Leon County 2025 High School Carb Counts

Anytimers, Pepperoni Pizza kit 1 serving 40 Anytimers, Turkey & Cheese Kit 1 each 35 Anytimers, Turkey & Cheese Kit 1 each 35 Apple, Fresh 1 medium 22 Apple Chinamon Toast 1 each 44 Applessuce, Canned 1 serving 15 Applessuce, Canned 1 serving 16 Applessuce, Cup Plain 1 serving 17 Applessuce, Cup Plain 1 serving 14 Applessuce, Cup Plain 1 serving 14 Applessuce, Cup Plain 1 serving 14 Applessuce, Cup Sour Cherry 1 serving 15 Babca Basea 1 serving 30 Banana 1 each 23 Babca Beans 1 serving 15 BBQ Pork Applessuce 1 serving 23 Garlie Bread 1 serving 23 Garlie Bread 1 serving 23 Garlie Bread 1 serving 13 Blue Raspberry-Lemon Cup 1 each 12 Babca-Eyed Peas 1 serving 13 Blue Raspberry-Lemon Cup 1 each 23 Blueberries, Fresh 1 serving 13 Blue Raspberry-Lemon Cup 1 each 24 Bread, Lemon 1 serving 25 Cantaloupe, Fresh 1 serving 27 Carrols, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 25 Cantaloupe, Fresh 1 serving 4 Cereal, Linamon Toast Crunch 1 serving 4 Cereal, Lucky Charms 1 serving 22 Chicken, BaC-Roubed 1 serving 22 Chicken BaC-Roubed 1 serving 22 Chicken BaC-Roubed 1 serving 22 Chicken BaC-Roubed 1 serving 32 Chicken, BaC-Roubed 1 serving 22 Chicken Sandwich-Total 1 serving 32 Chicken, BaC-Roubed 1 serving 13 Chicken BaC-Roubed 1 serving 14 Cheese Sandwich 1 serving 15 Chicken BaC-Roubed 1 serving 15	Item	Serving	Carbs (g)	Item	Serving	Carbs (g)
Anythmers, Turkey & Cheese Kit 1 each 35 Apple, Fresh 1 medium 22 Chicken, Cheese & Sauce 1 serving 5 Apple F. Fresh 1 serving 7 Chicken, Cheese & Sauce 1 serving 3 Apples Slices, Fresh 1 serving 15 Chicken Tenders 3 aech 14 Applesauce, Cup Birthday Cake 1 serving 14 Cornberrosauce, Cup Brankay Cake 1 serving 14 Applesauce, Cup Plain 1 serving 14 Cornberrosauce 1 serving 9 Bagels, Mini (Both Flavors) 1 package 42 Cornberrosauce 1 serving 10 Baced Beans 1 serving 30 Cornberrosauce 1 serving 28 BBQ Pork Grilled Cheese 1 serving 14 Cornberrosauce 1 serving 28 BBQ Fork Brate-Total 1 serving 14 Mac & Cheese 1 serving 14 Fava Beans, Buffalo Ranch 1 serving 1 Blue Raspberry-Lemon Cup 1 serving 10 Serving 1 Fava Beans, Buffalo Ranch	Anytimers, Pepperoni Pizza Kit			Chicken Tender Wrap- Total		
Apple Fresh			35	•	· ·	34
Apple Clincamon Toast			22	Chicken, Cheese & Sauce	1 serving	5
Applesauce, Canned		1 each	44	Veggies	1 each	3
Applesauce, Cup Birthday Cake 1 serving 14 Applesauce, Cup Flain 1 serving 14 Applesauce, Cup Flain 1 serving 14 Applesauce, Cup Sour Cherry 1 serving 15 Bagels, Mini (Both Flavors) 1 package 42 Baked Beans 1 serving 30 Baked Beans 1 serving 30 Babor Pork Grilled Cheese 1 sandwich 36 BBQ Pork Grilled Cheese 1 serving 14 Mac & Cheese 1 serving 14 Mac & Cheese 1 serving 14 Mac & Cheese 1 serving 14 BBQ Sauce 1 serving 13 BBC Pork Place 1 serving 13 BBC Blueberries, Fresh 1 serving 13 Blue Rappberry-Lemon Cup 1 seach 23 Blueberries, Fresh 1 serving 14 Bread, Banana 1 seach 24 