

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 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

Bagels, Mini (Both Flavors)	1 package	42
Baked Beans	1 serving	30
Banana	1 each	23
BBQ Pork on a Bun- Total	1 sandwich	40
Pork, BBQ	1 serving	14
Bun	1 bun	26
BBQ Sauce	1 each	12
Biscuit	1 each	29
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	44
Broccoli, Steamed	1 serving	3

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	44
Cereal, Honey Cheerios	1 serving	44
Cereal, Lucky Charms	1 serving	45
Cereal, Trix	1 serving	47
Cheddar Snack Mix	1 bag	20
Cheeseburger- Total	1 each	29
Burger & Cheese	1 each	3
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
Cheesy Pull-Aparts	1 serving	32
Chicken, BBQ-Rubbed	1 serving	5
Chicken Alfredo- Total	1 serving	40
Pasta	1 serving	33
Chicken & Sauce	1 serving	7
Chicken, Nuggets	1 serving	13

Item	Serving	Carbs (g)
Chicken, Oven-Fried	1 each	6
Chicken, Popcorn	1 serving	16
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

Dressing, Ranch	1 serving	1
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Fava Beans	1 bag	22
Fish Sticks	1 serving	25
French Toast Bites	8	30
Fruit Juice, Assorted	4 oz	14-19

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	3
Green Peas	1 serving	10
Grilled Cheese Sandwich	1 each	34
Grits	1 serving	16

Hashbrowns	2 each	15
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

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	5 each	11
Milk, Chocolate, Skim	1 each	24
Milk, Strawberry, Skim	1 each	23
Milk, Unflavored	1 each	12
Mixed Fruit	1 serving	17
Mixed Fruit Cup	1 cup	19

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Item	Serving	Carbs (g)
Muffin, Blueberry	1 each	30
Mustard	1 each	0

Nachos, Cheese- Total	1 serving	29
Tortilla Chips	1 serving	19
Cheese Sauce	1 serving	10
Nachos, Meat- Total	1 serving	22
Tortilla Chips	1 serving	19
Meat & Cheese	1 serving	3

Orange, Fresh	1 each	19
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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
Pizza, Breakfast	1 each	14
Plum, Fresh	1 medium	8
Pop-Tart, Cinnamon	1 each	37
Pop-Tart, Strawberry	1 each	36
Potatoes, Mashed	1 serving	23
Potatoes, Sweet and Spicy	1 serving	31

Rice, Brown (1 cup)	1 serving	40
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Salsa Cup	1 container	5
Sandwich, Turkey & Cheese Bun	1 sandwich	30
Sandwich, Turkey & Cheese Hoagie	1 sandwich	28
Satsuma, Fresh	1 each	11
Sausage Patty	1 each	1
Sausage Pancake Sandwich	1 each	16
Shredded Lettuce & Diced Tomato	1 serving	2
Sour Cream	1 each	1
Spaghetti & Meatballs- Total	1 serving	53
Spaghetti	1 serving	42
Meatballs & Sauce	1 serving	11
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

Taco, Beef	2 each	24
Taco, Egg	1 serving	9
Tangerine, Fresh	1 small	10
Tartar Sauce	1 packet	4
Tater Tots	8 pieces	14
Tomatoes & Cucumbers	1 serving	3

Item	Serving	Carbs (g)
Veggie Juice	1 each	15

Waffle, Vanilla	1 package	34
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Watermelon, Fresh	1 serving	6
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Yogurt & Cheese Plate- Total	1 each	51
Yogurt- All Flavors	1 each	20
Cheese Stick	1 each	1
Granola	1 serving	30