

**Leon County 2025**  
**High 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 Grilled Cheese     | 1 sandwich | 36 |
| BBQ Pork Plate- Total       | 1 serving  | 51 |
| BBQ Pork                    | 1 serving  | 14 |
| Mac & Cheese                | 1 serving  | 23 |
| Garlic Bread                | 1 each     | 14 |
| BBQ Sauce                   | 1 each     | 12 |
| Biscuit                     | 1 each     | 29 |
| 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 |
| 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, 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 | 32 |
| Chicken, BBQ-Rubbed           | 1 serving | 5  |
| Chicken Littles- Total        | 1 serving | 22 |
| Chicken                       | 2 each    | 6  |
| Yeast Rolls                   | 2 each    | 16 |
| Chicken, Oven-Fried           | 1 each    | 6  |
| Chicken Sandwich- Total       | 1 each    | 40 |
| Chicken Patty                 | 1 each    | 14 |
| Hamburger Bun                 | 1 each    | 26 |

| Item                       | Serving   | Carbs (g) |
|----------------------------|-----------|-----------|
| Chicken Tender Wrap- Total | 1 wrap    | 42        |
| Tortilla                   | 1 each    | 34        |
| Chicken, Cheese & Sauce    | 1 serving | 5         |
| Veggies                    | 1 each    | 3         |
| Chicken Tenders            | 3 each    | 14        |
| Collard Greens             | 1 serving | 9         |
| Cornbread                  | 1 square  | 26        |
| Corndog                    | 1 serving | 28        |
| Corn, Seasoned             | 1 serving | 17        |
| Cranberries, Dried         | 1 package | 28        |
| Cranberry Sauce            | 1 serving | 28        |
| Croissant                  | 1 each    | 31        |

|                 |           |   |
|-----------------|-----------|---|
| Dressing, Ranch | 1 serving | 1 |
|-----------------|-----------|---|

|                 |           |   |
|-----------------|-----------|---|
| Eggs, Scrambled | 1 serving | 4 |
|-----------------|-----------|---|

|                           |       |       |
|---------------------------|-------|-------|
| Fava Beans, Buffalo Ranch | 1 bag | 22    |
| Fava Beans, Pizza         | 1 bag | 23    |
| 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  |
| Grilled Cheese Sandwich | 1 each    | 34 |
| Grits                   | 1 serving | 16 |

|                        |            |    |
|------------------------|------------|----|
| Ham & Cheese Croissant | 1 sandwich | 27 |
| 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 |
|-------|--------|---|

|         |          |   |
|---------|----------|---|
| 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 |
| Milk, Chocolate, Skim      | 1 each     | 24 |

**Leon County 2025**  
**High School Carb Counts**

| Item                   | Serving   | Carbs (g) |
|------------------------|-----------|-----------|
| Milk, Strawberry, Skim | 1 each    | 23        |
| Milk, Unflavored       | 1 each    | 12        |
| Mini Cinnis            | 1 each    | 41        |
| Mixed Fruit            | 1 serving | 17        |
| Mixed Fruit Cup        | 1 cup     | 19        |
| Mustard                | 1 each    | 0         |

|                     |           |    |
|---------------------|-----------|----|
| Nachos, Meat- Total | 1 serving | 30 |
| Tortilla Chips      | 1 serving | 27 |
| Meat & Cheese       | 1 serving | 3  |

|               |        |    |
|---------------|--------|----|
| Orange, Fresh | 1 each | 19 |
|---------------|--------|----|

|                                     |           |    |
|-------------------------------------|-----------|----|
| Pancake & Sausage Dog               | 1 each    | 22 |
| Peach, Diced, Frozen Cup            | 1 each    | 21 |
| Peach, Fresh                        | 1 serving | 14 |
| Peanut Butter & Jelly Sandwich Twin | 1 package | 64 |
| Pear Cup                            | 1 each    | 19 |
| Pear, Fresh                         | 1 med     | 27 |
| Pears, Diced                        | 1 serving | 16 |
| Pepperoni Pizza Breadsticks         | 1 serving | 29 |
| Pizza, BBQ Pork                     | 1 slice   | 38 |
| Pizza, Breakfast                    | 1 each    | 14 |
| Pizza, Buffalo                      | 1 slice   | 33 |
| Pizza, Cheese                       | 1 slice   | 33 |
| Pizza, Cheeseburger                 | 1 slice   | 34 |
| Pizza, Chorizo                      | 1 slice   | 34 |
| Pizza, Pepperoni                    | 1 slice   | 33 |
| Plum, Fresh                         | 1 medium  | 8  |
| Popcorn Chicken Bowl- Total         | 1 serving | 46 |
| Popcorn Chicken                     | 1 serving | 16 |
| Corn                                | 1 serving | 8  |
| Potatoes                            | 1 serving | 12 |
| Cheese/Gravy                        | 1 serving | 10 |
| Pop-Tart, Cinnamon                  | 1 each    | 73 |
| Pop-Tart, Strawberry                | 1 each    | 73 |
| Potatoes, Sweet and Spicy           | 1 serving | 31 |
| Potatoes, Sweet Glazed              | 1 serving | 28 |
| Potatoes, Wedged                    | 1 serving | 18 |
| Pumpkin Shortcake                   | 1 serving | 23 |

