

Leon County 2025
Elementary School Carb Counts

| Item | Serving | Carbs (g) |
|--------------------------------|-----------|-----------|
| Anytimers, Pepperoni Pizza Kit | 1 serving | 40 |
| Anytimers, Turkey & Cheese Kit | 1 each | 35 |
| Apple, Fresh | 1 medium | 22 |
| Apple Cinnamon Toast | 1 each | 44 |
| Apple Crisp | 1 serving | 24 |
| Apple Slices, Fresh | 1 serving | 7 |
| Applesauce, Canned | 1 serving | 15 |
| Applesauce, Cup Birthday Cake | 1 serving | 14 |
| Applesauce, Cup Plain | 1 serving | 14 |
| Applesauce, Cup Sour Cherry | 1 serving | 15 |

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| Bagel, Mini Strawberry | 1 package | 42 |
| Bagel, Mini Cinnamon | 1 package | 42 |
| Baked Beans | 1 serving | 30 |
| Banana, Petite | 1 each | 19 |
| BBQ Sauce | 1 each | 12 |
| Better Than Bagel Bites | 6 each | 25 |
| Black Beans | 1 serving | 21 |
| Black-eyed Peas | 1 serving | 13 |
| Blue Raspberry-Lemon Cup | 1 each | 23 |
| Blueberries, Fresh | 1 serving | 10 |
| Boom Boom Sauce | 1 each | 2 |
| Bread, Banana | 1 each | 45 |
| Broccoli, Steamed | 1 serving | 4 |

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|--------------------------------|-----------|----|
| California Blend Veggies | 1 serving | 7 |
| Cantaloupe, Fresh | 1 serving | 7 |
| Carrots, Fresh, Baby | 1 bag | 5 |
| Celery Sticks | 1 serving | 2 |
| Cereal, Cinnamon Toast Crunch | 1 serving | 41 |
| Cereal, Honey Cheerios | 1 serving | 42 |
| Cereal, Lucky Charms | 1 serving | 47 |
| Cereal, Trix | 1 serving | 46 |
| Cheddar Snack Mix | 1 bag | 20 |
| Cheeseburger- Total | 1 each | 28 |
| Burger & Cheese | 1 each | 2 |
| Bun | 1 bun | 26 |
| Cheese Lasagna | 1 serving | 38 |
| Cheese & Pretzel Fondue- Total | 1 serving | 39 |
| Cheese Sauce | 1 serving | 9 |
| Pretzel | 1 each | 30 |
| Cheese Grits (1/2 cup) | 1 serving | 16 |
| Cheese Stick | 1 each | 1 |
| Cheesy Bites | 4 each | 28 |
| Cheesy Bread | 2 sticks | 32 |
| Chicken Biscuit- Total | 1 each | 35 |
| Chicken Patty | 1 each | 6 |
| Biscuit | 1 each | 29 |
| Chicken, Nuggets | 1 serving | 15 |
| Chicken, Nuggets Shaped | 1 serving | 16 |
| Chicken, Oven-Fried | 1 each | 6 |
| Chicken, Popcorn | 1 serving | 14 |

| Item | Serving | Carbs (g) |
|----------------------------|-----------|-----------|
| Chicken Pot Pie- Total | 1 serving | 37 |
| Chicken Pot Pie | 1 serving | 8 |
| Biscuit | 1 each | 29 |
| Chicken, Teriyaki | 1 serving | 12 |
| Chicken Sandwich- Total | 1 each | 40 |
| Chicken Patty | 1 each | 14 |
| Hamburger Bun | 1 each | 26 |
| Chorizo Breakfast Scramble | 1 serving | 4 |
| Cinnamon Crisps | 1 package | 25 |
| Collard Greens | 1 serving | 9 |
| Cookies, Shortbread | 1 bag | 22 |
| Cornbread | 1 square | 26 |
| Corndog | 1 serving | 28 |
| Corn, Seasoned | 1 serving | 17 |
| Cranberries, Dried | 1 package | 28 |
| Cucumbers, Sliced | 1 serving | 2 |

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| Dressing, Ranch | 1 serving | 1 |
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| Fava Beans | 1 bag | 18 |
| Fish Sticks | 1 serving | 25 |
| French Toast Bites | 8 | 38 |
| Fruit Juice, Assorted | 4 oz | 14-19 |

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| Garden Salad | 1 serving | 2 |
| Garlic Bread | 1 each | 14 |
| Grapefruit, Fresh | 1 serving | 9 |
| Grapes, Fresh | 1 serving | 15 |
| Green Beans, Canned | 1 serving | 4 |
| Green Peas | 1 serving | 10 |
| Grilled Cheese Sandwich | 1 each | 33 |
| Grits | 1 serving | 16 |

