

# CARBOHYDRATE COUNT & FOOD ALLERGY LIST 24-25

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

BREAKFAST FOODS		GRAMS OF CARBOHYDRATE	ALLERGENS
BAGEL & CREAM CHEESE		31 grams	WHEAT, MILK, SOY
MINI BAGEL, <i>Strawberry</i>		42 grams	WHEAT, MILK, SOY
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
DUTCH WAFFLE		38 grams	WHEAT, MILK, EGGS, SOY
EGGS, HAM & HASHBROWN		13 grams	EGGS
FRENCH TOAST STICKS <i>(2 each)</i>		38 grams	WHEAT, MILK, EGGS, 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
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
Cocoa Cherry bar		33 grams	WHEAT, 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>Crunch Berry</i>	24 grams	SOY
	<i>Trix</i>	24 grams	No Allergens
	<i>Frosted Mini Wheats</i>	24 grams	WHEAT
	<i>Fruit Loop</i>	24 grams	WHEAT
	<i>2 oz. Cocoa puffs</i>	47 grams	no allergens
	<i>2 oz Trix</i>	47 grams	no allergens
CINNAMON ROLL <i>w/frosting</i>		24 grams	WHEAT, MILK, EGGS
JELLY <i>(Assorted Flavors)</i>		9 grams	No Allergens

<b>JUICE</b>	<i>Apple, Orange &amp; Apple Cherry (4 oz)</i>	<b>13 grams</b>	<i>No Allergens</i>
	<i>Grape (4 oz)</i>	<b>19 grams</b>	<i>No Allergens</i>
<b>MUFFINS</b>	<i>Plain</i>	32 grams	<b>WHEAT, MILK, EGGS, SOY</b>
	<i>Blueberry</i>	33 grams	<b>WHEAT, MILK, EGGS, SOY</b>
	<i>Chocolate Chip</i>	40 grams	<b>WHEAT, MILK, EGGS, SOY</b>
	<i>double chocolate</i>	43 grams	<b>WHEAT, MILK, EGGS, SOY</b>
	<i>Pumpkin Chocolate Chip</i>	31 grams	<b>WHEAT, MILK, EGGS, SOY</b>
<b>OATMEAL</b>	<i>Maple Brown Sugar</i>	<b>32 grams</b>	<i>No Allergens</i>
<b>SYRUP</b>		30 grams	<i>No Allergens</i>
<b>TOAST</b>	<i>English Muffin (1/2)</i>	<b>10 grams</b>	<b>WHEAT, SOY</b>
	<i>Raisin</i>	<b>21 grams</b>	<b>WHEAT</b>
	<i>Whole Wheat</i>	<b>14 grams</b>	<b>WHEAT</b>

