

**Elementary Carbohydrate Counts Week 1 yellow
Winter Spring 2018**

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Chunks (nuggets)	15
Apple Jacks	22	Yogurt Combo-Yogurt, Cheese,Graham	35
Honey Grahams	16	Yogurt Cup ONLY-LF Straw	11
Juice	15	Turkey Sandwich on Bread 2 slices	36
Jumpstarts Cereal Breakfast Bag		Ham Sandwich on Bread 2 slices	36
Apple Jacks RS	18	PBJ Jamwich single	35
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Orange Chix w/Rice/1Egg Veggie Roll	77
Jumpstarts Cereal Breakfast Bag		Brown Rice only 1/4 cup	36
Frosted Flakes RS	24	Pizza Big Daddy's Wedge 1 slice	36
Honey Grahams	16	Shrimp Poppers w/Cheesy Breadstx	36
Juice	15	PBJ Uncrustable 1-5.3 oz.	64
Frudel Pillsbury Cherry or Apple	36		
Cinnamon Glazed Pancake (The Max)	35		
Bosco Egg & Cheese Stuffed Breadstix	17		
GFS Maple Pancake Wrap	18		
Ultimate Breakfast Round IW	44		
		<u>VEGETABLES-1/2 cup</u>	
		Stir Fry Blend	5
		Flame Rst. Corn & Black Beans	24
		Green Beans	6
		Tator Tots/Baby Bakers	16
		California Blend	5
		Cosmic Shapes Potatoes	16
		Corn	21
		Hash Brown Cubes	18
		Spinach	10
		Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		Fresh Apple Slices 2 oz. bag	7
		Fresh Apple whole 1 each	19
		Fresh Orange 1/2 cup	11
		Fresh Orange 1 whole	21
		Fresh Grapes 1/2 cup	18
		Banana	27
		Applesauce Cup 1/2 cup	12
		Fruit Cocktail 1/2 cup	14
		Peaches sliced in Juice 1/2 cup	17
		Pineapple Tidbits in Juice 1/2 cup	10
		Pear Diced in Juice 1/2 cup	14
		Sidekicks Frozen Fruit Cup 1/2 cup	22
		<u>Condiments</u>	
		LF Ranch dipping Cup	5
<u>BREADS</u>			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
W.G. Biscuit	27		
Graham Crackers-Minions	22		
<u>FRUITS</u>			
Craisins-Ocean Spray	28		
Fruit Cup Mixed 4 oz.	19		
Peach Cup 4 oz.	17		
Apple slices Peterson Farms 2 oz.	7		
Fresh Grapes 1/2 cup	11		
Applesauce Cup 1/2 cup	12		
Banana 1 petite	25		
Fruit & Yogurt Combo	33		
<u>FRUIT JUICES</u>			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
<u>MILK/DAIRY</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		
Yogurt Cup ONLY-LF Straw	11		
LOL Cheese Stick	0		

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WEEK 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total	Mini Twin Burgers	39
Frosted Flakes Reduced Sugar	9	Turkey Sandwich on Bread 2 slices	36
Honey Grahams	16	Turkey Sandwich on Bun	19
Juice	15	Ham Sandwich on Bread 2 slices	36
Blueberry Muffin/GoGurt	30/10	Breaded Chicken Tenders 3/Dinner Roll	30
Pork Sausage Biscuit	25	W.G. Corndog	32
Egg & Cheese W.G. Bun GFS# 669351	19	Country Baked Steak	18
Apple Cin. Texas Toast 1 each	45	Orange Chix w/Rice/1Veggie Egg Roll	77
Mini-Cinnis-Pillburys	40	Pizza Pocket (PepperoniCalzone)	35
Ultimate Breakfast Rounds 3 kinds	45	Lasagna Rollup w/Twisted Breadstick	60
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Uncrustable 1-5.3 oz.	64
<u>BREADS</u>			
W.G.Dinner Roll	13		
Parmesan Bread Stick new	28		
Garlic Toast	11		
<u>FRUITS</u>			
Craisins -Ocean Spray	28		
Fruit Cup Mixed 4 oz.	19		
Fruit Cup Mixed 4 oz.	19		
Diced Peaches in light syrup	14		
Peach Cup 4 oz.	17		
Pear cup in Juice 1/2 cup	20		
Applesauce Cup 1/2 cup	12		
Banana 1 petite	25		
Apple slices Peterson Farms 2 oz.	7		
Fresh Grapes 1/2 cup	11		
All Fruit Bar	27		
Banana 1 petite	25		
<u>FRUIT JUICES</u>			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		
<u>VEGETABLES</u>			
		Baked Potato Sticks (McCain Fries)	20
		Green Beans	6
		Baked Beans	29
		Corn	21
		Mashed Potato 1/2 cup	16
		Peas	9
		Sicilian Blend	6
		Sweet Potato Puffs 3 oz.	23
		Zucchini (fresh or frozen sliced)	2
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Diced Peaches in light syrup	14
		RIPS Frozen Fruit	16
		Fresh Grapes 1/2 cup	18
		Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
		Sidekicks Frozen Fruit Cup 1/2 cup	22