|                     |           |    |
|---------------------|-----------|----|
| Ramen               | 1 cup     | 38 |
| Rice, Brown (1 cup) | 1 serving | 40 |
| Roll                | 1 each    | 31 |

|                                  |             |    |
|----------------------------------|-------------|----|
| Salsa Cup                        | 1 container | 5  |
| Sandwich, Turkey & Cheese        | 1 sandwich  | 30 |
| Sandwich, Turkey & Cheese Hoagie | 1 sandwich  | 28 |
| Satsuma, Fresh                   | 1 each      | 11 |
| Sausage Biscuit- Total           | 1 sandwich  | 30 |
| Sausage Patty                    | 1 each      | 1  |
| Biscuit                          | 1 each      | 29 |

| Item                            | Serving    | Carbs (g) |
|---------------------------------|------------|-----------|
| Sausage Pancake Sandwich        | 1 each     | 16        |
| Shredded Lettuce & Diced Tomato | 1 serving  | 2         |
| Sour Cream                      | 1 each     | 1         |
| Strawberries, Fresh             | 6 med/3 lg | 5         |
| Strawberries, Frozen 4 Oz Cup   | 1 each     | 21        |
| Strawberry Kiwi Cup             | 1 each     | 23        |
| Strawberry Sorbet               | 1 each     | 17        |
| Syrup                           | 1 each     | 21        |

|                      |           |    |
|----------------------|-----------|----|
| Taco, Egg            | 1 serving | 9  |
| Taco, Beef           | 2 each    | 24 |
| Taco Stick           | 1 serving | 29 |
| Tangerine, Fresh     | 1 small   | 10 |
| Tater Tots           | 8 pieces  | 14 |
| Tomatoes & Cucumbers | 1 serving | 3  |
| Turkey & Gravy       | 1 serving | 3  |

|              |        |    |
|--------------|--------|----|
| Veggie Juice | 1 each | 15 |
|--------------|--------|----|

|                   |           |   |
|-------------------|-----------|---|
| Watermelon, Fresh | 1 serving | 6 |
|-------------------|-----------|---|

**Baked Potato Bar**

|                     |           |    |
|---------------------|-----------|----|
| BBQ Pork            | 1 serving | 14 |
| Buffalo Chicken     | 1 serving | 1  |
| Cajun Chicken       | 1 serving | 4  |
| Cheese Sauce        | 1 serving | 2  |
| Chorizo Crumbles    | 1 serving | 2  |
| Potato              | 1 each    | 39 |
| Sweet Chili Chicken | 1 serving | 16 |
| Taco Meat           | 1 serving | 1  |

**Entrée Salads**

|                     |           |    |
|---------------------|-----------|----|
| Taco Meat & Cheese  | 1 serving | 3  |
| Tortilla Chips      | 1 bag     | 27 |
| Cheezy Hotz Chicken | 5 each    | 22 |
| Popcorn Chicken     | 10 each   | 16 |
| Chicken Tenders     | 3 each    | 14 |
| Veggies             | 1 serving | 5  |
| Ranch Dressing      | 2 each    | 2  |
| Garlic Bread        | 1 each    | 14 |

**A la Carte**

|                                 |           |    |
|---------------------------------|-----------|----|
| Barq's Root Beer Zero Sugar     | 1 bottle  | 0  |
| Cheddar Snack Mix               | 1 bag     | 20 |
| Cheetos, Baked Flamin' Hot      | 1 bag     | 20 |
| Cheetos, Fantastix Chili Cheese | 1 bag     | 19 |
| Chips, Doritos Cool Ranch       | 1 bag     | 20 |
| Chips, Doritos White Nacho      | 1 bag     | 20 |
| Chips, Funyun                   | 1 bag     | 14 |
| Cinnamon Crisps                 | 1 package | 25 |
| Coke Zero                       | 1 bottle  | 0  |
| Cookies- Chocolate Chip & Sugar | 1 each    | 34 |

**Leon County 2025**  
**High School Carb Counts**

| Item                                | Serving  | Carbs (g) |
|-------------------------------------|----------|-----------|
| <b>A la Carte</b>                   |          |           |
| 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         |