

South Spencer County Schools



Food and Health Services

Carb Count

This carb count has been created to help school personnel, parents, and students calculate the amount of carbohydrates consumed at each meal.

The serving sizes are based on the USDA guidelines for the National School Lunch and Breakfast Programs.

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ITEM	SIZE	CARB
Apple	1	19
Apple Crisp	1	31.06
Applesauce	1/2 cup	23
Apricots	1/2 cup	27.7
Baby Carrots	1/2 cup	8
Baked Beans	1/2 cup	35.99
Baked Potato	1/2 pot	29.59
Baked Scoops	1oz	22
Banana	1 small	26.95
BBQ Pork	3 oz	16
BBQ Chicken Leg Quarter	1 ea	15.83
BBQ Chicken On Bun	3 oz	71
Beef and Noodle	3/4 cup	19.87
Beef Stew	1 cup	16.48
Black Bean and Corn Salsa	1/2 cup	8.74
Blueberries	1/2 cup	10
Bread stick	1	21
Breaded Chicken Patty	1	10
Breaded Chicken Patty SPICY	1	12
Breaded Chicken Tenders	3	12
Breaded Mozzarella Sticks	5	19
Breakfast Lasagna	1	49.37
Breakfast Pita	1	17.64
Breakfast Sundae	1	68.28
Broccoli and Cheese	1/2 cup	6.5
Broccoli Cheese Soup	1 cup	12

Broccoli Salad	1/2 cup	31.06
Brown Gravy	2 oz	2
Brown Rice pilaf	1/2 cup	23.15
Burrito	5 oz	46
California Blend	1/2 cup	4.5
Cantaloupe	1/2 cup	7
Carrot Cake	1	34
Catalina Vegetables	1/2 cup	5
Cauliflower	1/2 Cup	2.8
Celery	1/2 cup	6.9
Cheese American Sliced	1 oz	2.06
Cheese Stick (Mozzarella)	1 oz	2.06
Cheeseburger Mac	6 oz	29
Cheese Filled Breadstick	1	15
Cheesy Potatoes	1/2 cup	13.97
Cherry Tom	1/2 cup	2.95
Cherry Crisp	1	27.79
Chicken Alfredo	1cup	26
Chicken and Noodles	1 cup	28.77
Chicken Fajita Meat/Veg	2oz	1
Chicken Noodle Soup	1 cup	12.21
Chicken Nuggets	5	15
Chicken Quesadilla	3/4 cup	28.38
Chicken Salad	1/2 cup	7.38
Chicken Stir Fry	3/4 cup	11.12g
Chicken Tacos	1/3 cup	20.36
Chicken Tetrizzini	3/4 cup	20.11

Chicken Wrap	1	24.59
Chili w/ Meat and Beans	1 cup	21
Chili w/ Meat and Beans	3/4 cup	20.34

Chips

Kids Munchie Mix	1	18
Cheetos	1	17
Fritos Corn Chips	1	15
Baked BBQ Potato Chips	1	19
Baked Lays Potato Chips	1	19
RF Nacho Doritos	1	20
Scoops	1	19
Tostito Rounds	1	19
Chocolate Chip Cookie	1	19.19
Chuck Wagon Corn	1/2 cup	7.5
Cinnamon Apples	1/2 cup	17.35
Cinnamon Applesauce	1/2 c	23
Cinnamon Puff	1	18.2
Citrus Fruit Cup	1/2 cup	31.52
Coffee Cake	1	50.1
Corn	1/2 cup	16
Corn with Peppers and Onion	1/2 cup	22
Corn on Cob	2 ear	17
Cornbread	1	21
Corndog	1	27

Country Fried Steak	1	16.85
Cowboy Cavatini	3/4 cup	20.02
Crackers 4pk	1	9
Croutons	1/2 cup	4
Cucumbers	1/2 cup	0.95
Deli Roasters	1/2 cup	25
Deli Turkey	2 oz	2
Fiesta Vegetables	1/2 cup	4.5
Fish Square	1 pc	14
Fresh Kiwi	1	14.66
Fresh Mixed Fruit Cup	1/2 cup	23.92
Fries	1/2 cup	18
Fruit Salad	1/2 cup	17
Garden Spinach Salad	1/2 cup	2.66
Garlic Bread	1 slice	12
Garlic Bread Stick	1	17.47
Glazed Carrots	1/2 cup	14
Grapes	1/2 cup	8
Grated Cheddar	1 oz	0.36
Gravy - White	2 oz	6
Great Northern Beans	1/2 cup	19
Green Beans	1/2 cup	2
Grilled Cheese	1	26
Grilled Chicken	1	2
Ham	2.5oz	0
Ham and Beans	1 cup	29.50
Hamburger	1	5.37
Hamburger Bun	1	22

Hash brown Stick	1	31
Hot Dog	1	1
Hot Dog Bun	1	22
Hot Ham and Cheese on bun	1	21.28
Hot Roll - Whole Wheat	1	27
Ice Cream	4 oz	15
Iced Graham	1	27.86
Italian Pasta Bake	3/4 cup	13.63
Lasagna	1	18.18
Lettuce	1/2 cup	0
Little Caesar's Pizza	1 slice	30
Lunch Meat	1.5 oz	3
Mac and Cheese	1/2 cup	24.7
Macaroni and Tomato Bake	1 cup	30.5
Macaroni with Meat Sauce	6 oz	20
Mandarin Oranges	1/2 cup	19
Marinated BI Bean Salad	1/2 cup	16.73
Mashed Pot	1/2 cup	16
Meat Balls	5 - 1/2 oz	5
Meat Ball Sub	1	38
Meatloaf	1 slice	8
Mediterranean Vegetables	1/2 cup	4.5
Mixed Fruit	1/2 cup	18
Mixed Vegetables	1/2 cup	6.65
Mostaccioli and Meat Sauce	6 oz	18
Oatmeal Cookies	1	17.43
Oatmeal Rolls	2 oz	13.68
Oatmeal Round	1	44

