

CARBOHYDRATE COUNT & FOOD ALLERGY LIST 23-24

LISTED ALLERGENS: **WHEAT**, **MILK**, **EGGS**, **SOY**, **FISH**, **SHELLFISH**, **TREENUTS**

BREAKFAST FOODS		GRAMS OF CARBOHYDRATE	ALLERGENS
BAGEL & CREAM CHEESE		31 grams	WHEAT, MILK, SOY
BAGEL BAR, <i>Strawberry</i>		42 grams	WHEAT, MILK
BISCUITS & GRAVY		28 grams	WHEAT, MILK, SOY
BREAKFAST BOWL		14 grams	MILK, EGGS
BREAKFAST BURRITO		25 grams	WHEAT, EGGS, SOY
BREAKFAST PIZZA		27 grams	WHEAT, MILK, SOY
BREAKFAST SANDWICH		24 grams	WHEAT, MILK, EGGS, SOY
COTTAGE CHEESE (<i>1/2 cup</i>)		6 grams	MILK
COUNTRY BREAKFAST CALZONE		30 grams	WHEAT, MILK, EGGS, SOY
CRUMB SQUARE		48 grams	WHEAT, MILK, EGGS
DUTCH WAFFLE		38 grams	WHEAT, MILK, EGGS, SOY
EGGS, HAM & HASHBROWN		13 grams	EGGS
FRENCH TOAST STICKS (<i>3 each</i>)		37 grams	WHEAT, SOY
HUEVOS RANCHEROS		34 grams	EGGS, SOY
NUTRIGRAIN BAR, <i>Strawberry</i>		29 grams	WHEAT, MILK, SOY
PANCAKE ON A STICK		17 grams	WHEAT, EGGS, SOY
PANCAKES (<i>2 each</i>)		30 grams	WHEAT, MILK, EGGS, SOY
POP-TART, <i>Cinnamon, Strawberry or Fudge</i>		36 grams	WHEAT, SOY
SOFT PRETZEL & CREAM CHEESE		30 grams	WHEAT, MILK
SUNRISE BREAKFAST CALZONE		30 grams	WHEAT, MILK, EGGS, SOY
WAFFLE STICKS (<i>4 each</i>)		36 grams	WHEAT, MILK, EGGS, SOY
WAFFLES (<i>2 each</i>)		24 grams	WHEAT, MILK, EGGS, SOY
YOGURT PARFAIT		47 grams	WHEAT, MILK, SOY
CEREAL	<i>Apple Jacks</i>	24 grams	WHEAT
	<i>Cheerios</i>	20 grams	No Allergens
	<i>Cinnamon Toast Crunch</i>	22 grams	WHEAT, SOY
	<i>Cocoa Puffs</i>	25 grams	No Allergens
	<i>Frosted Flakes</i>	24 grams	WHEAT
	<i>Lucky Charms</i>	23 grams	No Allergens
	<i>Marshmallow Mateys</i>	22 grams	WHEAT
	<i>Multigrain Cheerios</i>	23 grams	No Allergens
	<i>Rice Chex</i>	24 grams	No Allergens
	<i>Trix</i>	24 grams	No Allergens
CINNAMON ROLL		24 grams	WHEAT, MILK, EGGS
JELLY (<i>Assorted Flavors</i>)		9 grams	No Allergens
JUICE	<i>Apple, Orange & Apple Cherry (4 oz)</i>	13 grams	No Allergens
	<i>Grape (4 oz)</i>	19 grams	No Allergens
MUFFINS	<i>Plain</i>	32 grams	WHEAT, MILK, EGGS, SOY
	<i>Blueberry</i>	33 grams	WHEAT, MILK, EGGS, SOY
	<i>Chocolate Chip</i>	40 grams	WHEAT, MILK, EGGS, SOY
	<i>Pumpkin Chocolate Chip</i>	31 grams	WHEAT, MILK, EGGS, SOY

