

Leon County 2023
Elementary School Carb Counts

Item	Serving	Carbs (g)
Anytimers Pepperoni Pizza- Total	1 serving	40
Cheese & Sauce	1 serving	
Crust	1 serving	
Anytimers Turkey & Cheese Kit- Total	1 each	35
Ham & Cheese	1 serving	
Crackers	1 serving	
Chortles	1 serving	
Apple, Fresh	1 medium	22
Apple Crisp	1 serving	30
Apple Slices, Fresh	1 serving	7
Applesauce, All	1 serving	14

Baked Beans	1 serving	28
Banana, Petite	1 each	19
BBQ Sauce	1 each	8
Black Beans	1 serving	15
Blueberries, Fresh	1 serving	10
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, Cheerios	1 serving	21
Cereal, Cinnamon Toast Crunch	1 serving	22
Cereal, Coco Puffs	1 serving	25
Cereal, Frosted Flakes	1 serving	24
Cereal, Honey Nut Cheerios	1 serving	23
Cheeseburger- Total	1 each	30
Burger & Cheese	1 each	2
Bun	1 bun	28
Cheese Lasagna	1 serving	42
Cheese & Pretzel Fondue- Total	1 serving	34
Cheese Sauce	1 serving	4
Pretzel	1 each	30
Cheese Grits (1/2 cup)	1 serving	17
Cheese Stick	1 each	2
Cheesy Bread	2 sticks	32
Cheetos	1 package	16
Chicken Biscuit- Total	1 serving	34
Chicken	1 serving	6
Biscuit	1 each	28
Chicken, Nuggets	1 serving	15
Chicken, Nuggets ABC Shapes	1 serving	16
Chicken, Nuggets Heart-Shaped	1 serving	16
Chicken, Oven-Fried	1 each	6
Chicken, Orange	1 serving	15
Chicken Sandwich- Total	1 each	42
Chicken Patty	1 each	14
Hamburger Bun	1 each	28

Item	Serving	Carbs (g)
Chicken Wings & Pretzel Fondue- Total	1 serving	40
Chicken Wings	1 serving	15
Pretzel Bites	4 bites	25
Cinnamon & Sugar Donut Holes	1 serving	46
Collard Greens	1 serving	9
Cornbread	1 square	26
Corndogs, Mini/Nuggets	1 serving	30
Corn, Creamed	1 serving	26
Corn, Seasoned	1 serving	20
Crackers, Honey Grahams	1 pack	17
Cucumbers, Sliced	1 serving	2

Egg Bite	1 each	3
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Dressing, Ranch	1 serving	2
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Fajita Quesadilla	1 serving	38
Fish Sticks	1 serving	19
French Toast Sticks	4	38
Fruit Juice, Assorted	4 oz	14-19

Garden Salad	1 serving	2
Garlic Breadstick	1 each	17
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	32
Grits	1 serving	16

Ham & Cheese Stuffer	1 each	35
Honey Mustard	1 serving	8
Honeydew	1 serving	17
Hotdog- Total	1 serving	29
Hotdog Bun	1 each	29
Hotdog	1 each	0
Hot Sauce	1 packet	0

Jelly	1 each	9
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Ketchup	1 packet	2
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Mac & Cheese	1 serving	22
Mayonnaise	1 packet	0
Milk, Chocolate, Skim	1 each	24
Milk, Strawberry, Skim	1 each	23
Milk, White, 1%	1 each	12
Milk, White, Skim	1 each	12
Milk, Whole	1 each	11
Mini Bagel, Strawberry	1 package	42
Mini Cinnis	1 each	40
Mixed Fruit	1 serving	17

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Item	Serving	Carbs (g)
Mixed Fruit Cup	1 cup	19
Muffin, Blueberry	1 each	30
Mustard	1 each	0

Nachos, Cheese- Total	1 serving	24
Doritos	1 serving	20
Cheese Sauce	1 serving	4
Nachos, Meat- Total	1 serving	21
Doritos	1 serving	20
Meat & Cheese	1 serving	1

Orange, Fresh	1 each	19
Oranges, Mandarin	1 cup	16

Paradise Punch Slush	1 each	16
Peach, Diced	1 serving	14
Peach, Diced, Frozen Cup	1 each	21
Peach, Fresh	1 serving	14
Peanut Butter & Jelly Sandwich	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	16
Pizza, Breakfast	1 each	21
Plum, Fresh	1 medium	8
Pizza, Mexican	1 each	43
Pop-Tart, Cinnamon	1 each	37
Pop-Tart, Strawberry	1 each	36
Potatoes, Homestyle	1 serving	17
Potatoes, Mashed	1 serving	16
Potatoes, Sweet and Spicy	1 serving	32
Pulled Pork	1 serving	11

Rice, Brown (1 cup)	1 serving	44
Roll	1 serving	28

Sandwich, Italian	1 sandwich	29
Sandwich, Turkey Pepperoni	1 sandwich	34
Satsuma, Fresh	1 each	11
Sausage Patties	1 each	0
Sausage Pancake Sandwich	1 each	16
Shredded Lettuce & Diced Tomato	1 serving	2
Sour Cream	1 each	1
Soybutter & Jelly Sandwich	1 each	28
Strawberries, Fresh	6 med/3 lg	10
Strawberries, Frozen 4 Oz Cup	1 each	31
Sweet Potatoes	1 serving	28
Syrup	1 each	28

Tangerine, Fresh	1 small	10
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Item	Serving	Carbs (g)
Tartar Sauce	1 packet	5
Tater Tots	8 pieces	14
Tomato Soup	1 serving	21
Tomatoes & Cucumbers	1 serving	3

Veggie Juice	1 each	15
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Waffles	1 package	37
Watermelon, Fresh	1 serving	6

Yogurt & Cheese Plate- Total	1 each	52
Yogurt- All Flavors	1 each	20
Cheese Stick	1 each	2
Granola	1 serving	30