

## Carbohydrate Content of School Cafeteria Food

Carbohydrate content is based on the average serving size as provided in the cafeteria. School Lunch Menus (daily and monthly) are located on the Prince George County School Webpage: [www.pgs.k12.va.us](http://www.pgs.k12.va.us) under "Calendars" then "Today's Lunch"

<b>BREAKFAST FOODS</b>	<b>Grams of Carbohydrate</b>
Bagel (whole grain)	24
Biscuit - 2 oz = 22/1.1 oz = 16 carbs	2 oz = 22/1.1 oz = 16 carbs
Breakfast Donut (plain - whole grain)	29
Breakfast Donut Honey Bun	34
Breakfast Pizza (whole grain)	27
Cereal Bar (whole grain)	29
Chicken Patty	8
French Toast (slice - whole grain)	32
French Toast Stick (whole grain)	14 per stick
Mini Pancakes (per entire bag), (whole grain)	30 (per entire bag)
Pancake on a Stick (whole grain)	17
Pop Tarts (per pack of 2)	70 (per pack of 2)
Pork Sausage Patty	0.5
Snack 'N Waffles (per entire bag) whole grain	35 (per entire bag)
<b>BREAD / CRACKERS</b>	
<b>Sweet Breads:</b>	
Apple Roll (whole grain)	34
Banana Bread (whole grain)	44
Cinnamon Roll - Bake Crafters	41
Cinnamon Roll - Hadley Farms (whole grain)	38
Sweet Potato Roll (whole grain)	38
Zucchini Bread (whole grain)	43
	<b>Grams of Carbohydrate</b>
<b>Breads Regular:</b>	
Biscuit	2 oz = 22/1.1 = oz 16
Croissant 1.25 oz = 13/ 2.2 oz = 26	1.25 oz = 13/ 2.2 oz = 26
English Muffin - breakfast item	24
Hamburger Bun	23
Hot Dog Bun	22
Hush Puppies (served as 3 pieces)	6 (per piece)
Nacho Chips without Cheese (listed on menu as nachos and cheese)	19
Sub Roll	39
Taco Shell	13
Slider Roll - Fun Bun 1.1 oz	15
Tortilla Shell (flat flour)	18
White Sandwich Bread (1 slice)	12 (per slice)
Yeast Roll (listed on menu as "hot roll") 2 oz	2 oz = 24/ 1 oz = 16
<b>Crackers:</b>	
Goldfish (1 bag)	14
Saltine Crackers (pack of 4)	9 (per pack of 4)
Crackers - whole wheat - 2/pk	5 (per pack)

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<b>FRUIT / FRUIT JUICES / JELLO</b>	<b>Grams of Carbohydrate</b>
<b>Juices:</b>	
Apple Juice (served as 4 oz)	14
Grape Juice (served as 4 oz)	18
Orange Juice (served as 4 oz)	12
Fruit Juice Blend (served as 4 oz)	14
Fruit 66 (8 oz flavor: orange tangerine)	23
Fruit 66 (8 oz flavors: fruit punch, apple berry, kiwi strawberry)	24
Applesauce (served as $\frac{1}{2}$ cup)	13
Apple Crisp	32
Spiced Apples	31
Chilled Fruit	15
Fruit Cocktail (served as $\frac{1}{2}$ cup)	17
Fruit Juice Flavored Ice Cup (also listed as Polish or Italian Ice)	24
Fruited Jello with Whipped Topping	26
Mandarin Oranges (served as $\frac{1}{2}$ cup)	18
Mixed Fruit	18
Peaches (served as $\frac{1}{2}$ cup)	21
Pears (served as $\frac{1}{2}$ cup)	21
Pineapple (served as $\frac{1}{2}$ cup)	17
<b>MILK / MILK PRODUCTS / BEVERAGES</b>	<b>Grams of Carbohydrate</b>
Hawaiian Punch (12 oz can)	45
YooHoo (12 oz can)	40
<b>Milk</b>	
Chocolate Milk (8 oz carton) fat free	26
Strawberry Milk (8 oz carton) fat free	26
White Milk (8 oz carton) 1%	13
Yogurt	19
<b>CHEESE / MEAT / PIZZA / SANDWICHES</b>	<b>Grams of Carbohydrate</b>
<b>Cheese</b>	
Mozzarella Cheese Stick Breaded (per stick)	6 (per stick)
Cheddar Cheese Sauce	8
Cheese (1 slice American)	2
Cheese Sauce (as served with "nachos and cheese")	6
Macaroni and Cheese	27
Nachos and Cheese	25
<b>Meat/Fish/Egg</b>	
Barbecue Rib without Bread (NOTE: Ask about bread type)	4
Barbecue without Bun (with tomato base sauce)	22
Barbecue without Bun (with vinegar base sauce)	4
Chicken Breaded Bone-In (listed on menu as fried chicken) Wing	3

