

Carbohydrate Count by Item
 Onalaska School Nutrition Program

Revised 10-30-2018

Nutrient values are estimates only. Variations may occur due to product availability and food preparation. None of the information on this site shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician.

Main Entrée Items	Carbohydrate (grams) per serving
Bakalar Brats	1.5 gm
Bakalar Hot Dog	3 gm
Cheddarwurst	1 gm
Cheese Slice	.45 gram per slice
Cheese Stick	1 gm
Chicken Fajita meat	1 gm
Chicken nuggets	17 gm
Chicken popcorn	13 gm
Chicken Strips	16 gm
Chili Farm2School	13.5 gm
Deli Bologna	1 gm per 4 slices
Deli Ham	2 gm per 4 slices
Deli Salami	1 gm per 4 slices
Deli Turkey	1 gm per 4 slices
Dice Ham	2 gm
Diced Chicken	0 gm
Fish Nuggets	23 gm
Garlic Cheese Bread	29 gm
Grilled Cheese Sandwich	27 gm
Grilled Chicken Patty	1 gm
Hamburger	2 gm
Lasagna with meat (USDA)	28.35 gm
Lemongrass Chicken (lings brand)	19 gm
Mac-n-Cheese Land O Lakes	32 gm
Mandarin Orange Chicken (Lings brand)	19 gm
Meatballs	4 gm
Mini Corn dogs	35 gm
Nacho Ground Beef	5 gm
Omelet	1 gm
Peanut Butter & Jelly	32 gm
Pizza (BIG daddy) Buffalo Chicken	23.6 gm
Pizza (BIG Daddy) Cheese & Pepperoni	24 gm
Pizza Dipper (Max Stick)	16 gm
Pizza Pasta Bake	28 gm
Pulled Pork BBQ	5 gm
Sausage Patty or Links	1 gm each
Sliced Beef	3 gm

Sloppy Joe Meat	6 gm
Spaghetti Sauce with meat	12 gm
Taco Meat JTM	5 gm
Tony's Breakfast Pizza	30 gm
Tony's Garlic French Bread Pizza	24 gm
Turkey bacon	0 gm
Turkey Pot Roast-Jenni-O	4 gm
Turkey sticks	0 gm
Turkey/Gravy Jenni-O	2 gm
Tyson breast Patty oms/ohs	9 gm
Tyson pressed Chicken Patty (elem)	16 gm
Bread Products	Carbohydrate (grams) per serving
Bagel	32 gm
Bagel (mini) Strawberry & Brown Sugar	41 gm
Biscuits	27 gm ***Also see Breakfast
Bosco Pretzel Stick	26 gm each
Bosco Sticks 6"	17 gm
Bread Stick	27 gm
Bread, Banana	26 gm
Bread, Lemon Poppy Seed	19 gm
Bread, per slice	13 gm
Breads Cont.....	
Brown Rice	36 gm
Ciabatta bun	20 gm
Dinner Roll (whole grain)	18 gm
Edible Bowl	28 gm
English Muffin	25 gm
Goldfish Bread	18 gm
Hamburger Bun	31 gm
Hoagie Bun	31 gm
Hot Dog Bun	27 gm
Hot Pretzel	30 gm
Maple Bread	19 gm
Mini Cinni Waffles	35 gm
Mini Garlic Toast	12 gm
Muffin	28-30 gm
Pasta Salad	23 gm
Rice Bread (Gluten Free)	11 gm per slice
Rotini Pasta whole grain (Marzetti's)	44 gm
Spaghetti Pasta	20 gm
Taco Shell	13 gm
Tortilla Chips	19 gm
Tortilla Strips	4 gm
Walking Taco Chips	28 gm
Whole grain bread stick Baker Boys	14 gm
Wild Rice (Uncle Ben)	21 gm

Potatoes	Carbohydrate (grams) per serving
1/2 baked potatoe	13 gm
AuGratin	22 gm
Mashed potatoes	20 gm
Oven Potatoes, tater tots	16-18 gm
Potato Pancakes (4)	17 gm
Scalloped	11 gm

