

**Elementary Carbohydrate Counts Week 1 yellow
2017-18**

<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/Egg 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 Jamwich single	35
Frudel Pillsbury Cherry or Apple	36	PBJ Jamwich Combo (cheese/cracker)	55
Bosco Egg & Cheese Stuffed Breadstix	17		
GFS Maple Pancake Wrap	18	<u>VEGETABLES-1/2 cup</u>	
Ultimate Breakfast Round IW	44	Stir Fry Blend	5
		Flame Rst. Corn & Black Beans	24
<u>BREADS</u>		Green Beans	6
Garlic Toast	11	Tator Tots/Baby Bakers	16
Twisted Parmesan Breadstick	28	California Blend	5
W.G. Dinner Roll	13	Cosmic Shapes Potatoes	16
W.G. Biscuit	27	Corn	21
Graham Crackers-Minions	22	Hash Brown Cubes	18
		Spinach	10
<u>FRUITS</u>		Refried Beans	16
Craisins-Ocean Spray	28	Normandy Blend	5
Fruit Cup Mixed 4 oz.	19	Fresh Veggies in Cup w/ lowfat dip	3
Peach Cup 4 oz.	17		
Apple slices Peterson Farms 2 oz.	7	<u>FRUITS</u>	
Fresh Grapes 1/2 cup	11	Fresh Apple Slices 2 oz. bag	7
Applesauce Cup 1/2 cup	12	Fresh Apple whole 1 each	19
Banana 1 petite	25	Fresh Orange 1/2 cup	11
Fruit & Yogurt Combo	33	Fresh Orange 1 whole	21
<u>FRUIT JUICES</u>		Fresh Grapes 1/2 cup	18
Orange 4 oz.	13	Banana	27
Apple 4 oz.	13	Applesauce Cup 1/2 cup	12
Fruitables 4 oz.	14	Fruit Cocktail 1/2 cup	14
		Peaches sliced in Juice 1/2 cup	17
<u>MILK/DAIRY</u>		Pineapple Tidbits in Juice 1/2 cup	10
Lowfat 1% & Fat Free Skim White	13	Pear Diced in Juice 1/2 cup	14
Chocolate Skim	20	Sidekicks Frozen Fruit Cup 1/2 cup	22
Strawberry Skim	28	<u>Condiments</u>	
Yogurt Cup ONLY-LF Straw	11	LF Ranch dipping Cup	5
LOL Cheese Stick	0		

Elementary Carb Counts SY 17-18

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	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16	Seafood Shapes-4 pieces	18
Juice	15	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9	Yogurt Combo-Yogurt, Cheese, Graham	35
Honey Grahams	16	Yogurt Cup ONLY-LF Straw	11
Juice	15	PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>		<u>VEGETABLES</u>	
Garlic Toast	11	California Blend	5
Twisted Parmesan Breadstick	28	Capri Blend	4
W.G. Dinner Roll	13	Tator Tots	16
<u>FRUITS</u>		Green Beans	6
Crasins Ocean Spray	28	Corn	21
Raisins 1/4 cup 40 gm.	31	Refried Beans	16
Fruit Cup Mixed 4 oz.	19	California Blend	5
Peach Cup 4 oz.	17	Broccoli Florets	4
Pear cup in Juice 1/2 cup	20	Shredded Lettuce/Tomato/Cheese	7
Applesauce Cup 1/2 cup	12	Fresh Veggies in Cup w/ low-fat dip	3
Banana 1 petite	25	Garden Romaine Salad Mix	10
Apple slices Peterson Farms 2 oz.	7	<u>FRUITS</u>	
Fresh Grapes 1/2 cup	11	Fresh Orange Wedges 1/2 cup	11
Banana 1 petite	25	Fresh Orange Wedges 1 whole	21
<u>FRUIT JUICES</u>		Diced Peaches in light syrup	14
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Fresh Grapes 1/2 cup	11
Fruitables 4 oz.	14	Fruit Cocktail in Juice	14
<u>MILK</u>		Fresh Apple whole 1 each	19
Lowfat 1% & Fat Free Skim White	13	Apple Slices 1/2 cup	7
Chocolate Skim	20	Sidekicks Frozen Fruit Cup 1/2 cup	22
Strawberry Skim	28	RIPS Frozen Fruit	16

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
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
Orange Wedges 1/2 cup	10

FRUIT JUICES

Orange 4 oz.	13
Apple 4 oz.	13
Fruitables Juice 4 oz.	14

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	21
Tomato Soup 1/2 cup	20
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Diced Pears in Juice 1/2 cup	14
Pineapple Tidbits in Juice	10
Tropical Fruit Salad in Juice	15
Apple Cranberry Salad	20
Fruit Cocktail in Juice	14
Fresh Oranges, Kiwi & Grapes	36
RIPS Frozen Fruit	16

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