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Breast Half	12
Drumstick	4
Thigh	10
Chicken or Turkey Pot Pie	23
Chicken Fajita	23
Chicken Fillet Breaded without Bun	15
Chicken Fillet Breaded with Bun	40
Chicken Nuggets Breaded (per nugget)	3 (per nugget)
Chicken Salad (without bun)	7
Chicken Tenders Breaded (per tender)	4 (per tender)
Chili Hot Dog (includes bun and chili sauce)	28
Popcorn Chicken Breaded (per piece) NOTE: Usual Serving Size is 14 pieces.	1 (per piece)
Corn Dog Nugget (per nugget)	7 (per nugget)
Corn Dog	32
Egg Roll (chicken)	19
Fish Fillet Breaded (without bread)	15
Fish Nuggets (per nugget) Note: Usual Serving Size is 5 nuggets.	4.6 (per nugget)
Hot Dog without Bun	4
Hot Dog with Bun	23
Rib-B-Que without Bread (NOTE: Ask about bread type)	4
Rib-B-Que Dipper without Bread (per serving of 4)	6 (per serving of 4)
Sloppy Joe on Hamburger Bun - Turkey	36
Taco (regular size, not mini) with Filling	14
Tangerine Chicken (not including rice)	24
Toasty Dog (hot dog with cheese on bread)	14
Turkey and Gravy	3
Turkey Salad (without bun)	7
<b>Pizza</b>	
Bosco Stick (usually served as 2 sticks)	17 (per stick)
Bread Stick or Max Stick (usually served as 2 sticks)	16 (per stick)
French Bread Pizza (cheese)	33
Gilardi Max Stix (usually served as 2 stix)	16 (per stix)
Gilardi Real Slice Cheese	32
Gilardi Real Slice Pepperoni	32
Gilardi Stuffed Crust Cheese Pizza	45
Gilardi Stuffed Crust Pepperoni Pizza	45
Nardone Pepperoni Pizza	29
Pizza Bake	29
Tony's Classic Wedge Cheese or Pepperoni Pizza	31
Tony's Cheese Pizza	36
Tony's Pepperoni Pizza	36
<b>Sandwiches:</b>	

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Barbecue Sandwich with Bun (with tomato base sauce)	49
Barbecue Sandwich with Bun (with vinegar base sauce)	31
Beef Slider without Cheese (per one slider) NOTE: Served as two	15 (per one slider)
Cheeseburger on Bun	29
Cheeseburger Slider (per one slider) NOTE: Served as two	17 (per one slider)
Chicken Slider (per one slider) NOTE: Served as two	25 (per one slider)
Chicken Fillet Sandwich	40
Chicken Panini	15
Grilled Cheese	34
Hot Ham and Cheese on Bun	29
Sloppy Joe (turkey meat) on Hamburger Bun	36
Smucker's Uncrustables Peanut Butter and Jelly Sandwich	54
<b>BEANS / PASTA / POTATOES / RICE / VEGETABLES / SOUP / STUFFING /</b>	<b>Grams of Carbohydrate</b>
<b>Pasta</b>	
Macaroni and Cheese	27
Italian Spaghetti (spaghetti and meat sauce)	34
Lasagna	28
Lasagna Rollup	23
<b>Potatoes</b>	
Buffalo Fries (served at high school only)	21
Curly Fries (serving size for grades preschool-5 )	10
Curly Fries (serving size for grades 6-12)	20
French Fries (serving size for grades preschool-5 )	9
French Fries (serving size for grades 6-12)	18
Hash Brown Patty	14
Hush Puppies (served as 3 pieces)	6 (per piece)
Mashed Potatoes	18
Potato Rounds (per serving size)	19
Potato Smiles (per serving size of 6 pieces)	25
Potato Tots (per serving size)	19
Potato Wedges (serving size for grades Preschool-5 )	9
Potato Wedges (serving size for grades 6-12 )	18
Seasoned Potato Fries	27
Sweet Potatoes	26
Sweet Potato Rounds (per 11 pieces)	21
<b>Rice</b>	
Rice (per serving size $\frac{1}{2}$ cup)	22
Stir Fry Rice (per serving size $\frac{1}{2}$ cup)	24
<b>Vegetables</b>	
Black Beans (per serving size $\frac{1}{2}$ cup)	21
Broccoli Spears	5
California Blend Vegetables (per serving size $\frac{1}{2}$ cup)	2

