

CARBOHYDRATE COUNTS FOR SCHOOL MENU ITEMS

BREAKFAST FOODS		GRAMS OF CARBOHYDRATE PER SERVING
Breakfast Bowl		14 grams
Breakfast Pizza		27 grams
Dutch Waffle <i>w/powdered sugar</i>		39 grams
Breakfast Sandwich		24 grams
Orange Creamsicle Smoothie <i>w/whip</i>		35 gram
French Toast Sticks (3 per serving)		37 grams
Eggs, Ham, & Hashbrown		13 grams
Pancake on a Stick		17 grams
Pancakes (2 per serving)		30 grams
Waffles (2 per serving)		24 grams
Chocolate Cherry Bars		33 grams
Yogurt Parfait		47 grams
CEREAL	<i>Cheerios</i>	20 grams
	<i>Cinnamon Toast Crunch & Marshmallow Matey's</i>	22 grams
	<i>Multigrain Cheerios, Lucky Charms</i>	23 grams
	<i>fruit loops, frosted mini wheat</i>	24 grams
	<i>Frosted Flakes, Trix, Rice Chex</i>	24 grams
	<i>Cocoa Puffs</i>	25 grams
CINNAMON ROLL <i>w/frosting</i>		24 grams
JELLY (Assorted Flavors)		9 grams
JUICE	<i>Apple, Orange & Apple Cherry (4 oz)</i>	13 grams
	<i>Orange tangerine (4 oz)</i>	15 grams
	<i>Grape (4 oz)</i>	19 grams
MUFFINS	<i>Plain</i>	32 grams
	<i>Blueberry</i>	33 grams
	<i>Chocolate Chip</i>	40 grams
	<i>Pumpkin Chocolate Chip</i>	31 grams
OATMEAL	<i>Maple Brown Sugar</i>	32 grams
SYRUP		30 grams
TOAST	<i>English Muffin (1/2)</i>	10 grams
	<i>Raisin</i>	21 grams
	<i>Whole Wheat</i>	14 grams

LUNCH ENTREES		GRAMS OF CARBOHYDRATE PER SERVING
BEEF TACOS		19 grams
CHEESEBURGER		26 grams
CHICKEN NUGGETS, 5 pieces		20 grams
CHICKEN PATTY SANDWICH		42 grams
CHICKEN POTATO BOWL		39 grams
HAM & CHEESE SANDWICH, <i>hot or cold</i>		31 grams
HAMBURGER		26 grams
HOT DOG		22 grams
MACARONI & CHEESE		43 grams
CHICKEN & WAFFLES <i>w/tenders</i>		28 grams
MUFFIN MEAL <i>w/plain muffin&goldfish</i>		61 grams
ORANGE CHICKEN		19 grams
PIZZA, <i>cheese & pepperoni</i>		34 grams
PULLED PORK SANDWICH		34 grams
PORK BURRITO BOWL		61 grams
TURKEY & CHEESE SANDWICH		27 grams

CONDIMENTS		GRAMS OF CARBOHYDRATE PER SERVING
BBQ Sauce, <i>individual package</i>		10 grams
Creamy Tomatillo Dressing, <i>2 oz serving</i>		2 grams
Fry Sauce, <i>individual package</i>		8 grams
Italian Dressing, <i>individual package</i>		4 grams
Ketchup, <i>packet</i>		6 grams
Mayonnaise, <i>packet</i>		0 grams
Mustard, <i>packet</i>		0 grams
Ranch, <i>Lite, individual package</i>		2 grams
Sriracha Chili Sauce, <i>packet</i>		1 gram
Salsa, <i>packet</i>		2 grams
Syrup, <i>individual package</i>		30 grams
Tartar Sauce, <i>individual package</i>		0 grams
Thousand Island, <i>individual package</i>		12 grams

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MILK	GRAMS OF CARBOHYDRATE PER SERVING
1% White	13 grams
Fat-Free Chocolate	20 grams
Fat-Free White	13 grams

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 rasp-, black-, & 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	6 grams
Clementine, medium	9 grams
Grapefruit, half	11 grams
Grapes, red or green (1/2 cup)	14 grams
Honeydew Melon, 1/2 cup cubed	7 grams
Kiwi, 1/2 cup	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 1 wedge	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	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	
Crinkle-Cut Frie	17 grams
Curly Fries	21 grams
Mashed Potatoes, 1/2 cup	15 grams
Tater Tots	16 grams
Waffle Fries	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

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ADDITIONAL ITEMS		GRAMS OF CARBOHYDRATE PER SERVING
BREADSTICK		17 grams
DINNER ROLL		27 grams
COCONUT, 2 T		8 grams
CHIPS	<i>Baked Cheetos (reg & flamin' hot)</i>	16 grams
	<i>Baked Lays, BBQ</i>	19 grams
	<i>Baked Lays, Original</i>	24 grams
	<i>Doritos, Cool Ranch</i>	19 grams
	<i>Doritos, Nacho Cheese & Spicy Sweet</i>	20 grams
	<i>Sunchips, all flavors</i>	19 grams
	<i>Tortilla Chips</i>	18 grams
COOKIE	<i>Candy Cookie Chip</i>	23 grams
	<i>Chocolate Chip</i>	24 grams
	<i>Fortune Cookie</i>	4 grams
	<i>Double Chocolate</i>	34 grams
	<i>Sugar, Frosted with Sprinkles</i>	27 grams
PUDDING	<i>Chocolate</i>	35 grams
	<i>vanilla</i>	27 grams
	<i>JELLO</i>	17 grams
	<i>SIDEKICK SLUSHIE</i>	23 grams
RICE	<i>Brown, plain (1 cup)</i>	36 grams
	<i>Rice Pilaf (1/2 cup)</i>	28 grams
	<i>Spanish Rice (1/2 cup)</i>	27 grams
RICE KRISPIES TREAT		30 grams
STRING CHEESE		0 grams
YOGURT, Trix, all flavors		15 grams

Sudden menu changes may be necessary at times. Kitchen managers are instructed to notify health clerks and nurses of menu changes. Please

contact your kitchen manager with questions regarding daily changes to the listed menu. Debbie Phang can also be contacted for additional information regarding carbohydrate counts or special diets.

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