Bread, Banana 1 seach 24 Bread, Banana 1 seach 24 Bread, Banana 1 serving 24 Bread, Banana 1 serving 25 Carlotsant 1 serving 26 Garden Salad 1 serving 27 Garriots, Fresh 1 serving 27 Carrots, Fresh, Baby 1 bag 55 Celery Sticks 1 serving 44 Cereal, Linck Potherios 1 serving 47 Cheeseburger- Total 1 seach 3 surper 48 Burger & Cheese 1 serving 47 Cheesey Hots Chicken 5 seach 22 Cheesy Plots Chicken 2 seach 6 cheesy Hots Chicken 2 seach 6 chicken, Deach 1 serving 7 Chicken Daty 1 serving 20 Chicken Deach 1 serving 5 Chicken Deach 1 serving		1 serving	7		3 each	14
Applesauce, Cup Plain 1 serving 14 Applesauce, Cup Plain 1 serving 15 Cornbread 1 serving 28 Cornbread 1 serving 28 Corn, Seasoned 1 serving 128 Cornbread			15	Collard Greens	1 serving	9
Applesauce, Cup Plain 1 serving 14 Corndog 1 serving 17 1 serving 17 1 serving 18 15 15 15 15 15 15 15					- J	
Applesauce, Cup Sour Cherry 1 serving 15				Corndog	· ·	
Bagels, Mini (Both Flavors) 1 package 42 Cranberry Sauce 1 serving 28 Croissant 1 leach 31 Sanana 1 each 23 BBQ Pork Grilled Cheese 1 serving 14 Mac & Cheese 1 serving 14 BBQ Pork 1 serving 14 BBQ Pork 1 serving 14 BBQ Pork 1 serving 14 BBQ Fork 1 serving 14 BBQ Sauce 1 each 14 BBG Sauce 1 each 12 BBC Sauce 1 each 12 BBC Sauce 1 each 14 BBG Sauce 1 each 12 BBC Sauce						
Bagels, Mini (Both Flavors) 1 package 42 Baked Beans 1 serving 30 1 each 31 Banana 1 each 23 BBQ Pork Grilled Cheese 1 sandwich 36 BBQ Pork Plate-Total 1 serving 51 BBQ Pork 1 serving 23 Garlic Bread 1 each 14 BBQ Sauce 1 each 12 Biscuit 1 each 29 Biscuit 1 each 29 Biscuit 1 each 29 Biscuit 1 each 23 Biuek-Eyed Peas 1 serving 10 Boom Boom Sauce 1 each 23 Biuek-Eries, Fresh 1 serving 10 Boom Boom Sauce 1 each 44 Bread, Lemon 1 each 44 Bread, Lemon 1 each 44 Broccoli, Steamed 1 serving 2 Garlic Bread 1 serving 5 Green Beans, Canned 1 serving 15 Green Beans, Canned 1 serving 16 Grits 1 serving 17 Hondy Mustard 1 serving 18 Beef Frank 1 serving 19 Beef Frank 1 serving 10 Beef Fra	r.pp.coddoc, cap cod. cc y					
Saked Beans	Bagels, Mini (Both Flavors)	1 package	42			28
Banana 1 each 23				•		
BBQ Pork Grilled Cheese	Banana					
BBQ Pork Plate-Total 1 serving 14 Mac & Cheese 1 serving 14 Mac & Cheese 1 serving 23 3 3 3 3 3 3 3 3				Dressing, Ranch	1 serving	1
BBQ Pork 1 serving 14 Mac & Cheese 1 serving 23 Fava Beans, Buffalo Ranch 1 bag 22 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 4 oz 14-119 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 8 30 Fruit Juice, Assorted 1 bag 23 French Toast Bites 1 bag 24 French Toast Bites 1 bag 23 French Toast Bites 1 bag 24 French Toast Bites 1 bag 24 French Toast Bites 1 bag 24 French Toast Bites 1 bag 23 French Toast Bites 1 bag 24 Fren	·			2.0008,	2 33.18	
Mac & Cheese 1 serving 23 6 artic Bread 1 each 14 14 15 ard 12 15 ard 12 15 ard 15 ar		_		Eggs Scrambled	1 serving	4
Fava Beans, Buffalo Ranch 1 bag 22	'			2889) 301 41113124	1 301 1118	•