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Carrots (per serving size $\frac{1}{2}$ cup)	11
Cole Slaw (per serving size $\frac{1}{2}$ cup)	9
Corn (per serving size $\frac{1}{2}$ cup)	17
Corn on Cob	20
Green Beans (per serving size $\frac{1}{2}$ cup)	4
Lima Beans (per serving size $\frac{1}{2}$ cup)	25
Mixed Vegetables (per serving size $\frac{1}{2}$ cup)	6
Peas (per serving size $\frac{1}{2}$ cup)	13
Refried Beans	20
Vegetarian Beans	21
<b>Soup</b>	
Chicken or Turkey Vegetable (served as 1 cup)	13
<b>Stuffing</b>	
Cornbread Stuffing	23
<b>SAUCES / DIPS / DRESSINGS</b>	<b>Grams of Carbohydrate</b>
Bar-B-Q Sauce	10
Cheddar Cheese Sauce	7
Chili Sauce for Hot Dog (per 1 Tbsp)	5
Corn and Black Bean Salsa (per serving size $\frac{1}{2}$ cup)	19
French Dressing (per 2 Tbsp)	9
Gravy (chicken)	6
Gravy (turkey)	6
Honey Mustard Dressing (per 2 Tbsp)	5
Italian Dressing (per 2 Tbsp)	2
Marinara Sauce—Used as Dipping Sauce for Max Stick/Stix (per serving size of $\frac{1}{4}$ cup)	5
Nacho Cheese Sauce	8
Ranch Dressing--Used as Dip with Fresh Vegetables (per 2 Tbsp)	1
<b>FROZEN DESSERTS / SNACKS</b>	<b>Grams of Carbohydrate</b>
<b>Frozen Desserts:</b>	
Crackle Bar	11
Firecracker Popsicle	8
Fruit Juice Flavored Ice Cup (also listed as Polish or Italian Ice)	25
Fruit Smoothie Frozen ( $5\frac{1}{2}$ oz)	22
Fudge Bar	23
Ice Cream Bar (vanilla inside, chocolate outside)	10
Ice Cream Cup (4 oz)	14
Ice Cream Sandwich	14
Italian Ice Push Up	20
Orange Cream Bar	17
Nutty Butty	22
Scribbles Popsicle	15

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Shape-Ups Frozen Juice Bar	16
Sherbet Cup (4 oz)	26
<b>Snacks:</b>	
Brownie	29
Chocolate Chip Cookie	42
Frito Lays Trax (per bag)	21
Fruit Roll Up	16
Goldfish (per bag)	14
Kellogg Keebler Bug Bites (per 1 pouch graham crackers)	23
Rice Krispie Treat	28
Scooby Doo Graham Crackers (per bag)	20
Sugar Cookie	44
Sunbelt Snacks (See Food Service Nutritional Info Sheet)	
Tostito Scoops (per bag)	19

<b>New and Additional Items:</b>	
Taco Soup	19
Chix Noodle Soup	12
Vegetable Soup	11.52
Beef Tips and Gravy	5
<b>Amber Italian Ice</b>	
Snow Joe Frozen Cup	25
Rosati Ice – Luck of Irish	25
Sweet Heart Cup	25
Chillin Bat Cup	25