<b>LUNCH ENTREES</b>	<b>GRAMS OF CARBOHYDRATE</b>	<b>ALLERGENS</b>
<b>BAKED ZITI</b>	31 grams	<b>WHEAT, MILK</b>
<b>BREAKFAST FOR LUNCH</b>	<b>38 grams</b>	<b>WHEAT, MILK, EGGS, SOY</b>
<b>BURRITO BOWL</b>	60 grams	<b>WHEAT, MILK, SOY</b>
<b>BURRITO, <i>bean &amp; cheese</i></b>	<b>44 grams</b>	<b>WHEAT, MILK, SOY</b>
<b>CHEESEBURGER</b>	27 grams	<b>WHEAT, MILK, SOY</b>
<b>CHICKEN &amp; WAFFLES(w/tenders)</b>	<b>28 grams</b>	<b>WHEAT, MILK, EGGS, SOY</b>
<b>MESQUITE DRUMSTICK</b>	<b>4 grams</b>	<b>WHEAT, SOY</b>
<b>CHICKEN DRUMSTICK, <i>breaded</i></b>	6 grams	<b>WHEAT</b>
<b>CHICKEN NUGGETS, <i>5 pieces</i></b>	<b>20 grams</b>	<b>WHEAT, SOY</b>
<b>CHICKEN PARMESAN</b>	47 grams	<b>WHEAT, MILK, SOY</b>
<b>CHICKEN PATTY SANDWICH</b>	<b>42 grams</b>	<b>WHEAT, SOY</b>
<b>CHICKEN POTATO BOWL</b>	39 grams	<b>WHEAT, MILK, SOY</b>
<b>CORN DOG</b>	<b>30 grams</b>	<b>WHEAT, EGGS, SOY</b>
<b>COUNTRY FRIED CHICKEN</b>	16 grams	<b>WHEAT, MILK, SOY</b>
<b>COUNTRY FRIED STEAK</b>	<b>16 grams</b>	<b>WHEAT, MILK, SOY</b>
<b>FISH STICKS, <i>4 pieces</i></b>	20 grams	<b>WHEAT, EGGS, FISH</b>
<b>GENERAL TSO'S CHICKEN</b>	<b>23 grams</b>	<b>WHEAT, EGGS, SOY</b>
<b>SWEET &amp; SOUR CHICKEN</b>	<b>18 grams</b>	<b>WHEAT, EGGS, SOY</b>
<b>TERIYAKI CHICKEN</b>	<b>6 grams</b>	<b>WHEAT, SOY</b>
<b>SICHUAN CHICKEN</b>	<b>7 grams</b>	<b>WHEAT, SOY</b>
<b>ORANGE CHICKEN</b>	19 grams	<b>WHEAT, EGGS, SOY</b>
<b>GRILLED CHEESE SANDWICH</b>	30 grams	<b>WHEAT, MILK, SOY</b>
<b>HAM SANDWICH, <i>hot or cold</i></b>	<b>31 grams</b>	<b>WHEAT, MILK, SOY</b>
<b>HAMBURGER</b>	26 grams	<b>WHEAT, SOY</b>
<b>HOT DOG</b>	<b>22 grams</b>	<b>WHEAT</b>
<b>LASAGNA</b>	30 grams	<b>WHEAT, MILK, EGGS</b>
<b>MAC &amp; CHEESE</b>	<b>44 grams</b>	<b>WHEAT, MILK, SOY</b>
<b>MAC AND CHEESE BAR TOPPINGS</b>	<b>10 grams</b>	<b>WHEAT, MILK, EGGS, SOY</b>
<b>GRILLED CHEESE SANDWICH</b>	<b>30 grams</b>	<b>WHEAT, MILK, SOY</b>
<b>SWEET PORK SALAD</b>	<b>63 grams</b>	<b>WHEAT, MILK, EGGS, SOY</b>

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
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
RIB PATTY SANDWICH	52 grams	WHEAT, MILK, SOY
SLOPPY JOE SANDWICH	40 grams	WHEAT, MILK, SOY
SPAGHETTI & MEATBALLS	30 grams	WHEAT, MILK, SOY
TACO SALAD	50 grams	WHEAT, MILK, SOY
TACOS <i>with ground beef, 2 each</i>	20 grams	MILK, SOY
TURKEY ROAST	0 grams	No Allergens
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, <i>hot and spicy (2)</i>	9 grams	WHEAT, SOY
CHICKEN STRIPS, (3)	16 grams	WHEAT, SOY
CHICKEN ALFREDO <i>w/chk tenders</i>	49 grams	WHEAT, MILK, SOY
TRAVELING TACO	41 grams	WHEAT, MILK
BAKED POTATO BAR	50 grams	MILK, SOY
BENTO BOX <i>w/pretzels</i>	53 grams	WHEAT, MILK, EGGS, SOY

ENTRÉE SALADS ( <i>High School ONLY</i> )	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
CHIPS <i>Baked Cheetos (reg &amp; flamin' hot)</i>	16 grams	MILK
<i>Baked Lays, BBQ</i>	19 grams	MILK, SOY
<i>Baked Lays, Original</i>	24 grams	SOY

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

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

<b>FRUIT ITEMS</b>	<b>GRAMS OF CARBOHYDRATE PER SERVING</b>
<b>Apple, medium</b>	<b>25 grams</b>
<b>Applesauce, unsweetened, 1/2 cup</b>	<b>16 grams</b>