Orange Wedges	1 orange	11.28
Pasta w/Broccoli and Tomatoes	1/2 cup	16
Peaches	1/2 cup	8
Pears	1/2 cup	16
Peas and Carrots	1/2 cup	10.81
Pig in a Blanket	1	30.93
Pineapple Tidbits	1/2 cup	16
Pizza (Cheese or Pepperoni)	1 slice	32.01
Popcorn Chicken	15 pc	13
Pork Fritter	1	25
Potato Smiles	1/2 cup	23
Potato Wedges	1/2 cup	17
Pretzel Rod	1.25 oz	22
Pretzel –Large Soft	2oz	30
Pudding	1/2 cup	23
Pumpkin Bars	1	27.74
Pumpkin Choc Chip Muffin	1	37.3
Pumpkin Pie	1 slice	41
Quesadilla	1	41
Raisins	1/2 cup	31
Ravioli	7 pies	33
Rebel Rib	1	11
Refried Beans	1/2 cup	22
Rice Krispie Treats	1	29.8
Roast Beef & Cheddar(Bun Included)	1	31
Royal Brownie	1	24.26
Salisbury Steak	1	5.37
Sausage Link	1	0.5

Sausage Patty	1.5 oz	0
Seasoned Curly Fries	1/2 cup	15
Seasoned Fries	1/2 cup	17
Shoestring Fries	1/2 cup	19
Sloppy Jo on a Bun	1	32.61
Smoked Sausage	1	9
Spaghetti Noodles	1/2 cup	18.47
Spaghetti and Meat Sauce	6 oz	20
Spaghetti Sauce (no meat)	4 oz	9.03
Spanish Rice	1/2 cup	13.69
Star Spangles Pancakes	2	43.15
Strawberries	1/2 cup	6.8
String Cheese	1	3
Stromboli	1	32.98
Sugar Cookie	1	28
Sugar Snap Peas	1/2 cup	5.64
Sunrise Smoothie	1	30.39
Sweet Pickles	3 chips	9
Sweet Potato Bite	1/2 cup	18
Sweet Potato Fries	1/2 cup	22
Taco Burger on Bun	1	26.9
Taco Filling	3 oz	4
Taco Salad	1	20.11
Tater Tots	1/2 cup	17
Thanksgiving Dressing	1/2 cup	18.5
Tomato	1/4 cup	1.5
Tortilla Wheat	2	39
Tortilla Chips	1 oz	17.8

Tri Taters	2 oz	12
Tuna Salad Sandwich (1/2 cup)	1	34.41
Tuscan Vegetables	1/2 cup	4.5
Two Potato Bake	1/2 cup	22.74
Vegetable Dip	2 oz	4.76
Waffles	2	32
Watermelon	1/2 cup	5.74
Western Omelet Quesadilla	1	23.58
White Chili	1 cup	19
Whole Grain Corn Tortilla 6"	1	12

Condiments

ITEM	SIZE	CARB
BBQ Sauce	1	8
Honey Mustard	1	8
Ketchup	1 oz	8
Ranch Dip	1 oz	2.66
Salsa	3oz	6
Sweet & Sour	1	2
Yogurt for Dip	1oz	6
Tartar Sauce	1 oz	4
Sour Cream	1 oz	1.88
Margarine	1 oz	0
Mustard	1 oz	1.31

Choc Milk	8oz	26
Choc Milk	12 oz	52
White Milk	8oz	11.7
White Milk	12oz	23.4
Orange juice	10 oz	58
Fruit Punch	10 oz	34
Apple Juice	10 oz	34

BREAKFAST

ITEM	SIZE	CARB
Orange Juice	4oz	15
Apple Juice	8 oz	37
Apple Juice	4oz	15
Blueberry Muffin	1	25.28
Breakfast Round	1	44
Breakfast Wrap	1	12
Biscuit	1	29
Biscuit Sand		
Biscuit	1	29
Cheese	1	1.03
Egg patty	1	1
Sausage Patty or Link	1	0
Breakfast Burrito	1	27
Breakfast Bake	1	26.53

Breakfast Pizza 1 slice 22.51

Breakfast Pocket 1 18

Cereal

Cocoa Puff 1 21

Apple Jacks 1 21

Trix 1 21

Lucky Charms 1 24

Fr. Flakes 1 25

Cinn Tst Crunch 1 21

Froot Loops 1 16

Choc Mini Wheats 1 27

Cereal Bar

Cinn Tst Crunch 1 27

Cocoa Puff 1 28

Cheese Omelet 1 2

Cinnamon Bread Stick 1 25

Cinnamon Roll 1 37.70

Egg Taco 1 9.85

French Toast Sticks 3 27

Gravy - White 3 oz 9

Jelly 1 10

Muffin 1 33

Pancakes 2 27

Pancake Wrapped Mini Sausages 4 18

Sausage Patty/link 1 0

Scrambled Eggs 2 oz 1.35

Strawberry Cream Cheese 1oz 4

Sugar Free Syrup 1 5

Syrup	1	30
Toast	1	12
Waffles	2	32
Whole Grain Bagel	1	30
Yogurt	1	19

All nutrition fact sheets are kept at the Food Service Director's Office. If other information is needed, please call Jane Jagers at 812-649-4513.