

GREENWOOD SCHOOL DISTRICT

FOOD SERVICE CARBOHYDATE COUNTS

Please note that count totals are based on serving portions. Ingredients and products may be substituted based on supply from distributor. For more detailed information, please contact Food Service Director, Jeri Hasse at 715-408-2129.

LUNCH ITEMS	TOTAL CARBS	SUGAR CARBS
Bread	27	4
Hamb/Hot Dog Bun	29	4
Steak Bun	39	4
Chicken Popcorn	14	1
Chicken Teriyaki	6	6
Chicken (Diced)	0.3	0
Chicken Patty	16	1
Chicken (Grilled)	1	0
Chicken Nugget	13	0
Chicken Fajita	2	0
Chicken Lemon Grass	19	10
Chicken Mand. Orange	19	10
Turkey	2	1
Ham	1	1
Sausage Patty	1	0
Summer Sausage	1	0
Bologna	1	0
Philly Steak	3	2
Meatballs	4	1
Salisbury Steak	4	1
BBQ Pork	13	9
Mini Corn Dogs	31	8
Hot Dogs	1.4	0
Rib Patty	5.1	3.1
Meatloaf	7	1
Fish Square	16	1
Fish Sticks	20	0
Beef Crumbles	1	0
Hamburgers	1	0
Taco Meat	5	2
Mac. & Cheese	46	9
Pizza	45	0

BREAKFAST ITEMS	TOTAL CARBS	SUGAR CARBS
French Toast	34	0
French Toast Sticks	21	4
Cheese Omelets	1	0
String Cheese	1	0
Cheese Slice	2	1
White Choco Muffin	29	17
Blueberry Muffin	32	17
Banana Muffin	55	30
Choco Muffin	28	17
Lemon Poppy Muffin	27	15
Frudel Stick-Apple	36	11
Frudel Stick-Cherry	36	11
Frudel Stick-Cinn	40	15
Sunrise Bar	25	4
Cinnamon Roll	10	6
Long John	27	4
Egg Patty	3	1
Biscuit	30	3
Croissant	24	4
Waffle	38	13
Cheerio Cereal Bar	30	9
Trix Cereal Bar	30	9
Cinn. Toast Crunch Bar	30	8
Pop-tart Fudge	38	16
Pop-Tart BrownSugar	34	12
Pop-Tart-Strawberry	37	15
Banana Bread	44	25
Zucchini Bread	43	25
Waffle-Maple	42	19
Waffle-Blueberry	43	20
Pancake on a Stick	20	4
Breakfast Pizza	25	4

LUNCH ITEMS CONT.	TOTAL	SUGAR
Calzones	31	3
Egg Roll	28	3
Quesadilas	35	0
PBJ	32	13
Pizza Dippers	29	0
Chicken Alfredo	6	2
Lasagna Roll Ups	26	4
Corn Dog - Large	26	9
Ravioli-Scratch	15	1
Egg Noodles	39	2
Elbow Noodle-wheat	18	2
Mashed Potatoes	14.6	0.6
Spaghetti Noodles	41	2
Breadstick	17	2
Soft Shell-wheat	19	1
Hard Shell	21	0
Soft Shell-white	19	1
Wrap	5.1	0
French Fries	19	0
Curly Fries	21	0
Tartar Tots	19	0
Rice-brown	37	0
Rice-white	22	0
Spaghetti Sacue	8	0
Pizza Sauce	6	3
Creanm Of Mush Soup	10	0
Cream Of Chicken Soup	10	1
Tomato Juice	10	8
Tomato Soup	19	11
Chix Stuffing	18	2
Chicken Gravy	3	0
Brown Gravy	3	1
Eat a Bowl	28	5
Crackers-wheat (6)	13.5	0
Kidney Bean (1/2 cup)	21	3
Chili Bean (1/2c up)	20	0
Bush's Bean (1/2 cup)	28	11