OATMEAL	Maple Brown Sugar	32 grams	No Allergens
	Regular	18 grams	No Allergens
SYRUP		30 grams	No Allergens
TOAST	English Muffin (1/2)	10 grams	WHEAT, SOY
	Raisin	21 grams	WHEAT
	Whole Wheat	14 grams	WHEAT

LUNCH ENTREES	GRAMS OF CARBOHYDRATE	ALLERGENS
BAKED ZITI	31 grams	WHEAT, MILK
BREAKFAST FOR LUNCH	38 grams	WHEAT, EGGS, SOY
BURRITO BOWL	60 grams	WHEAT, MILK, SOY
BURRITO, <i>bean & cheese</i>	44 grams	WHEAT, MILK, SOY
CHEESEBURGER	27 grams	WHEAT, MILK, SOY
CHICKEN & WAFFLES	32 grams	WHEAT, MILK, EGGS, SOY
CHICKEN DRUMSTICK, <i>breaded</i>	6 grams	WHEAT
CHICKEN NUGGETS, <i>5 pieces</i>	20 grams	WHEAT, SOY
CHICKEN PARMESAN	47 grams	WHEAT, MILK, SOY
CHICKEN PATTY SANDWICH	42 grams	WHEAT, SOY
CHICKEN POTATO BOWL	39 grams	WHEAT, MILK, SOY
CORN DOG	30 grams	WHEAT, EGGS, SOY
COUNTRY FRIED CHICKEN	16 grams	WHEAT, MILK, SOY
COUNTRY FRIED STEAK	16 grams	WHEAT, MILK, SOY
FISH STICKS, <i>4 pieces</i>	20 grams	WHEAT, EGGS, FISH
GENERAL TSO'S CHICKEN	23 grams	WHEAT, EGGS, SOY
GRILLED CHEESE SANDWICH	34 grams	WHEAT, MILK, SOY
HAM SANDWICH, <i>hot or cold</i>	31 grams	WHEAT, MILK, SOY
HAMBURGER	26 grams	WHEAT
HOT DOG	22 grams	WHEAT
LASAGNA	30 grams	WHEAT, MILK, EGGS
MAC & CHEESE	44 grams	WHEAT, MILK, SOY
MINI CORNDOGS	17 grams	WHEAT, MILK, EGGS, SOY
MUFFIN MEAL <i>with Bug Bites</i>	72 grams	WHEAT, MILK, EGGS, SOY
MUFFIN MEAL <i>with Goldfish</i>	65 grams	WHEAT, MILK, EGGS, SOY
NACHOS <i>with chicken</i>	42 grams	MILK
ORANGE CHICKEN	19 grams	WHEAT, EGGS, SOY
PIZZA, <i>cheese</i>	34 grams	WHEAT, MILK, SOY
PIZZA, <i>pepperoni</i>	34 grams	WHEAT, MILK, SOY
PULLED PORK PLATE, <i>meat with sauce</i>	18 grams	SOY
PULLED PORK SANDWICH	44 grams	WHEAT, SOY
QUESADILLA	32 grams	WHEAT, MILK, SOY
RIB PATTY SANDWICH	52 grams	WHEAT, MILK, SOY
SICHUAN CHICKEN	7 grams	WHEAT, SOY
SLOPPY JOE SANDWICH	40 grams	WHEAT, MILK, SOY
SPAGHETTI & MEATBALLS	30 grams	WHEAT, MILK, SOY
SPICY CHICKEN SANDWICH	41 grams	WHEAT, SOY
SWEET & SOUR CHICKEN	18 grams	WHEAT, EGGS, SOY