Vegetables	Carbohydrate (grams) per serving
Baked Beans 1/4 cup	14.5 gm
Broccoli	5 gm
Brussel Sprouts	2 gm
Cabbage	2 gm
Califlower	2.5 gm 1/2 cup
Carrots-cooked	7 gm
Carrots-raw	5 gm
Celery-raw	5 gm
Corn	9 gm
Green Beans	7 gm
Kale 1/2 cup	3.5 gm
Peas	5 gm
Refried Beans	7-8 gm
Romaine Lettuce (1 cup)	1 gm
Sauerkraut	1 gm
Squash (1/2 cup cubed)	8 gm
Stir Fry Veggies	6 gm
Sweet Potato Bake	41 gm
Sweet Potato Fries	22 gm
Waffle cut sweet potatoe fries	17 gm
WI Blend	11 gm

Dressings	Carbohydrate (grams) per serving
French & Ranch, fat free	6 gm per Tbsp
Salad Dressing (used as mayo)	3 gm per Tbsp

Milk	Carbohydrate (grams) per serving
Chocolate Skim	20 gm
White Skim	12 gm
White 1 %	11 gm

Fruit	Carbohydrate (grams) per serving
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Apple (small whole)	21 gm
Apple Slices	8 gm
Applesauce 4oz. Cup	24 gm
Apricots	14 gm
Banana (medium)	27 gm
Banana (small)	23 gm
Blueberries (per 1/4 cup)	5 gm
Cantalope 1/2 cup serving	6 gm
Cinnamon Apples	14 gm
Fruit Cocktail 1/2 cup	16 gm
Grapes 1/2 cup	23 gm
Honeydew 1/2 cup serving	8 gm
Kiwi	6.5 gm
Mandarin Oranges	14 gm
Orange Slices (1/2 cup)	11 gm
Peaches in juice	12 gm
Peaches in light syrup	17 gm
Pears in juice	14 gm
Pears in light syrup	19 gm
Pineapple in juice	19 gm
Slushy cup	45 gm
Strawberry cup	21 gm
Watermelon 1/2 cup serving	6 gm
Breakfast	Carbohydrate (grams) per serving
Biscuit	27 gm
Bosco Pretzel stick	17 gm
Breakfast Pizza	30 gm
Breakfast sandwich on a bagel	34 gm contains egg & sausage
Breakfast sandwich on a biscuit	29 gm contains egg & sausage
Cinnamon Roll	33 gm
Cereal:	
Golden Grahams	24 gm
Fruity Cheerios	26 gm
Crispy Rice	16 gm
Honey Nut Chex	27 gm
Raisin Bran	27 gm
Cheerios	14 gm
Cream Cheese	2 gm
Egg Hard Boiled	0 gm
French Toast Sticks (3)	38 gm
Jelly packet	9 gm
Juice:	
Apple 4oz	17 gm
Grape 4oz	19 gm

Orange 4oz	13 gm
Fruit Punch	15 gm
Mini Bagel w/cream cheese	41 gm
Mini Pancakes Maple and Strawberry	41 gm
Mini Cinni Waffles	35 gm
Pancakes (2)	26 gm
Pancake on a stick	19gm
Sausage Patty	1 gm
Sausage Link	1 gm
Syrup Packet	31 gm
Syrup Packet sugar free	5 gm
Toast	13 gm per slice
Yogurt	19 gm
Desserts	Carbohydrate (grams) per serving
Animal Crackers	21 gm
Apple Strudel Coffee Cake	33 gm
Chocolate cake with frosting	34 gm
Cookie	16 gm
Elf Grahams	20 gm
Frito Lay Munchies for Kids	18 gm
Fruit Icee Bar	15 gm
Giant Goldfish Graham	19 gm
Goldfish Cheddar	14 gm
Mini Ice Cream Sandwich	16 gm
Mini Rice Krispie Treat	7 gm
Pudding	13-15 gm
Scooby-Doo Grahams	21 gm
Sea Animals	20 gm
Slushy cup	45 gm
Teddy Graham	16 gm
Other	Carbohydrate (grams) per serving
3 Bean Salad	4.56 gm
Alfredo sauce	4 gm
Bean/Ham soup 6oz. serving	29 gm
Broccoli Cheese soup 6 oz serv	18 gm
Cheese cup	14 gm
Chicken Noodle soup 6 oz. serving	11 gm
Chicken wild rice soup 6 oz serv (Knorr)	27 gm
Chicken wild rice soup homemade	13 gm
Chipotle sauce 2TBSP	7 gm