BREAKFAST ITEMS CONT.	TOTAL	SUGAR
Pancakes	39	8
Pancake (Strawberry)	40	14
Rice Krispy-regular	31	11
Rice Krispy-chocolate	26	14
Rice Krispy-granola	27	10
Bacon Slice	0	0
Bagel-reg.	29	5
Bagel-blueberry	26	2
Bagel-cin/raisin	33	6
Yogurts	19	16
Granola-Cinnamon	17	6
JUICE ITEMS	TOTAL	SUGAR
Grape Juice	19	0
Apple Juice	15	15
Orange Juice	14	12
CONDIMENTS	TOTAL	SUGAR
Syrup cup	31	21
Cream Cheese-reg.	2	1
Cr. Cheese-strawbery	4	3
Pickle Relish Packet	3	2
Mayo (1 Tbsp.)	3	2
Tartar Sauce packet	1	1
Taco Sauce packet	1	0
Ketchup packet	2	2
Ketchup (bulk) (1 Tbsp)	4	4
BBQ Sauce (2 Tbsp)	11	10
Stir Fry Sauce (1 Tbsp)	4	3
Chipotle Sauce (2 Tbsp)	6	5
Honey Mustard (1 Tbsp)	7	6
Salsa (2 Tbsp)	2	2
Sweet n Sour (2 Tbsp)	14	11
SALAD DRESSINGS	TOTAL	SUGAR
Ranch-Reg. (2 Tbsp)	2	1
Ranch-Lite (2 Tbsp)	7	1
French-Reg (2 Tbsp)	10	10
1000 Island packet	5	3

FRESH FRUIT ITEMS	TOTAL	SUGAR
Red Delic. Apple (1)	22	16
Golde Delic.Apple (1)	22	16
GrannySmithApple (1)	17	14
Orange (1)	19	14
Kiwi (2)	20	13
Pear (3/4 cup)	26	16
Banana (1/2 cup)	29	15
Grapefruit (1/2)	15	11
Grapes (3/4 cup)	23	20
Strawberries (1 cup)	12	8
Cantelope (2/3 cup)	11	10
Watermelon (1 oz.)	2	0
Honey Dew (3/4 cup)	12	10
Strawberry (frozen)	27.3	23.6
CANNED FRUIT ITEMS	TOTAL	SUGAR
Mand. Oranges (1/2 cup)	16.2	16
Pineapple (1/2 cup)	15.7	14.5
Peach's (1/2 cup)	17	13
Pears (1/2 cup)	20	14
Applesauce (1/2 cup)	23	18
Applesauce Cup (4 oz.)	23	18
Fruit Cocktail (1/2 cup)	19	13
Cranberry Sauce (1/4 cup)	26	17
Sidekicks	20	19

FRESH VEGETABLE ITEMS	TOTAL	SUGAR
Sweet Potato (1/2 cup)	20	0
Potato (2/3 cup)	26	1
Celery (1/3 cup)	4	2
Cucumber (1/3 cup)	4	2
Califlower (1/3 cup)	5	2
Broccoli (1/4 cup)	6	1
Carrot (Packet)	4	3
Carrot-bulk (1/3 cup)	8	5
Onion (1/2 cup)	11	5
Green Pepper (1/3 cup)	3	2
Red Pepper (2/3 cup)	6	4
Yellow Pepper (2/3 cup)	7	0
Radishes (7)	3	2
Tomato (1/3 cup)	3	2
Spinach (1 cup)	1	0
Lettuce (1/3 cup)	3	1
Cabbage	5	3
COOKED VEGETABLE ITEMS	TOTAL	SUGAR
Broccoli (1/3 cup)	4	1
Carrots (1/3 cup)	8	4
Corn (1/2 cup)	21	3
Peas (2/3 cup)	12	4
Green Beans (2/3 cup)	5	0
California Blend (3/4 cup)	5	0
Capri Blend (3/4 cup)	4	2
Santa Fe Blend (1/3 cup)	13	3
Mixed Veg (2/3 cup)	11	3
Stir Fry Veg (1/4 cup)	6	2
Pepper/Onion (1/3 cup)	8	3
Squash (1/3 cup)	9	3

7/6/2016