

**Leon County 2023  
High School Carb Counts**

Item	Serving	Carbs (g)
Animal Cracker	1 package	24
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	33
Apple Slices, Fresh	1 serving	7
Applesauce, All	1 serving	14

Bacon Cheeseburger- Total	1 each	30
Burger, Bacon & Cheese	1 each	2
Bun	1 bun	28

Baked Beans	1 serving	34
Banana, Petite	1 each	19
BBQ Pork Plate- Total	1 serving	50
BBQ Pork	1 serving	11
Mac-N-Cheese	1 serving	22
Garlic Breadstick	1 each	17
BBQ Sauce	1 each	8
Black-Eyed Peas	1 serving	18
Blueberries, Fresh	1 serving	10
Broccoli, Steamed	1 serving	3

Cajun Pasta	1 serving	26
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
Cheese Stick	1 each	2
Cheesy Potato Casserole	1 serving	14
Chicken Bacon Ranch Sub- Total	1 serving	65
Sub	1 serving	47
Chicken & Cheese	1 serving	16
Ranch Dressing	1 each	2
Chicken Biscuit- Total	1 serving	34
Chicken	1 serving	6
Biscuit	1 each	28
Chicken, General Tso's	1 serving	15
Chicken, Oven-Fried	1 each	6
Chicken Sandwich- Total	1 each	42
Chicken Patty	1 each	14
Hamburger Bun	1 each	28

Item	Serving	Carbs (g)
Chicken, Spicy Tender Wrap- Total	1 serving	51
Chicken Tenders & Cheese	1 serving	15
Tortilla	1 each	36
Chicken, Tenders, Spicy	1 serving	14
Chicken Wings & Pretzel Fondue- Total	1 serving	40
Chicken Wings	1 serving	15
Pretzel Bites	4 bites	25
Cinnamon & Sugar Donut Holes	1 serving	76
Collard Greens	1 serving	9
Cornbread	1 square	26
Corndog, Mini/Nuggets	1 serving	30
Corn, Creamed	1 serving	26
Corn, Seasoned	1 serving	20
Crackers, Honey Grahams	1 pack	17
Cranberry Sauce	1 serving	25
Croissant	1 serving	29
Cucumbers, Sliced	1 serving	2

Dressing, Ranch	1 serving	2
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Egg Bite	1 each	3
Eggs, Scrambled	1 serving	2

Fajita Quesadilla	1 serving	38
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 Beans, Fresh	1 serving	5
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
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
Mini Bagel, Strawberry	1 package	42

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Mini Cinnis	1 each	40
Mixed Fruit	1 serving	17
Mixed Fruit Cup	1 cup	19
Mustard	1 packet	0

Nachos, Meat- Total	1 serving	31
Tortilla Chips	1 serving	31
Meat & Cheese	1 serving	0

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 sandwich	32
Pear Cup	1 each	19
Pear, Fresh	1 med	27
Pears, Diced	1 serving	16
Peas & Carrots	1 serving	7
Pepperoni Pizza Breadsticks	1 serving	29
Philly Cheesesteak- Total	1 serving	62
Beef, Veggies & Cheese	1 serving	15
Sub Roll	1 each	47
Pineapple Tidbits	1 cup	16
Pizza, Breakfast	1 each	21
Pizza, Cheese	1 each	37
Pizza, Pepperoni	1 each	43
Pizza, Mexican	1 each	43
Plum, Fresh	1 medium	8
Popcorn Chicken Bowl- Total	1 serving	45
Popcorn Chicken	1 serving	14
Corn	1 serving	11
Potatoes	1 serving	16
Cheese/Gravy	1 serving	4
Pop-Tart, Strawberry	1 each	70
Potatoes, Roasted	1 serving	17
Potatoes, Sweet and Spicy	1 serving	32

Rice, Veggie (1 cup)	1 serving	46
Roll	1 serving	28

Satsuma, Fresh	1 each	11
Sausage & Cheese Croissant- Total	1 serving	30
Turkey Sausage & Cheese	1 each	1
Croissant	1 each	29
Sausage Pancake Sandwich	1 each	16
Shredded Lettuce & Diced Tomato	1 serving	2
Sour Cream	1 each	1

Item	Serving	Carbs (g)
Spicy Fish Po' Boy- Total	1 sandwich	67
Sub	1 each	47
Fish, Sauce & Cheese	1 serving	20
Stir Fry Veggies	1 serving	5
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
Tartar Sauce	1 packet	5
Tater Tots	8 pieces	14
Tomato Soup	1 serving	21
Turkey & Gravy	1 serving	3

Veggie Juice	1 each	15
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Watermelon, Fresh	1 serving	6
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Yogurt- All Flavors	1 each	20
Yogurt Smoothie- Apple Pie	1 serving	37
Yogurt Smoothie- Pineapple Orange	1 serving	34
Yogurt Smoothie- Purple Daze	1 serving	39

**Other Items**

Bubbl'r, Cherry Guava	1 each	8
Bubbl'r, Cranberry Grapefruit Sparkl'r	1 each	8
Bubbl'r, Orange Mango	1 each	6
Bubbl'r, Passion Fruit Wond'r	1 each	8
Bubbl'r, Pitaya Berry Nect'r	1 each	8
Bubbl'r, Pomegranate Acai	1 each	7
Bubbl'r, Twisted Elix'r	1 each	8
Cheetos, Crunchy	1 each	16
Cheetos, Flamin' Hot	1 each	20
Chips, BBQ	1 each	19
Chips, Doritos Cool Ranch	1 each	20
Chips, Doritos Nacho Cheese	1 each	20
Chips, Sour Cream & Onion	1 each	19
Corndog	1 each	30
Cookies- Chocolate Chip & Sugar	1 each	34
Gatorade- All Flavors	12 fl oz	8
Honey Bun	1 each	34
Juice, Dole, Apple	10 fl oz	34
Juice, Dole, Fruit Punch	10 fl oz	34
Juice, Dole, Orange	10 fl oz	33
Lemonade	12 fl oz	3
Rice Krispies Treat	1 each	30
Vita Ice- All Flavors	17 fl oz	0

**Ice Cream**

Cry Baby Cups	1 each	25
Double Dare Cherry Bar	1 each	14

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Item	Serving	Carbs (g)
Fudge Bar	1 each	18
Mango Fruit Bar	1 each	27
RF Mini Vanilla Sandwich	1 each	23
Orange Cream Bar	1 each	14
Orange Juice Sherbet Push Up	1 each	17
Pineapple Fruit Bar	1 each	32
Sour Cyclone- Blue Raspberry	1 each	21
Sour Swell Cherry Bar	1 each	12
Strawberry Éclair Bar	1 each	23
Strawberry Fruit Bar	1 each	31
Strawberry Ripple Cream Cup	1 each	16
Typhoon- Blue Raspberry	1 each	13
Typhoon- Cotton Candy Bar	1 each	14
Typhoon- Ice Cup	1 each	24
Vanilla Fudge Push Pop	1 each	16
Vanilla Ice Cream Cup- Fat Free	1 each	16
Vanilla Ice Cream Cup- Reduced Fat	1 each	15
Vanilla/Chocolate Cup	1 each	15
RF Vanilla Sandwich	1 each	31