



## Carbohydrate Database 2011-2012 updated 4/25/2012

Item	Carbohydrate
<b>Beverages</b>	
Bottled water 16oz	0
Bottled water 8oz	0
Gatorade, all flavors 12oz	21
Juice, Apple (100%), 4oz	15
Juice, Apple (100%), 6oz-Snack	22.5
Juice, Apple Cherry (100%) 4oz	15
Juice, Blue Raspberry (100%) 4oz	14
Juice, Grape (100%), 4oz	18
Juice, Orange (100%), 4oz	13
Juice, Sour Apple (100%) 4oz	14
V8 Fusion, Pomegranate Blueberry 8oz	25
V8 Fusion, Strawberry Banana 8oz	28
<b>Milk/milk Products</b>	
Chug, 2% 16oz	22
Chug, Chocolate 1% 16oz	50
Milk, 1% 8oz	11
Milk, Chocolate Skim 8oz	23
Milk, Skim 8oz	12
<b>Vegetables</b>	
Beans, Baked w/Pork, 1/2 cup	25
Beans, Black, 1/2 cup	16
Beans, Green 1/2 cup	7
Beans, Refried 1/2cup	18
Beans, Vegetarian Baked, 1/2 cup	26
Broccoli, Cooked, 1/2 cup	5
Broccoli, Cheese, 1/2 Cup	6
Broccoli, Raw, 1/2 cup	3
Carrots, 1/2 cup w dip	7
Carrots, Baby Raw, 1/2 cup	5
Carrots, Cooked, 1/2 cup	6
Celery & Carrots, 1/2 cup with dip	7
Celery, 1/2 cup w dip	3.5

Item	Carbohydrate
Celery, Raw, 1/2 cup	1.5
Coleslaw, 1/2 cup	15
Corn, 1/2 cup or on Cob	14
Cucumber & Celery, 1/2 w dip	3.5
Cucumber Slices, 1/2 cup	2
Garden Salad	2
Lettuce and Tomato Cup	2
Lettuce, Tomato, & Cheese Cup	2
Lettuce, Tomato, & Pickle Cup	3
Mashed Potatoes, 1/2 Cup	17
Mashed Potatoes, Red 1/2 Cup	16
Mixed Vegetable, Broc & Cauliflower, 1/2 cup	4
Mixed Vegetable, Capri, 1/2 cup	3
Mixed Vegetable, Caribbean, 1/2 cup	3
Mixed Vegetable, Oriental, 1/2 cup	5
Mixed, Vegetable, Winter Mix, 1/2 cup	4.3
Peas & Carrots, 1/2 cup	8
Peas, 1/2 cup	11
Potato Salad, Red Skin Low Fat, 1/2 cup	21
Potato, Crinkle Cut, 1/2 cup	17
Potato, Curly, 1/2 cup	15
Potato, Fresh Baked (1)	37
Potato, Hashbrown Oval (2)	31
Potato, Smiles 1/2 cup	20
Potato, Sweet Coin 1/2 cup (10 coins)	18
Potato, Sweet Poatoe Fries 1/2 cup	24
Potatoes, Red Small, 1/2 cup	28
Romaine Mini Salad, 1/2 cup	2
Southwest Bean Salsa, 1/2 cup	7
Spinach Mini Salad, 1/2 cup	2
<b>Fruit</b>	
Apple, Fresh	25
Apple Crisp, 1/2 cup	38
Applesauce, 1/2 cup	14
Apricots, Canned, 1/2 cup	21
Banana, Whole	27
Cantaloupe, Fresh, 1/2 cup	7