TACO RICE with QUESO & CHIPS	62 grams	MILK
TACO SALAD	50 grams	WHEAT, MILK, SOY
TACOS with ground beef, 2 each	20 grams	MILK, SOY
TERIYAKI CHICKEN	6 grams	WHEAT, SOY
TURKEY ROAST	0 grams	No Allergens
TURKEY SANDWICH, cold	30 grams	WHEAT, MILK, SOY
WHITE CHICKEN CHILI	32 grams	MILK, SOY
ENTRÉE SALADS (High School ONLY)		
	GRAMS OF CARBOHYDRATE	ALLERGENS
ASIAN SALAD	49 grams	WHEAT, EGGS
CHEF SALAD	31 grams	MILK, EGGS, SOY
MEDITERRANEAN COBB	27 grams	MILK, EGGS
SOUTHWEST CHICKEN SALAD	24 grams	MILK, SOY
SPINACH SALAD	22 grams	MILK, EGGS

MILK	GRAMS OF CARBOHYDRATE	ALLERGENS
1% Chocolate	24 grams	MILK
1% White	13 grams	MILK
Fat-Free Chocolate	20 grams	MILK
Fat-Free White	13 grams	MILK

ADDITIONAL ITEMS		GRAMS OF CARBOHYDRATE	ALLERGENS
BREADSTICK		17 grams	WHEAT, MILK
CHOW MEIN NOODLES, 1/4 cup		9 grams	WHEAT
COCONUT, 2 T		8 grams	TREENUTS
CHIPS	Baked Cheetos (reg & flamin' hot)	16 grams	MILK
	Baked Lays, BBQ	19 grams	MILK, SOY
	Baked Lays, Original	24 grams	SOY
	Doritos, Cool Ranch	19 grams	MILK
	Doritos, Nacho Cheese	20 grams	MILK
	Doritos, Spicy Sweet	20 grams	WHEAT, SOY
	Sunchips, Cheddar	19 grams	WHEAT, MILK
	Sunchips, Original	19 grams	WHEAT
	Sunchips, Salsa	19 grams	WHEAT, MILK
	Tortilla Chips	18 grams	No Allergens
COOKIE	Candy Cookie Chip	23 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	Chocolate Chip	24 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	Fortune Cookie	7 grams	WHEAT, EGGS, SOY
	Double Fudge	34 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	Sugar, Frosted with Sprinkles	27 grams	WHEAT, MILK, EGGS, SOY
DINNER ROLL	Hawaiian	18 grams	WHEAT, MILK, EGGS, SOY
	Honey Wheat	27 grams	WHEAT, MILK, SOY
JELLO	Mango & Strawberry	17 grams	No Allergens
PUDDING	Chocolate	35 grams	MILK
	Vanilla	27 grams	MILK
RICE	Brown, plain (1 cup)	36 grams	No Allergens
	Rice Pilaf (1/2 cup)	28 grams	No Allergens
	Spanish Rice (1/2 cup)	27 grams	SOY

RICE KRISPIES TREAT	30 grams	MILK, SOY
SIDEKICKS SLUSHIE , <i>all flavors</i>	23 grams	<i>No Allergens</i>
STRING CHEESE	0 grams	MILK
YOGURT , <i>Trix, all flavors</i>	15 grams	MILK

CONDIMENTS	GRAMS OF CARBOHYDRATE	ALLERGENS
BBQ Sauce , <i>individual package</i>	18 grams	<i>No Allergens</i>
Creamy Tomatillo Dressing , <i>2 oz serving</i>	6 grams	MILK, EGGS
Fry Sauce , <i>individual package</i>	3 grams	MILK, EGGS
Gravy , <i>1/4 cup serving, all varieties</i>	6 grams	MILK, SOY
Italian Dressing , <i>individual package</i>	4 grams	<i>No Allergens</i>
Ketchup , <i>individual package</i>	8 grams	<i>No Allergens</i>
Mayonnaise , <i>packet</i>	0 grams	EGGS
Mustard , <i>packet</i>	0 grams	<i>No Allergens</i>
Ranch , <i>Lite, individual package</i>	2 grams	MILK, EGGS
Sriracha Chili Sauce , <i>packet</i>	1 gram	<i>No Allergens</i>
Salsa , <i>1/4 cup</i>	3 grams	<i>No Allergens</i>
Syrup , <i>individual package</i>	30 grams	<i>No Allergens</i>
Tartar Sauce , <i>individual package</i>	0 grams	EGGS
Thousand Island , <i>individual package</i>	12 grams	EGGS