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WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Sloppy Joe on Bun or Scoops	30
Juice	15	Sloppy Joe 4 oz. serving	11
Jumpstarts Cereal Breakfast Bag			
Apple Jacks RS	18	Popcorn Chicken 10/serving	17
Honey Grahams	16	Pizza Cheese pre-sliced 10 cut	34
Juice	15	Pizza Pepperoni pre-sliced 10 cut	34
Breakfast on the Go Meal Pack			
	40 total	Rotini Pasta w/Meatsauce Garlic Tst.	35
Frosted Flakes Reduced Sugar	9	Seafood Shapes-4 pieces	18
Honey Grahams	16	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Juice	15	Macaroni & Cheese 6 oz.	29
Bosco Egg & Cheese Stuffed Breadstix	17	Yogurt Combo-Yogurt, Cheese,Graham	35
Apple or Cherry Frudel	37	Yogurt Cup ONLY-LF Straw	11
Cinnamon Glazed Pancake (The Max)	35	PBJ Uncrustable 1-5.3 oz.	64
Ultimate Breakfast Round IW	44	Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS			
Hamburger Bun 3.5 "	19		
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS			
Crasins Ocean Spray	28	Carrots Steamed plain	7
Raisins 1/4 cup 40 gm.	31	Capri Blend	4
Fruit Cup Mixed 4 oz.	19	Tator Tots	16
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Corn	21
Applesauce Cup 1/2 cup	12	Refried Beans	16
Banana 1 petite	25	California Blend	5
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets	4
Fresh Grapes 1/2 cup	11	California Blend	5
Banana 1 petite	25	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUIT JUICES			
Orange 4 oz.	13	FRUITS	
Apple 4 oz.	13	Fresh Orange Wedges 1/2 cup	11
Fruitables 4 oz.	14	Fresh Orange Wedges 1 whole	21
		Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
		Fresh Grapes 1/2 cup	11
		Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	22
MILK			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		

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WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total	Chicken Patty/Bun	35
Frosted Flakes Reduced Sugar	9	B4Lunch Eggs-w/ Waffles	38
Honey Grahams	16	W.G Turkey Corn Dog	30
Juice	15	All Beef Hot Dog/Bun	20
Blueberry Muffin/GoGurt	30/10	All Beef Hot Dog NO BUN	1
Banana Muffin/GoGurt	31/10	Nacho's w/Meat & Cheese cup	36
Pork Sausage Biscuit	25	Salsa cup	2
Egg & Cheese W.G. Bun GFS# 669351	19	Grilled Cheese Sandwich	40
Apple Cin. Texas Toast 1 each	45	Tomato Soup 1 cup	20
Mini-Cinnis-Pillburys	40		
Ultimate Breakfast Rounds 3 kinds	45		
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Uncrustable 1-5.3 oz.	64
		Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS		VEGETABLES	
Garlic Toast	11	Green Beans	6
Twisted Parmesan Breadstick	28	Refried Beans w/cheese	15
W.G. Dinner Roll	14	Hash Brown Cubes	18
Hot Dog Bun	19	Smiles Potatoes 4 oz.	21
		Baked Beans	29
FRUITS		Mashed Potato 1/2 cup	16
Craisins-Ocean Spray	28	California Blend 1/2 cup	5
Fruit Cup Mixed 4 oz.	19	Flame Roasted Corn & Black Bean	24
Peach Cup 4 oz.	17	Corn	21
Pear cup in Juice 1/2 cup	20	Tomato Soup 1/2 cup	20
Applesauce Cup 1/2 cup	12	Shredded Lettuce/Tomato/Cheese	7
Banana 1 petite	25	Fresh Veggies in Cup w/ low-fat dip	3
Apple slices Peterson Farms 2 oz.	7	Garden Romaine Salad Mix	10
Fresh Grapes 1/2 cup	11	Salsa cup	2
Orange Wedges 1/2 cup	10		
		FRUITS	
		Diced Pears in Juice 1/2 cup	14
FRUIT JUICES		Pineapple Tidbits in Juice	10
Orange 4 oz.	13	Tropical Fruit Salad in Juice	15
Apple 4 oz.	13	Apple Cranberry Salad	20
Fruitables Juice 4 oz.	14	Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
MILK		Sidekicks Frozen Fruit Cup 1/2 cup	22
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		

CONDIMENTS 2017-18

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9