Item	Carbohydrate
Fresh Fruit Cup, Grapes/Honeydew (1/2 cup)	8
Fresh Fruit Cup, Grapes/Oranges (1/2 cup)	12
Fruit Slushie, 4.4 oz	20
Fruit Smoothie 4 oz	18
Grapes, Fresh, 1/2 cup	8
Honeydew, Fresh, 1/2 cup	8
Kiwi, Fresh, 1/2 cup	13
Mixed Fruit, Canned, Light Syrup 1/2 cup	18
Nectarine, Fresh	15
Orange, Fresh	15
Oranges, Mandarin, 1/2 cup	15
Peaches, Canned, Light Syrup, 1/2 cup	18
Peach Crisp, 1/2 cup	41
Pear, Fresh	28
Pears, Canned, 1/2 cup	16
Pineapple & Oranges, 1/2 cup	18
Pineapple Tidbits, Canned, 1/2 cup	15
Plum, Fresh	8
Rosy Applesauce, 1/2 cup	15
Strawberries & Bananas, 1/2 cup	30
Strawberries, Bananas, and Pineapple, 1/2 cup	30
Strawberries, Fresh 1/2 cup	6
Strawberries, Frozen, 1/2 cup	38
Tangerine, Whole (1)	16
Watermelon, Fresh, 1 Wedge	6
<b>Lunch Grain/Bread Items</b>	
Biscuit	22
Bread, Rye, 2 Slices	46
Bread, Wheat, 2 Slices	25
Bread, White, 2 slices	25
Breadstick	31
Bun, Hamburger	31
Bun, Hot Dog	24
Churro, Apple	27
Cornbread, 1 slice	25
Hoagie Roll	36
Hoagie Roll Wheat	22

Item	Carbohydrate
Loco Bread, 1 Piece	25
Noodles, Chow Mein (1/2 cup)	19
Pretzel, Soft Baked, w/Salt	38
Rice, Black Bean (1/2 cup)	19.5
Rice, Brown, 1/2 cup	18
Rice, Dirty, 1/2 cup	23
Rice, Mexican Fiesta, 1/2 cup	22
Rice, Oriental, 1/2 cup	22
Rice, Spanish	22
Rice, White, 1/2 cup	19
Rice, Wild, 1/2 cup	21
Roll	14
Roll, Wheat	26
Sub Roll, WG (1/2 Roll)	46
Stuffing, 1/2 cup	15
Taco Shells, Hard (2)	14
Tortilla, Plain 6in	14
Tortilla, Spinach & Herb 12in	57
Tortilla, Tomato & Herb 12in	57
Tortilla, Wheat 12in	56
<b>Chicken-Lunch</b>	
Chicken Alfredo Tortellini	34
Chicken, BBQ Breast	8
Chicken, BBQ Flatbread	33
Chicken, Breaded Buffalo on bun	44
Chicken, Breaded Patty	13
Chicken, Breaded Patty on bun	44
Chicken, Egg Roll WG (2)	38
Chicken, Grilled Boneless Breast	0
Chicken, Grilled Patty	2
Chicken, Grilled Patty BBQ on bun	41
Chicken, Grilled Patty on bun	33
Chicken, Grilled Parmesan	15
Chicken, Louisiana New Orleans (2.85oz)	15
Chicken, Mini Tacos (3)	25
Chicken, Nuggets, 5 pc	13
Chicken, Patty Red Label	14

Item	Carbohydrate
Chicken, Patty Red Label on Bun	44
Chicken, Popcorn, 14 pc	12
Chicken, Popcorn Bowl	38
Chicken, Quesadilla	34
Chicken, Roasted	0
Chicken, Spicy Patty	12
Chicken, Spicy Patty on bun	43
Chicken, Tangerine (3.96oz)	27
Chicken, Tenders Spicy (3)	16
Chicken, Tenders, 3 pc	16
Chicken Wing, Chili Lime (4)	3
Chicken Wing, Hot (4)	2
Chicken, Wing Zings, 6 pc	19.5
<b>Beef-Lunch</b>	
Beef Ravioli (1 cup or 8 pies)	30
Beef, Breaded Patty	15.4
Beef, Breaded Patty on bun	46.4
Beef, Breaded Patty w gravy	19
Burrito, Beef and Bean	51
Cheeseburger on bun	34
Chili, 1/2 cup	10
Hamburger Gravy (1/2 cup)	5
Hamburger on bun	33
Hot Dog, Beef	0
Hot Dog, Beef on bun	24
Nacho Scoops with Meat	22
<i>Cheddar Cheese Cup for Nachos</i>	4
Meatballs (5)	4
Meatball Sub	55
Pasta, Rotini (1/2 cup)	16
<i>Meat Sauce</i>	12
Sliders (2)	28
Sliders w/Cheese (2)	29
Smokie Grill on bun-HS ONLY	31
Smokie Grill on bun w/cheese-HS ONLY	32
Taco Salad w/o Chips	2.3
Tacos, 2 Hard Shells w/Meat & Cheese	17