BBQ Sauce 1 each 12 Fava Beans, Pizza 1 bag 23 French Toast Bites 8 30 Struit Juice, Assorted 4 oz 14-19 Struit Juice, Assorted 1 serving 2 Garlie Bread 1 serving 2 Garlie Bread 1 serving 1 Struit Juice, Assorted 1 serving 2 Garlie Bread 1 serving 3 Garlie Bread 1 serving 1 Struit Juice, Assorted 1 serving 1 Struit Juice, Assorted 1 serving 2 Garlie Bread 1 serving 3 Garlie Bread 1 serving 3 Garlie Bread 1 serving 3 Garlie Bread 1 serving 4 Honey Metal Struit Juice, Assorted 1 serving				Fava Beans, Buffalo Ranch	1 bag	22
Biscuit 1 each 29				· · · · · · · · · · · · · · · · · · ·		
Black-Eyed Peas				· · · · · · · · · · · · · · · · · · ·		
Blue Raspberry-Lemon Cup						
Blueberries, Fresh 1 serving 10 Garden Salad 1 serving 2 Garlic Bread 1 each 14 Bread, Banana 1 each 44 Bread, Lemon 1 each 44 Grapefruit, Fresh 1 serving 9 Grapes, Fresh 1 serving 15 Green Beans, Canned 1 serving 3 Grilled Cheese Sandwich 1 each 34 Honey Mustard 1 serving 44 Honey Mustard 1 serving 44 Hotdogs Total 1 serving 47 Hotdogs Unit of the Sandwich 1 each 29 Hotdogs Unit of the Sandwich 1 each 29 Hot Sauce 1 packet 0 I each 29 I each 20 I each	•			Trait saide, 7 issuited	1 02	11.13
Broom Boom Sauce				Garden Salad	1 serving	2
Bread, Banana 1 each 44 Bread, Lemon 1 each 44 Broccoli, Steamed 1 serving 4 Cajun Chicken Pasta 1 serving 25 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, Honey Cheerios 1 serving 47 Cheese Underson 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 28 Cheesy Bites 4 each 28 Cheesy Potato Casserole 1 serving 3 Chicken, BBQ-Rubbed 1 serving 22 Chicken, BBQ-Rubbed 1 serving 22 Chicken, BBQ-Rubbed 1 serving 22 Chicken Sandwich- Total 1 each 6 Yeast Rolls 2 each 6 Chicken Patty <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
Bread, Lemon						
Broccoli, Steamed					<u> </u>	
Grilled Cheese Sandwich 1 each 34		1				
Cajun Chicken Pasta 1 serving 25 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 45 Cereal, Lucky Charms 1 serving 45 Cereal, Trix 1 serving 47 Cheeseburger- Total 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 32 Chicken, BBQ-Rubbed 1 serving 3 Chicken Littles- Total 1 serving 5 Chicken Littles- Total 1 serving 2 Chicken Oven-Fried 1 each 6 Chicken, Oven-Fried 1 each 40 Chicken Patty </td <td>Broodin, Steamed</td> <td>130.4.118</td> <td><u> </u></td> <td>· · · · · · · · · · · · · · · · · · ·</td> <td></td> <td></td>	Broodin, Steamed	130.4.118	<u> </u>	· · · · · · · · · · · · · · · · · · ·		
Carrots, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 44 Cereal, Honey Cheerios 1 serving 45 Cereal, Lucky Charms 1 serving 45 Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 32 Chicken, BBQ-Rubbed 1 serving 5 Chicken BBQ-Rubbed 1 serving 22 Chicken Littles- Total 1 serving 22 Chicken Bady 1 each 45 Chicken, Oven-Fried 1 each 45 Chicken Sandwich- Total 1 each 40 Chicken Patty 1 each 46 Chicken Patty 1 each 40 Chicken Patty 1 eac	Cajun Chicken Pasta	1 serving	25	Grits		16
Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 44 Cereal, Honey Cheerios 1 serving 44 Cereal, Honey Cheerios 1 serving 45 Cereal, Lucky Charms 1 serving 45 Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 32 Chicken, BBQ-Rubbed 1 serving 32 Chicken BBQ-Rubbed 1 serving 32 Chicken Littles- Total 1 serving 22 Chicken 2 each 6 Yeast Rolls 2 each 6 Chicken, Oven-Fried 1 each 40 Chicken Patty 1 each 40 Chicken Patty 1 each 40 Chicken Patty 1 each	Cantaloupe, Fresh	1 serving	7			
Cereal, Cinnamon Toast Crunch 1 serving 44 Cereal, Honey Cheerios 1 serving 44 Cereal, Honey Cheerios 1 serving 45 Cereal, Lucky Charms 1 serving 45 Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 11 Cheesy Pull-Aparts 1 serving 22 Chicken, BBQ-Rubbed 1 serving 22 Chicken Littles- Total 2 each 6 Yeast Rolls 2 each 16 Chicken Chicken 1 each 6 Chicken Sandwich- Total Chicken Patty Hamburger Bun 1 each 26 Cheesel Jerving 47 Hotdog- Total 1 serving 20 Hotdog- Total 1 serving 10 Hotdog- Total 1 serving 20 Hot Sauce 1 packet 0 Weatball Sun- Total 1 serving 23 Marinara Sauce 1 each 7 Mayonnaise 1 packet 1 Meatballs Cheese 1 serving 7 Meatballs, Italian- Supper 5 each 11 Meatballs, Sweet Chili 5 each 22 Mexican Corn 1 serving 18	Carrots, Fresh, Baby	1 bag	5	Ham & Cheese Croissant	1 sandwich	27
Cereal, Honey Cheerios 1 serving 44 Cereal, Lucky Charms 1 serving 45 Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 32 Chicken, BBQ-Rubbed 1 serving 32 Chicken Littles- Total 1 serving 22 Chicken Littles- Total 1 serving 22 Chicken, Oven-Fried 1 each 40 Chicken, Oven-Fried 1 each 40 Chicken Patty 1 each 40 Chicken Patty 1 each 26 Meatballs, Sweet Chilli 5 each 22 Mexican Corn 1 serving 18 Mexican Corn 1 serving 18 Mexican Corn 1 serving 19 Mexican Corn 1 serving	Celery Sticks	1 serving	2	Honey Mustard	1 serving	4
Cereal, Lucky Charms1 serving45Cereal, Trix1 serving47Cheeseburger-Total1 each29Burger & Cheese1 each3Bun1 bun26Cheesy Bites4 each28Cheesy Hots Chicken5 each22Cheesy Potato Casserole1 serving11Cheesy Pull-Aparts1 serving32Chicken, BBQ-Rubbed1 serving5Chicken Littles-Total1 serving22Chicken2 each6Yeast Rolls2 each6Chicken, Oven-Fried1 each40Chicken Sandwich-Total1 each40Chicken Patty1 each14Hamburger Bun1 each26	Cereal, Cinnamon Toast Crunch	1 serving	44	Honeydew	1 serving	17
Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 11 Cheesy Pull-Aparts 1 serving 32 Chicken, BBQ-Rubbed 1 serving 5 Chicken Littles- Total 1 serving 22 Chicken 2 each 6 Yeast Rolls 2 each 6 Chicken, Oven-Fried 1 each 40 Chicken Sandwich- Total 1 each 40 Chicken Patty 1 each 14 Hot Sauce 1 packet 3 Meatballs, Italian- Supper 1 serving 2 Meatballs, Sweet Chili 5 each 12 Meatballs, Sweet Chili 5 each 12 Mexican Corn 1 serving 18	Cereal, Honey Cheerios		44			20