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|---------------|-----------|----|
| Hashbrowns | 2 each | 32 |
| Honey Mustard | 1 serving | 4 |
| Honeydew | 1 serving | 17 |
| Hotdog- Total | 1 serving | 20 |
| Hotdog Bun | 1 each | 18 |
| Beef Frank | 1 each | 2 |
| Hot Sauce | 1 packet | 0 |

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| Jelly | 1 each | 9 |
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| Ketchup | 1 packet | 3 |
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| Mac & Cheese | 1 serving | 23 |
| Marinara Sauce | 1 each | 7 |
| Mayonnaise | 1 packet | 1 |
| Meatballs- Supper | 5 each | 11 |
| Milk, Chocolate, Skim | 1 each | 24 |
| Milk, Strawberry, Skim | 1 each | 23 |
| Milk, Unflavored | 1 each | 12 |

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|-------------------------------|-----------|-----------|
| Mixed Berry Cup | 1 each | 20 |
| Mixed Fruit | 1 serving | 17 |
| Mixed Fruit Cup | 1 cup | 19 |
| Muffin, Blueberry | 1 each | 30 |
| Muffin, Cinnamon Toast Crunch | 1 each | 50 |
| Mustard | 1 each | 0 |

| Item | Serving | Carbs (g) |
|----------------------|-----------|-----------|
| Taco, Beef | 2 each | 24 |
| Tangerine, Fresh | 1 small | 10 |
| Tartar Sauce | 1 packet | 4 |
| Tater Tots | 8 pieces | 14 |
| Tomatoes & Cucumbers | 1 serving | 3 |
| Veggie Juice | 1 each | 15 |

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| Nachos, Cheese- Total | 1 serving | 29 |
| Tortilla Chips | 1 serving | 19 |
| Cheese Sauce | 1 serving | 10 |
| Nachos, Meat- Total | 1 serving | 21 |
| Tortilla Chips | 1 serving | 19 |
| Meat & Cheese | 1 serving | 2 |

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| Waffle, Vanilla | 1 package | 36 |
| Waffles, Mini Maple | 4 each | 30 |
| Watermelon, Fresh | 1 serving | 6 |

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| Orange, Fresh | 1 each | 19 |
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| Yogurt & Cheese Plate- Total | 1 each | 49 |
| Yogurt- All Flavors | 1 each | 20 |
| Cheese Stick | 1 each | 1 |
| Granola | 1 serving | 28 |

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| Pastry, Guava | 1 each | 16 |
| Peach, Diced, Frozen Cup | 1 each | 21 |
| Peach, Fresh | 1 serving | 14 |
| Peanut Butter & Jelly Sandwiches- All | 1 package | 32 |
| Pear Cup | 1 each | 19 |
| Pear, Fresh | 1 med | 27 |
| Pears, Diced | 1 serving | 16 |
| Pepperoni Pizza Breadsticks | 1 serving | 29 |
| Pineapple Tidbits | 1 cup | 19 |
| Pizza, Breakfast | 1 each | 14 |
| Plum, Fresh | 1 medium | 8 |
| Pop-Tart, Cinnamon | 1 each | 37 |
| Pop-Tart, Strawberry | 1 each | 36 |
| Pork, BBQ | 1 serving | 14 |
| Pork, Carnitas | 1 serving | 0 |
| Potatoes, Mashed | 1 serving | 23 |
| Potatoes, Sweet and Spicy | 1 serving | 31 |
| Pupusa, Bean & Cheese | 1 each | 35 |
| Potatoes, Sweet Glazed | 1 serving | 28 |

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| Rice, Brown (1 cup) | 1 serving | 40 |
| Roll | 1 each | 27 |

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| Sandwich, Turkey & Cheese Bun | 1 sandwich | 30 |
| Sandwich, Turkey & Cheese Hoagie | 1 sandwich | 28 |
| Satsuma, Fresh | 1 each | 11 |
| Sausage Patties | 1 each | 1 |
| Sausage Pancake Sandwich | 1 each | 16 |
| Shredded Lettuce & Diced Tomato | 1 serving | 2 |
| Sour Cream | 1 each | 1 |
| Soybutter & Jelly Sandwich | 1 each | 28 |
| Smile Fries | 1 serving | 20 |
| Strawberries, Fresh | 6 med/3 lg | 5 |
| Strawberries, Frozen 4 Oz Cup | 1 each | 21 |
| Strawberry Kiwi Cup | 1 each | 23 |
| Syrup | 1 each | 21 |