Item	Carbohydrate
Tacos, 2 Soft Shells w/Meat & Cheese	31
<b>Pork-Lunch</b>	
Pork, BBQ (4oz)	18.3
Polish Sausage	8
Polish Sausage on bun	32
Pork Riblet Patty, McManatee	10
Pork Riblet Patty, McManatee on bun	41
Pork, BBQ on Bun	49.3
Pork, Egg Roll 2.0oz (2)	27
Pork, Egg Roll 4.4oz (1)	27
<b>Vegetarian/Non meat -Lunch</b>	
Bosco Sticks, Cheese WG, 4in (3)	45
Bosco Stick, Cheese, 7in (2)	56
<i>Marinara sauce, 2oz</i>	7
Buffalo Crunchers (4)	43
Burrito, Bean Extreme	54
Cheese Sandwich, on deli bread	29
Chili and Cheese Quesadilla WG	36
Egg Roll, Vegetarian (4)	26
Grilled Cheese, WG	34
Lasagna, Cheese WG	18
Mac and Cheese-2/3 cup	20
Mac & Cheese, WG, 1 cup	46
Mac & Cheese, JTM	39
Maxx Sticks, 2 each	34
<i>Marinara sauce, 2oz</i>	7
PB &J Strawberry, 4.8oz	55
PB&J Grape, WG, 5.0oz	57
Stuffed Pasta, Mrs.T's (8 Minis)	24
Tortellini. Cheese (4 oz)	31
Yogurt Parfait	69
<b>Pizza</b>	
Bosco, Pepperoni & Cheese, 4in (3)	46.5
Bosco, Mexican, 4in (3)	51
Cici's Pizza, Cheese (1 Slice)	39
Cici's Pizza, Pepperoni (1 Slice)	40
Cici's Pizza, Sausage (1 Slice)	41

Item	Carbohydrate
Cici's Pizza, Veggie (1 Slice)	41
Domino's Pizza, Cheese (1 Slice)	34
Domino's Pizza, Pepperoni (1 Slice)	34
Pizza, Bagel Cheese Mini (4)	21
Pizza, 4x6, Cheese	37
Pizza, 4x6, Pepperoni	36
Pizza, Wedge, Cheese	38
Pizza, Wedge, Pepperoni	38
Pizza, 7" Solo Red Baron, Cheese	70
Pizza, 7" Solo Red Baron, Pepperoni	68
Pizza, Flatbread Pepperoni	50
Pizza, Fiestada	42
<b>Turkey-Lunch</b>	
Corn Dog, Large	27
Corn Dog, Mini (6)	27
Holiday Ham	3
Holiday Turkey	2.5
Hot Dog, Tukey	1
Hot Ham & Cheese on bun	33
Hot Turkey & Cheese on bun	35
Turkey Gravy	5
Turkey Pot Roast (3.22oz)	1
Turkey, Ham Sliced ( 1 Slice)	0
Turkey, Sliced (5)	2.5
<b>Fish items- Lunch</b>	
Fish Patty	14
Fish Patty on bun	45
Fish Patty Unbreaded	0
Fish Patty Unbreaded on bun	31
Fish Taco (2)	48
Fish Tenders (4)	17
Shrimp Poppers, 20pc	18
<b>Breakfast Grain/Bread</b>	
Bagel, Plain	47
Bagel, Cinnamon Raisin	47
Biscuit	22
Bread, Texas Toast for toast (1 sl)	23