Cereal, Trix 1 serving 47 Cheeseburger- Total 1 each 29 Burger & Cheese 1 each 3 Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 11 Cheesy Pull-Aparts 1 serving 32 Chicken, BBQ-Rubbed 1 serving 5 Chicken Littles- Total 1 serving 22 Chicken 2 each 6 Yeast Rolls 2 each 6 Chicken, Oven-Fried 1 each 40 Chicken Sandwich- Total 1 each 40 Chicken Patty 1 each 14 Hot Sauce 1 packet 3 Ketchup 1 packet 3 Mac & Cheese 1 serving 23 Marinara Sauce 1 packet 1 Meatball Sub- Total 1 sarving 3 Sub Roll 1 serving 5 <t< td=""><td>Cereal, Lucky Charms</td><td>1 serving</td><td>45</td><td>Hotdog Bun</td><td>1 each</td><td>18</td></t<>	Cereal, Lucky Charms	1 serving	45	Hotdog Bun	1 each	18
Burger & Cheese Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 11 Cheesy Pull-Aparts 1 serving 5 Chicken, BBQ-Rubbed 1 serving 5 Chicken Littles- Total Chicken 2 each 4 each 28 Ketchup 1 packet 3 Mac & Cheese 1 serving 23 Marinara Sauce 1 each 7 Mayonnaise 1 packet 1 Mayonnaise 1 packet 1 Mayonnaise 1 packet 1 Sub Roll 1 serving 3 Chicken, Oven-Fried 1 each 6 Chicken Sandwich-Total Chicken Patty Hamburger Bun 1 each 1 each 1 deach 1 deach 1 deach 1 Meatballs, Italian- Supper 1 serving 1 deach 1 serving 1 Mac & Cheese 1 serving 2 deach 1 deach 1 deach 1 deach 1 deach 1 deach 1 serving 1 deach 1 serving 1 deach 1 dea	Cereal, Trix	1 serving	47	Beef Frank	1 each	2
Bun 1 bun 26 Cheesy Bites 4 each 28 Cheesy Hots Chicken 5 each 22 Cheesy Potato Casserole 1 serving 11 Cheesy Pull-Aparts 1 serving 32 Chicken, BBQ-Rubbed 1 serving 5 Chicken Littles- Total 1 serving 22 Chicken 2 each 6 Meatball Sub- Total 1 sandwich 39 Yeast Rolls 2 each 16 Chicken Sandwich- Total 1 each 40 Chicken Patty 1 each 26 Cheesy Potato Casserole 1 packet 3 Ketchup 1 packet 3 Ketchup 1 packet 3 Mac & Cheese 1 serving 23 Marinara Sauce 1 each 7 Mayonnaise 1 packet 1 Meatball Sub- Total 1 sandwich 39 Sub Roll 1 each 32 Meatballs & Cheese 1 serving 7 Meatballs, Italian- Supper 5 each 11 Meatballs, Sweet Chili 5 each 22 Mexican Corn 1 serving 18	Cheeseburger- Total	1 each	29	Hot Sauce	1 packet	0
Cheesy Bites4 each28Cheesy Hots Chicken5 each22Cheesy Potato Casserole1 serving11Cheesy Pull-Aparts1 serving32Chicken, BBQ-Rubbed1 serving5Chicken Littles- Total1 serving22Chicken2 each6Yeast Rolls2 each16Chicken, Oven-Fried1 each6Chicken Sandwich- Total Chicken Patty Hamburger Bun1 each40Meatballs, Italian- Supper5 each12Meatballs, Sweet Chili5 each22Meatballs, Sweet Chili5 each22Mexican Corn1 serving18	Burger & Cheese	1 each	3			
Cheesy Hots Chicken5 each22Cheesy Potato Casserole1 serving11Cheesy Pull-Aparts1 serving32Chicken, BBQ-Rubbed1 serving5Chicken Littles- Total1 serving22Chicken2 each6Yeast Rolls2 each16Chicken, Oven-Fried1 each40Chicken Patty1 each40Hamburger Bun1 each26 Ketchup Mac & Cheese1 serving23Marinara Sauce1 each7Mayonnaise1 packet1Meatball Sub- Total1 sandwich39Sub Roll1 each32Meatballs, Italian- Supper5 each11Meatballs, Italian- Supper5 each11Meatballs, Sweet Chili5 each22Mexican Corn1 serving18	Bun	1 bun	26	Jelly	1 each	9
