Gold Hertzels	23	Cling Peaches	18	Benefit Breakfast Bar - Oatmeal Raisin	48
Pizza, Fresh Thick Square Pizza	43	Average Mystery Treat	15	Fruit Cocktail with cherry	18	Cinnamon Toast Crunch Cereal Bar	27
Pizza, Quesadilla	41	Cheese Crackers (emergency meals)	23	Total Chilled Fruit Averaged	18	Egg Colby Omelet	3
Popcorn Chicken, 10 pc.	17	Granola Toppings, 1 oz.	24	Assorted Milk.	cho	Granola - Low Fat	
Rib Patty	12	Scrabble Jr. Cheeze It's	14	Milk, Chocolate, 1%	26	Mini Chocolate Chip Pancake Bag	41
Rib Patty on bun	41	Smart Cookies	18	Milk, White1%	11	Muffin, Blueberry, 1.8 oz.	24
Salami, 1 oz. *	0	Sun Chip Honey Cinnamon Mix Ups	32	Average Milk	12	Muffin, Blueberry, 3.6 oz.	49
Seasoned Ground Beef, 2.0 oz.	2.52	Sun Chip, Garden Salsa	19	Parents & Staff Members. Please visit the web page frequently for updates to carbohydrate information.		Muffin, Chocolate Chip, 1.8 oz.	26
Seasoned Ground Beef, 3.0 oz.	3.78	Sun Chip, Harvest Cheddar	19		Muffin, Chocolate Chip, 3.6 oz.	50	
Shrimp, 20 pc.	18.2	Soup	cho		Pillsbury Maple Syrup Pancake Bag	34	
Strawberry/ Vanilla Yogurt, 5 oz. for Parfait	24	Campbell's Tomato Soup, 6 oz.	29			Pop Tart, Bln Sugar Cinnamon Frstd, 2 pack	69
Strawberry/Vanilla Yogurt, 8 oz. for Parfait	38	Campbell's Tomato Soup, 7 oz.	33			Pop Tart, Chocolate Chip, 2 pack	71
1/4 c broccoli served on 1 cup rice, 2oz. Sauce, 1	105					Pop Tart, Strawberry, 2 pack	73
Tender 1 pc. Tyson Crispy Tenders	6	Entrees continued.				Pop Tart, Strawberry, WG, single	37
Tender 2 pc. Tyson Crispy Tenders	12	2.0z Chix Fajita, 1/2z. Cheddar	16			Pop Tart,Cinnamon,WG, single	37
Tender 3 pc. Tyson Crispy Tenders	18	Soft Beef Taco on 6" shell (2 oz. Beef, 1z cheddar)	18			Smores Pop Tart, 2 pack	72
Tuna, 1/4 cup	0	Soft Beef Taco on 8" shell (2 oz. Beef, 1z cheddar)	33			Special K Bar - Strawberry	18
Turkey Breast, 2 oz.	1	Buy 1 get 1 Soft Beef Taco (6" shell 2 oz. Beef, 1/2z. cheddar)	35			Switch Fruit Beverage, 8.3 oz.	30
Vegetarian Chili with beans, (6.28z)	15	Buy 1 get 1 Soft Chicken Taco (6" shell, 2.0z Chix Fajita, 1z. Cheddar)	32			UBR Breakfast Round	43

DISCLAIMER

The following carbohydrate list for the 2011-12 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors. Nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products in a serving. Such changes may result in changes in carbohydrate content.

The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that parents consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels. Questions concerning this list and this disclaimer may be addressed to Susan Boyne, Director of Food Service, 586-797-1185.