FRUIT ITEMS	GRAMS OF CARBOHYDRATE PER SERVING
Apple , <i>medium</i>	25 grams
Applesauce , <i>unsweetened, 1/2 cup</i>	16 grams
Banana , <i>medium</i>	27 grams
Berry Medley , <i>frozen, raspberries, blackberries, & blueberries</i>	9 grams
Blackberries , <i>fresh or frozen, 1/2 cup</i>	7 grams
Blueberries , <i>fresh or frozen, 1/2 cup</i>	11 grams
Cantaloupe , <i>1/2 cup cubed or sliced</i>	6 grams
Clementine , <i>medium</i>	9 grams
Grapefruit , <i>half</i>	11 grams
Grapes , <i>red or green (1/2 cup)</i>	14 grams
Honeydew Melon , <i>1/2 cup cubed</i>	7 grams
Kiwi , <i>1/2 cup</i>	12 grams
Mixed Fruit , <i>canned, 1/2 cup</i>	16 grams
Nectarine , <i>medium</i>	15 grams
Orange , <i>medium</i>	15 grams
Peach , <i>medium, fresh or 1/2 cup canned</i>	15 grams
Pear , <i>medium</i>	25 grams
Pears , <i>canned, 1/2 cup</i>	14 grams
Pineapple , <i>1/2 cup cubed</i>	11 grams
Pineapple Tidbits , <i>canned, 1/2 cup</i>	19 grams
Plum , <i>medium</i>	7 grams
Raspberries , <i>fresh, 1/2 cup</i>	7 grams

Strawberries, fresh, 1/2 cup	6 grams
Strawberries, frozen, sweetened, 1/2 cup	21 grams
Watermelon, 1/2 cup cubed or sliced	6 grams

VEGETABLE ITEMS	GRAMS OF CARBOHYDRATE PER SERVING
Baked Beans, 1/2 cup	30 grams
Bean Salad, 1/2 cup	23 grams
Black Beans, 1/2 cup	20 grams
Broccoli, fresh or frozen, 1/2 cup	3 grams
Broccolini, 1/2 cup	5 grams
Brussels Sprouts, 1/2 cup	4 grams
Cabbage Mix, 1/2 cup	2 grams
California Veggies, frozen, 1/2 cup	7 grams
Carrots, fresh or frozen, 1/2 cup	6 grams
Cauliflower, fresh or frozen, 1/2 cup	3 grams
Celery, 1/2 cup	0 grams
Corn, canned or frozen, 1/2 cup	22 grams
Cucumber, fresh, 1/2 cup	2 grams
Garden Salad, 1 cup	7 grams
Green Beans, frozen, 1/2 cup	2 grams
Grape Tomatoes, 1/2 cup	3 grams
Edamame, 1/2 cup, CONTAINS SOY	7 grams
Jalapenos	1 gram
Lettuce, shredded, 1/2 cup	0 grams
Lettuce, Pickle & Tomato Garnish	1 gram
Peas, canned or frozen, 1/2 cup	9 grams
Potatoes	
<i>Crinkle-Cut Fries</i>	17 grams
<i>Curly Fries</i>	21 grams
<i>Mashed Potatoes, 1/2 cup</i>	15 grams
<i>Tater Tots</i>	16 grams
<i>Waffle Fries</i>	17 grams
Rainbow Carrots, 1/2 cup	10 grams
Refried Beans, 1/2 cup	25 grams
Summer Squash, fresh, 1/2 cup sliced	2 grams
Sweet Potato Fries, crinkle cut	24 grams
Zucchini, 1/2 cup sliced	2 grams

Menu changes may be necessary at times and kitchen managers are instructed to notify health clerks and nurses of all changes. Please contact your kitchen manager regarding daily changes that are specific to your site. District Dietitian, Katie Lewis, can also be contacted for additional information regarding carb counts, food allergies, and special diets.

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