Cheesy Potato Casserole1 serving11Cheesy Pull-Aparts1 serving32Chicken, BBQ-Rubbed1 serving5Chicken Littles- Total1 serving22Chicken2 each6Yeast Rolls2 each6Chicken, Oven-Fried1 each6Chicken Sandwich- Total1 each40Chicken Patty1 each14Hamburger Bun1 each26 Mac & Cheese 1 serving Mac & Cheese 1 serving 1 packet 1 meatball Sub- Total 1 sandwich 39 Sub Roll 1 each Meatballs & Cheese 1 serving 7 Meatballs, Italian- Supper 5 each 11 Meatballs, Sweet Chili 5 each 22 Mexican Corn 1 serving 18	Cheesy Bites	4 each	28			
Cheesy Pull-Aparts1 serving32Mac & Cheese1 serving23Chicken, BBQ-Rubbed1 serving5Marinara Sauce1 each7Chicken Littles- Total1 serving22Mayonnaise1 packet1Chicken2 each6Meatball Sub- Total1 sandwich39Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Cheesy Hots Chicken	5 each	22	Ketchup	1 packet	3
Chicken, BBQ-Rubbed1 serving5Marinara Sauce1 each7Chicken Littles- Total1 serving22Mayonnaise1 packet1Chicken2 each6Meatball Sub- Total1 sandwich39Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total Chicken Patty1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Cheesy Potato Casserole	1 serving	11			
Chicken Littles- Total1 serving22Mayonnaise1 packet1Chicken2 each6Meatball Sub- Total1 sandwich39Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total Chicken Patty1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Cheesy Pull-Aparts	1 serving	32	Mac & Cheese	1 serving	23
Chicken2 each6Meatball Sub- Total1 sandwich39Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Chicken, BBQ-Rubbed	1 serving	5	Marinara Sauce	1 each	7
Chicken2 each6Meatball Sub- Total1 sandwich39Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Chicken Littles- Total	1 serving	22	Mayonnaise	1 packet	1
Yeast Rolls2 each16Sub Roll1 each32Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Chicken	_	6			39
Chicken, Oven-Fried1 each6Meatballs & Cheese1 serving7Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Yeast Rolls	2 each	16	Sub Roll	1 each	32
Chicken Sandwich- Total1 each40Meatballs, Italian- Supper5 each11Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18	Chicken, Oven-Fried			Meatballs & Cheese		
Chicken Patty1 each14Meatballs, Sweet Chili5 each22Hamburger Bun1 each26Mexican Corn1 serving18			40			11
Hamburger Bun 1 each 26 Mexican Corn 1 serving 18						
	1 · · · · · · · · · · · · · · · · · · ·			-		18
				Milk, Chocolate, Skim		24

Leon County 2025 High School Carb Counts

Item	Serving	Carbs (g)	ltem	Serving	Carbs (g)
Milk, Strawberry, Skim	1 each	23	Sausage Pancake Sandwich	1 each	16
Milk, Unflavored	1 each	12	Shredded Lettuce & Diced Tomato	1 serving	2
Mini Cinnis	1 each	41	Sour Cream	1 each	1
Mixed Fruit	1 serving	17	Strawberries, Fresh	6 med/3 lg	5
Mixed Fruit Cup	1 cup	19	Strawberries, Frozen 4 Oz Cup	1 each	21
Mustard	1 each	0	Strawberry Kiwi Cup	1 each	23
		<u> </u>	Strawberry Sorbet	1 each	17
Nachos, Meat- Total	1 serving	30	Syrup	1 each	21
Tortilla Chips	1 serving	27	, ,	I .	