Item	Carbohydrate
Bread, Wheat for toast (1 sl)	12.5
Bread, White for toast (1 sl)	12.5
Muffin, Blueberry	56
Muffin, English	26
Muffin, Variety	62
<b>Cereal</b>	
Breakfast Break, Apple Cinn Cheerios	55
Breakfast Break, Reduced Sugar Trix	50
Cereal, Cinn Toast Crunch, WG RS	22
Cereal, Cocoa Puffs, WG RS	20
Cereal, Cookie Crisp, WG	18
Cereal, Corn Flakes	16
Cereal, Frosted Cheerios, WG	23
Cereal, Frosted Flakes, WG	24
Cereal, Fruity Cheerios, WG	20
Cereal, Grits 1/2 cup	16
Cereal, Honey Nut Cheerios, WG	22
Cereal, Kix, WG	14
Cereal, Lucky Charms, WG	21
Cereal, Oatmeal Plain, 1/2 cup	27
<b>Breakfast Items</b>	
Biscuit and Gravy	29
Breakfast Bar, Apple Cinnamon	48
Breakfast Bar, Banana	48
Breakfast Burrito	27
Breakfast Pizza	26
Breakfast Pizza, Bacon Scramble	23
Breakfast Round	44
Cheese Omelet	1
Chicken Patty Biscuit	27
Chicken, Patty Breakfast	4.8
Cinnamon Roll	18
Egg & Cheese Biscuit	24
Egg & Cheese Muffin	28
Egg & Cheese Open-Face Bagel	23
Egg and Cheese Bagelwich	49
Egg and Ham Muffin	27

Item	Carbohydrate
Egg Patty	1
French Toast Sticks	28
French Toast Sticks, Cinnamon Glazed (3)	28
Ham & Cheese Bagelwich	50.2
Ham & Cheese Muffin	27
Hard Boiled Egg	1
Hot Pocket	18
Mini - Cinnis	40
Morning Mix-Ups (1 pkg)	32
Pancake on a stick	23
Pancakes (2)	26
Pancakes, Mini Pillsbury	30
Pig In A Blanket (4)	24
Proball (1)	18
Sausage & Cheese Biscuit	23
Sausage & Cheese Open-Face Bagel	23
Sausage & Egg Biscuit	23
Sausage & Egg Muffin	27
Sausage Biscuit	22
Sausage Patty, Pork	0.4
Sausage Patty, Turkey	0.2
Scrambled Eggs (1/4 Cup)	2
Super Round	43
Waffle, Jumbo (2)	31
Waffle, Smuckers (1 pkg)	35
Yogurt, Danimal	19
Yogurt, Light and Fit	10
<b>Snack Items</b>	
Birthday Cupcake	32
Bar, Granola Choc Chip Chewy	19
Bar, Granola Raisin Chewy	19
Cheese, Cheddar Cup	4
Cheese, Colby Jack Stick RF	0
Cheese, Cottage (1/2 Cup)	5
Cheese, Jalapeno Cup	4
Cheese, Mini Cheddar RF	0
Cheese, Mozzarella Stick RF	1

