

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 <i>w/sausage</i>		28 grams	WHEAT, MILK, EGGS, SOY
BREAKFAST SANDWICH <i>w/ham</i>		24 grams	WHEAT, MILK, EGGS, SOY
COTTAGE CHEESE <i>(1/2 cup)</i>		6 grams	MILK
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
WAFFLE STICKS <i>(4 each)</i>		36 grams	WHEAT, MILK, EGGS, SOY
WAFFLES <i>(2 each)</i>		24 grams	WHEAT, MILK, EGGS, SOY
CONFETTI PANCAKES		36 grams	WHEAT, MILK, EGGS, SOY
YOGURT PARFAIT		47 grams	WHEAT, MILK, SOY
ORANGE CREAMSICLE SMOOTHIE		35 grams	MILK
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>Colossal crunch</i>	24 grams	SOY
	<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

	Blueberry	33 grams	WHEAT, MILK, EGGS, SOY
	Chocolate Chip	40 grams	WHEAT, MILK, EGGS, SOY
	Pumpkin Chocolate Chip	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	<i>(w/tenders)</i>	28 grams	WHEAT, MILK, EGGS, SOY
MESQUITE DRUMSTICK		4 grams	WHEAT, 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
PULLED PORK NACHOS	53 grams	MILK, SOY
PORK BURRITO BOWL	61 grams	WHEAT, MILK, SOY
EZ JAMMER SANDWICH	28 grams	WHEAT, MILK, SOY
CHICKEN STRIPS, hot and spicy (2)	9 grams	WHEAT, SOY
CHICKEN STRIPS, (3)	16 grams	WHEAT, SOY
CHICKEN ALFREDO	49 grams	WHEAT, MILK, SOY
TRAVELING TACO	41 grams	WHEAT, MILK
BAKED POTATO BAR	50 grams	MILK, SOY
BENTO BOX w/pretzels	53 grams	WHEAT, MILK, EGGS, 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
CROUTONS	9 grams	WHEAT, MILK

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

	<i>Doritos, Nacho Cheese</i>	20 grams	MILK
	<i>Doritos, Spicy Sweet</i>	20 grams	WHEAT, SOY
	<i>Sunchips, Cheddar</i>	19 grams	WHEAT, MILK
	<i>Sunchips, Original</i>	19 grams	WHEAT
	<i>Sunchips, Salsa</i>	19 grams	WHEAT, MILK
	<i>Tortilla Chips</i>	18 grams	<i>No Allergens</i>
COOKIE	<i>Candy Cookie Chip</i>	23 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	<i>Chocolate Chip</i>	24 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	<i>Fortune Cookie</i>	7 grams	WHEAT, EGGS, SOY
	<i>Double Fudge</i>	34 grams	WHEAT, MILK, EGGS, SOY, TREENUTS
	<i>Sugar, Frosted with Sprinkles</i>	27 grams	WHEAT, MILK, EGGS, SOY
DINNER ROLL	<i>Hawaiian</i>	18 grams	WHEAT, MILK, EGGS, SOY
	<i>Honey Wheat</i>	27 grams	WHEAT, MILK, SOY
JELLO	<i>Mango & Strawberry</i>	17 grams	<i>No Allergens</i>
Whip topping		1 gram	MILK
PUDDING (1/2 C)	<i>Chocolate</i>	35 grams	MILK
	<i>Vanilla</i>	27 grams	MILK
RICE	<i>Brown, plain (1 cup)</i>	36 grams	<i>No Allergens</i>
	<i>Rice Pilaf (1/2 cup)</i>	28 grams	<i>No Allergens</i>
	<i>Spanish Rice (1/2 cup)</i>	27 grams	SOY
RICE KRISPIES TREAT		30 grams	MILK, SOY
SIDEKICKS SLUSHIE, all flavors		23 grams	<i>No Allergens</i>
STRING CHEESE		0 grams	MILK
YOGURT, Trix, all flavors		15 grams	MILK

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

FRUIT ITEMS	GRAMS OF CARBOHYDRATE PER SERVING
Apple, medium	25 grams
Applesauce, unsweetened, 1/2 cup	16 grams
Banana, medium	27 grams

Berry Medley , frozen, raspberries, blackberries, & blueberries	9 grams
Blackberries , fresh or frozen, 1/2 cup	7 grams
Blueberries , fresh or frozen, 1/2 cup	11 grams
Cantaloupe , 1/2 cup cubed or sliced	6 grams
Clementine , medium	9 grams
Grapefruit , half	11 grams
Grapes , red or green (1/2 cup) (14 grapes)	14 grams
Honeydew Melon , 1/2 cup cubed	7 grams
Kiwi , 1/2 cup (2 small kiwis)	12 grams
Mixed Fruit , canned, 1/2 cup	16 grams
Nectarine , medium	15 grams
Orange , medium	15 grams
Peach , medium, fresh or 1/2 cup canned	15 grams
Pear , medium	25 grams
Pears , canned, 1/2 cup	14 grams
Pineapple , 1/2 cup cubed	11 grams
Pineapple Tidbits , canned, 1/2 cup	19 grams
Plum , medium	7 grams
Raspberries , fresh, 1/2 cup	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 baby carrots)	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 (6 slices)	2 grams
Garden Salad , 1 cup	7 grams
Green Beans , frozen, 1/2 cup	2 grams
Grape Tomatoes , 1/2 cup (6)	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, <i>canned or frozen , 1/2 cup</i>		9 grams
Potatoes	<i>Crinkle-C</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>potato wedges</i>	19 grams
	<i>Waffle Fries</i>	17 grams
Rainbow Carrots, <i>1/2 cup</i>		10 grams
Refried Beans, <i>1/2 cup</i>		25 grams
Summer Squash, <i>fresh, 1/2 cup sliced</i>		2 grams
Sweet Potato Fries, <i>crinkle cut</i>		24 grams
Mix veggies		5 grams
Zucchini, <i>1/2 cup sliced</i>		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, Debbie Phang, can also be contacted for additional information regarding carb counts, food allergies, and special diets.

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