Meat & Cheese	1 serving	3	Taco, Egg	1 serving	9
	1 0		Taco, Beef	2 each	24
Orange, Fresh	1 each	19	Taco Stick	1 serving	29
0.480, 65			Tangerine, Fresh	1 small	10
Pancake & Sausage Dog	1 each	22	Tater Tots	8 pieces	14
Peach, Diced, Frozen Cup	1 each	21	Tomatoes & Cucumbers	1 serving	3
Peach, Fresh	1 serving	14	Turkey & Gravy	1 serving	3
Peanut Butter & Jelly Sandwich Twin	1 package	64	Turkey & Gravy	1 3cl Villg	
Pear Cup	1 each	19	Veggie Juice	1 each	15
Pear, Fresh	1 med	27	veggie Juice	1 cacii	13
Pears, Diced	1 serving	16	Watermelon, Fresh	1 serving	6
Pepperoni Pizza Breadsticks	1 serving	29	watermelon, rresn	1 3cl Villig	U
Pizza, BBQ Pork	1 slice	38	Baked Potato Bar		
Pizza, Breakfast	1 each	14	BBQ Pork	1 serving	14
Pizza, Buffalo	1 slice	33	Buffalo Chicken		1
·				1 serving	
Pizza, Cheese	1 slice	33	Cajun Chicken	1 serving	4
Pizza, Cheeseburger	1 slice	34	Cheese Sauce	1 serving	2
Pizza, Chorizo	1 slice	34	Chorizo Crumbles	1 serving	2
Pizza, Pepperoni	1 slice	33	Potato Sweet Chili Chicken	1 each	39
Plum, Fresh	1 medium	8		1 serving	16
Popcorn Chicken Bowl- Total	1 serving	46	Taco Meat	1 serving	1
Popcorn Chicken	1 serving	16			
Corn	1 serving	8	Entrée Salads	1	
Potatoes	1 serving	12	Taco Meat & Cheese	1 serving	3
Cheese/Gravy	1 serving	10	Tortilla Chips	1 bag	27
Pop-Tart, Cinnamon	1 each	73	Cheezy Hotz Chicken	5 each	22
Pop-Tart, Strawberry	1 each	73	Popcorn Chicken	10 each	16
Potatoes, Sweet and Spicy	1 serving	31	Chicken Tenders	3 each	14
Potatoes, Sweet Glazed	1 serving	28	Veggies	1 serving	5
Potatoes, Wedged	1 serving	18	Ranch Dressing	2 each	2
Pumpkin Shortcake	1 serving	23	Garlic Bread	1 each	14
	1				
Ramen	1 cup	38	A la Carte		
Rice, Brown (1 cup)	1 serving	40	Barq's Root Beer Zero Sugar	1 bottle	0
Roll	1 each	31	Cheddar Snack Mix	1 bag	20
	Т	, ,	Cheetos, Baked Flamin' Hot	1 bag	20
Salsa Cup	1 container	5	Cheetos, Fantastix Chili Cheese	1 bag	19
Sandwich, Turkey & Cheese	1 sandwich	30	Chips, Doritos Cool Ranch	1 bag	20
Sandwich, Turkey & Cheese Hoagie	1 sandwich	28	Chips, Doritos White Nacho	1 bag	20
Satsuma, Fresh	1 each	11	Chips, Funyun	1 bag	14
Sausage Biscuit- Total	1 sandwich	30	Cinnamon Crisps	1 package	25
Sausage Patty	1 each	1	Coke Zero	1 bottle	0
Biscuit	1 each	29	Cookies- Chocolate Chip & Sugar	1 each	34

Leon County 2025 High School Carb Counts

Item	Serving	Carbs (g)
A la Carte		
Dr. Pepper Zero	1 bottle	0
Fanta Orange Zero	1 bottle	1
Ice Cream, Birthday Cake Cone	1 each	29
Ice Cream, Birthday Cake Sandwich	1 each	31
Ice Cream, Cookies-N-Cream Cone	1 each	33
Ice Cream, Cookies-N-Cream Sandwich	1 each	31
Ice Cream, Strawberry Éclair Bar	1 each	23
Juice, Apple	1 bottle	34
Juice, Mixed Berry	1 bottle	33
Juice, Orange	1 bottle	33
Mello Yello Zero Sugar	1 bottle	0
Muffin, Blueberry	1 each	30
Powerade Zero- All Flavors	1 bottle	0
Rice Krispies Treat	1 each	30
Rice Krispies Treat, Chocolate Chip	1 each	34
Rice Krispies Treat, Confetti	1 each	32
Sprite Zero	1 can	1
Topo Chico- Both Flavors	1 can	1