Item	Carbohydrate
Cheetos, Baked Flamin Hot (0.875 oz)	17
Cheetos, Fantastix Flamin Hot (1 oz)	20
Cheetos, Regular Baked	17
Cheez-Its Scrable Jr. ( 0.75 oz)	14
Cheez-Its, RF (1.5 oz)	28
Cheez-its, RF White Cheedar	35
Chex, Cheddar	27
Chex, Chocolate Caramel	26
Chex, Strawberry	27
Chip, BBQ Baked (0.875 oz)	19
Chip, BBQ Baked (1.125 oz)	24
Chip, Cheddar/Sour Crm. Baked (1.125 oz)	24
Chip, Doritos Nacho Cheese Baked (1.375 oz)	29
Chip, Doritos, Cool Ranch RF (1 oz)	19
Chip, Doritos, Nacho RF (1 oz)	19
Chip, Doritos, Spicy Sweet Chili RF (1 oz)	20
Chip, Lays Baked (0.875 oz)	20
Chip, Lays Baked (1.125 oz)	26
Chip, Sour Cream & Onion Baked (1.125 oz)	24
Chips, Southwestern Baked (1 oz)	21
Chips, Sunchip, Garden Salsa (1.5 oz)	29
Chips, Sunchip, Multi Grain (1 oz)	19
Chips, Sunchip, Multi Grain (1.5 oz)	29
Chips, Tostitos Scoops Baked (0.875 oz)	19
Chortles	19
Churro, Plain (1/2 10in Stick)	16
Churro, Apple	27
Clodhoppers	28
Cookie, Chocolate Chip Lg.	44
Cookie, Chocolate Chip Low-Fat Sm.	18
Cookie, Chocolate Chip WG	24
Cookie, Famous Amos	38
Cookie, Grandma's Oatmeal Raisin (Pkg)	49
Cookie, SMART President	18
Cookie, Snow Man	39
Cracker, Belly Bears WG	20
Cracker, Belly Bears	21

Item	Carbohydrate
Cracker, Giant Goldfish Graham	19
Cracker, Goldfish Pretzel	17
Cracker, Goldfish Whole Grain	14
Cracker, Graham (3)	16
Cracker, Jungle	22
Cracker, Oyster (pkg)	10
Cracker-Jacks	30
Crackers, Peanut Butter (Pkg)	23
Crackers, Salad (3 Pkgs)	12
Crackers, Salatine (2 Pkgs)	13
Crackers, Wheat (2 Pkgs)	8
Dirt Cake (1/2 Cup)	42
Fruit Roll-up	11
Ice Cream, Bomb Pop Jr.	11
Ice Cream, Choc Crunch LF	25
Ice Cream, Chocolate Cup	18
Ice Cream, Fudge Bar	26
Ice Cream, Nutty Cone	32
Ice cream, Orange Dream Bar	20
Ice Cream, Sandwich LF	25
Ice Cream, Straw Crunch LF	26
Ice Cream, Vanilla Cup	16
Jello, Blue	17
Jello, Cherry	17
Jello, Lime	17
Pickle, Dill	8
Popcorn, White Cheddar	9
Popsicle, 3 Color Rocket	11
Power Ice	8
Pretzel, Hard Tiny Twists (1 oz)	23
Pretzel, Heartzel	23
Pudding, Chocolate (1/2 cup)	25
Pudding, Vanilla (1/2 cup)	29
Rice Krispies Treat	28
Rice Krispies Treat, Mini (1)	8.5
Snack Mix (0.7 oz)	14
Trail Mix Fruit & Nut	27

