

Bainbridge Island Food & Nutrition Services
Food Carbohydrate Count

The following carbohydrate counts are useful guides but must be considered estimates. The information provided has been collected from manufacturer's labels and are based on our most commonly used portion sizes at both elementary and secondary levels. Manufacturers may change their formulations without our knowledge and portion sizes may vary slightly when making selections.
 2/2010

Food Item	Serving Size	Carb Count
Wheat Roll: Elementary (1.25 oz) Middle & High School (1.5 oz)	1 roll 1 roll	13.5 g 16 g
Wheat English Muffin	1 muffin	26 g
Hamburger Bun – Multi Grain	1 bun	25 g
Hoagie Bun - Wheat	1 bun	33 g
Hot Bog Bun - Wheat	1 bun	27 g
Garlic Toast	1 medallion	5 g
Biscuit	1 biscuit	13 g
Aloha Roll	1 roll	15 g
12 Grain Deli Bread	1 slice	22 g
Round Top Wheat Bread	1 slice	14 g
Bagel – Honey Wheat (4 oz)	1 bagel	61 g
Bagel – Plain (2.3 oz)	1 bagel	36 g
Flour / Garlic Herb Tortilla (12")	1 tortilla	53 g
Tortillas (nachos)	2.5 oz	47.5 g
Texas Cheese Toast	1 piece	43 g
Pretzel – whole grain - 2.5 oz	1	36 g
Cinnamon Roll - plain: Elementary Middle & High School	1 roll 1 roll	31 g 34 g
Blueberry Mini Loaf	1 each	41 g
Pasta – Egg Noodle	½ cup ¾ cup	20 g 30 g
Rotelle Noodle	½ cup ¾ cup	21 g 31.5 g
Penne Pasta	½ cup ¾ cup	19.5 g 29.25 g
Fettuccine Pasta	½ cup ¾ cup	21 g 31.5 g
Rice- Brown	½ cup	17.5 g
Mini Pancakes	1 each	9 g
French Toast Sticks	2 each	21 g
Hamburger Patty – 3.2 oz (King Command)	1 patty	1 g

Beef nuggets with Teriyaki Sauce	4 nuggets	12 g
Honey BBQ Beef Ribbie – (Pierre)	1 ribbie	11.5 g
BBQ beef Ribbie – (FSA Pride)	1 ribbie	9.65
Taco Meat (Pierre)	2.71 oz	3.85 g
Meatballs	6 each	5 g
Chicken Frank	1 frank	1 g
Corn dog(turkey-whole grain)	1 each	27 g
Mini Corn dogs	4 each	18 g
Veggie Patty (Garden)	1 piece	4 g
Veggie Riblet (Pierre)	1 each	11 g
Bean & Cheese Burrito (El Extremo)	1 each	40 g
Bean & Cheese Burrito (Los Cabos) – individually wrapped	1 each	53 g
Chicken Drummies	3 each	3 g
Chicken Nuggets (Pilgrim’s Pride)	5 each	13 g
Chicken Patty (Pilgrim’s Pride)	1 patty	13 g
Chicken Teriyaki Dippers	4 each	8.2 g
Egg Roll – Pork (3 oz)	1 egg roll	18 g
Egg Roll – Turkey (4.2 oz)	1 egg roll	25 g
Big Daddy Pizza: Cheese	1 slice	55 g
Pepperoni	1 slice	57 g
French Bread Pizza – Cheese	1 slice	31 g
Pepperoni	1 slice	30 g
Pizza (Tony’s 4 x 6) cheese or diced pepperoni	1 slice	35 g
Pizza (Nordone Bros.) 4 x 6 Cheese	1 slice	28 g
Pepperoni	1 slice	31 g
Italian Hot Pocket	1	41 g
Shrimp Poppers	21 pieces	19 g
Popcorn Chicken	15 pieces	19 g
Baja Fish Sticks (high school)	4 pieces	21 g
French Toast Sticks	2 pieces	21 g
Sausage Patty	1 each	1 g
Sunbutter	2 Tbsp	7 g
Cheese Sauce: Elementary	¼ cup	2 g
Middle & High	¼ cup	6 g
Macaroni & Cheese – recipe D-26	2/3 cup	27.44 g
Cheese Omelet	1	1 g

Chili – recipe D-20	½ cup	10.68 g
Vegetarian Chili – recipe D-49	¾ cup	27.02 g
Chicken or Turkey Noodle Soup – recipe H-02	1 cup	12.21 g
Lasagna (beef) -recipe D-25	Approx 2 ½” x 4” piece	28.35 g
Potato Skins (plain)	2 pieces	16 g
Tater Tots	3 oz	19 g
Crinkle Cut Fries	3 oz	20 g
Potato Wedges	4-5 pieces	20 g
Shoestring Oven Fries – Stealth	3 oz	21 g
Curly Fries	3 oz	20 g
Baked Beans	½ cup	31 g
Refried Beans	¼ c	9.78 g
Steamed Corn	¼ c	8.5 g
Steamed Green Beans	¼ c	2.5 g
Applesauce -canned	¼ c	11.5 g
Applesauce Cup	1 each	30 g
Peaches - canned	¼ c	8.5 g
Peach Cup	1 each	29.98 g
Pears – canned	¼ c	10 g
Pineapple tidbits – canned	¼ c	8.5 g
Mandarin Oranges – canned	¼ c	7 g
Mashed Potatoes	½ cup	15 g
Pumpkin Seeds	1 pckg	4 g
Spaghetti Sauce	½ cup	10 g
Alfredo Sauce	2 oz	6 g
Frozen Juice Bar – 100% juice – Very Berry	1	10 g
Cherry Fruit Turnover	1 each	50.8 g
Orange Juice	4 oz	15 g
Salsa	2 Tbsp	2 g
Fruit Yogurt Parfait	1 each	137 g
BBQ Sauce	1 pckt	4 g
Sweet N Sour Sauce	1 pckt	11 g
Country gravy	2 fl oz	4 g
Chicken Gravy	2 oz	4 g
Sesame Oriental Dressing	2 Tbsp	11 g
Caesar Dressing	2 Tbsp	2 g
Ranch Dressing	2 Tbsp	4 g
Caramel Dip	1 oz	27 g

Got Milk Cookies	1 pckg	21 g
Choc. Bear Graham Cookies	1 pckg	18.27
Giant Goldfish Grahams – Chocolate	1 pckg	19 g
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Churros:		
Regular	½	6.5 g
Raspberry (1.7 oz)	1	23 g
Raspberry (3.5 oz)	½	23 g
Milk -1% white	8 fl oz	13 g
Milk – non-fat chocolate	8 fl oz	28 g