<b>Banana, medium</b>	<b>27 grams</b>
<b>Berry Medley, frozen, raspberries, blackberries, &amp; blueberries</b>	9 grams
<b>Blackberries, fresh or frozen, 1/2 cup</b>	<b>7 grams</b>
<b>Blueberries, fresh or frozen, 1/2 cup</b>	11 grams
<b>Cantaloupe, 1/2 cup cubed or sliced</b>	<b>6 grams</b>
<b>Clementine, medium</b>	9 grams
<b>Grapefruit, half</b>	<b>11 grams</b>
<b>Grapes, red or green (1/2 cup) (14 grapes)</b>	14 grams
<b>Honeydew Melon, 1/2 cup cubed</b>	<b>7 grams</b>
<b>Kiwi, 1/2 cup (2 small kiwis)</b>	12 grams
<b>Mixed Fruit, canned, 1/2 cup</b>	<b>16 grams</b>
<b>Nectarine, medium</b>	15 grams
<b>Orange, medium</b>	<b>15 grams</b>
<b>Peach, medium, fresh or 1/2 cup canned</b>	15 grams
<b>Pear, medium</b>	<b>25 grams</b>
<b>Pears, canned, 1/2 cup</b>	14 grams
<b>Pineapple, 1/2 cup cubed</b>	<b>11 grams</b>
<b>Pineapple Tidbits, canned, 1/2 cup</b>	19 grams
<b>Plum, medium</b>	<b>7 grams</b>
<b>Raspberries, fresh, 1/2 cup</b>	7 grams
<b>Strawberries, fresh, 1/2 cup</b>	<b>6 grams</b>
<b>Strawberries, frozen, sweetened, 1/2 cup</b>	21 grams
<b>Watermelon, 1/2 cup cubed or sliced</b>	<b>6 grams</b>

<b>VEGETABLE ITEMS</b>	<b>GRAMS OF CARBOHYDRATE PER SERVING</b>
<b>Baked Beans, 1/2 cup</b>	<b>30 grams</b>
<b>Bean Salad, 1/2 cup</b>	23 grams
<b>Black Beans, 1/2 cup</b>	<b>20 grams</b>
<b>Broccoli, fresh or frozen, 1/2 cup</b>	3 grams
<b>Broccolini, 1/2 cup</b>	<b>5 grams</b>
<b>Brussels Sprouts, 1/2 cup</b>	4 grams
<b>Cabbage Mix, 1/2 cup</b>	<b>2 grams</b>
<b>California Veggies, frozen, 1/2 cup</b>	7 grams
<b>Carrots, fresh or frozen, 1/2 cup (6 baby carrots)</b>	<b>6 grams</b>
<b>Cauliflower, fresh or frozen, 1/2 cup</b>	3 grams
<b>Celery, 1/2 cup</b>	<b>0 grams</b>
<b>Corn, canned or frozen, 1/2 cup</b>	22 grams
<b>Cucumber, fresh, 1/2 cup (6 slices)</b>	<b>2 grams</b>
<b>Garden Salad, 1 cup</b>	7 grams
<b>Spinach Salad, 1 Cup</b>	20 grams
<b>Green Beans, frozen, 1/2 cup</b>	<b>2 grams</b>
<b>Grape Tomatoes, 1/2 cup (6)</b>	3 grams
<b>Edamame, 1/2 cup, CONTAINS SOY</b>	<b>7 grams</b>

<b>Jalapenos</b>		1 gram
<b>Lettuce, shredded, 1/2 cup</b>		<b>0 grams</b>
<b>Lettuce, Pickle &amp; Tomato Garnish</b>		1 gram
<b>Peas, canned or frozen , 1/2 cup</b>		<b>9 grams</b>
<b>Potatoes</b>	<i>Crinkle-Cut Fries</i>	17 grams
	<i>Curly Fries</i>	21 grams <b>WHEAT</b>
	<i>Mashed Potatoes, 1/2 cup</i>	15 grams
	<i>Tater Tots</i>	16 grams
	<i>potato wedges</i>	19 grams
	<i>smile potatoes</i>	20 grams <b>SOY</b>
	<i>Waffle Fries</i>	17 grams
<b>Rainbow Carrots, 1/2 cup</b>		<b>10 grams</b>
<b>Refried Beans, 1/2 cup</b>		25 grams
<b>Summer Squash, fresh, 1/2 cup sliced</b>		<b>2 grams</b>
<b>Sweet Potato Fries, crinkle cut</b>		24 grams
<b>Roasted Zucchini Squash</b>		7 grams <b>MILK</b>
<b>Roasted Parmesan broccoli</b>		7 grams <b>MILK</b>
<b>Mix veggies</b>		5 grams
<b>Zucchini, 1/2 cup sliced</b>		<b>2 grams</b>

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.

**CONTACT DEBBIE PHANG**

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