Item	Carbohydrate
Yogurt, Frozen Vanilla (1/2 cup)	20
<b>Soup</b>	
Tomato (1 cup)	40
<b>Salads</b>	
Chef salad	6
Chef Salad w/Egg	7
Chicken Caesar Salad, Breaded w/dressing	19
Chicken Caesar Salad, Grilled w/dressing	7
Chicken Nugget Caesar Salad w/dressing	19
Chicken Salad & Fruit Plate	15
Chicken Salad (1/2 cup)	4
Chicken Salad, Stuffed Tomato	10
Chicken Tender Caesar Salad w/dressing	22
Chicken, Grilled Caesar Pasta Salad	19
Cottage Cheese, Stuffed Tomato	9
Egg Salad w/Relish, 1/2 cup	5
Egg Salad, 1/2 cup	4
Egg Salad, Tuna Salad, and Cott Cheese Plate	11
Fruit Salad (1 cup)	31
Grilled BBQ Chicken Salad	24
Grilled Chicken Spinach Salad	12
Grilled Chicken Spinach Salad w/Egg	12
Muffin (variety), Cottage Cheese, & Fruit	73
Muffin(variety), Yogurt, & Cheese	85
Muffin, Cheese, & Fruit Plate	71
Munchable, Egg	39
Munchable, Ham	31
Munchable, Turkey	37
Oriental Chicken Salad	31
Oriental Chicken Salad, Spinach	34
Popcorn Chicken Buffalo Salad	18
Popcorn Chicken Caesar Salad w/dressing	20
Shrimp Popper Salad	26
Shrimp Popper Salad, Spinach	30
Southwestern Grilled Chicken Salad	50
Southwestern Vegetarian Salad	48
Trio Salad	12

Item	Carbohydrate
Tuna Salad, 1/2 cup	3
Tuna Salad & Fruit Plate	14
Tuna Salad, Stuffed Tomato	9
Tuna, Cottage Cheese, & Fruit Plate	12
Vegetarian Salad	8
Vegetarina Salad, Spinach	11
<b>Sandwiches/Wraps</b>	
Breaded Beef Wrap	75
Breaded Chicken Wrap	72
Breaded Chicken Loco	40
Breaded Buffalo Chicken Loco	38
Buffalo Chicken Tender Wrap	73
Buffalo Chicken Tender Loco	42
Buffalo Chicken Wrap, Grilled	59
Buffalo Chicken Wrap, Grilled w/cheese	60
BBQ Chicken Loco, Grilled	36
Chicken Caesar Wrap, Grilled	61
Chicken Caesar Loco, Grilled	31
Chicken Tender Caesar Wrap	77
Chicken Tender Hoagie	56
Chicken Tender Loco	44
Chicken Salad Wrap	62
Chicken Salad Sandwich	29
Egg Salad Sandwich	28
Egg Salad Wrap	60
Grilled Chicken Loco	29
Ham Sandwich	26
Ham and Cheese Bagel Sandwich	49
Ham and Cheese Deli	27
Ham and Cheese Hoagie	38
Ham and Cheese on bun	33
Ham and Cheese Loco	27
Ham and cheese Wrap	61
Ham and Turkey Hoagie	38
Ham and Turkey on bun	33
Meatball Sub	50
McManatee Loco	37

Item	Carbohydrate
Oriental Chicken Wrap	76
Philly Cheese Steak	38
Popcorn Chicken Wrap	69
Rueben	52
Southwestern Chicken Wrap	80
Southwestern Vegetarian Wrap	88
Tuna Sandwich	28
Tuna Salad Wrap	61
Tuna Salad Loco	28
Turkey Sandwich	28
Turkey and Cheese Deli	29
Turkey and Cheese Hoagie	40
Turkey and Cheese on bun	35
Turkey and Cheese Wrap	61.7
Turkey and Cheese Loco	31
Turkey and Ham Sandwich	27
Turkey and Ham wrap	61
Vegetarian Wrap	66
<b>Condiments</b>	
Bacon Bits	0
Cheese Sauce, Canned (1/4 cup)	6
Cream Cheese, PC	1
Dressing, 100 Island (2 Tbsp)	5
Dressing, Caesar PC	2
Dressing, Creamy Italian PC	1
Dressing, Ranch PC	1
Dressing, Ranch Fat Free PC	2
Dressing, French PC	2
Dressing, Honey Mustard 2 Tbsp	5
Dressing, Italian PC	1
Dressing, Italian Low-Calorie PC	1
Dressing, Oriental PKT	10
Dressing, Ranch Ken Lite PC	1
Dressing, Raspberry Vinaigrette PC	12
Hummus, PC	3
Jelly, PC	9
Ketchup, PC	3

Item	Carbohydrate
Mayonnaise, PC	1