

**Leon County 2021  
Elementary School Carb Counts**

Item	Serving	Carbs (g)
Anytimers Pepperoni Pizza- Total	1 serving	36
Cheese & Sauce	1 serving	
Crust	1 serving	
Anytimers Turkey & Cheese Kit- Total	1 each	34
Ham & Cheese	1 serving	
Crackers	1 serving	
Chortles	1 serving	
Apple, Fresh	1 medium	22
Apple Slices	1 serving	7
Applesauce, All	1 serving	14

Bagel, Mini, All Flavors	1 each	42
Baked Beans	1 serving	27
Banana, Petite	1 each	19
Bar, Banana Chocolate Chip	1 serving	47
Bar, Cocoa Cherry	1 serving	33
Bar, Oat Chocolate Chip	1 serving	47
BBQ Quesadilla	1 serving	39
BBQ Sauce	1 each	10
Black Beans	1 serving	18
Blueberries, Frozen	1 serving	9
Blueberries, Fresh	1 serving	10
Boom Boom Sauce	1 serving	3
Broccoli, Steamed	1 serving	5
Brownie	1 serving	22

California Blend Veggies	1 serving	2
Cantaloupe, Fresh	1 serving	7
Carrots, Fresh, Baby	1 bag	5
Celery Sticks	1 serving	2
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	22
Cereal, Rice Chex	1 serving	24
Cheeseburger- Total	1 each	29
Burger & Cheese	1 each	1
Bun	1 bag	28
Cheese & Pretzel Fondue Plate- Total	1 serving	45
Cheese Sauce	1 serving	3
Pretzel Rods	3 rods	42
Cheese Grits	1 serving	34
Cheese Pizza Breadstick	1 each	28
Cheese Sauce Cup	1 each	14
Cheese Stick	1 each	2
Cheesy Bread	2 sticks	32
Cheez-Its	1 serving	14
Chicken Biscuit- Total	1 serving	33
Chicken Patty	1 each	6
Biscuit	1 each	27
Chicken, Nuggets	1 serving	15
Chicken, Tenders	1 serving	14

Item	Serving	Carbs (g)
Chicken, Teriyaki	1 serving	10
Chicken Sandwich- Total	1 each	41
Chicken Patty	1 each	13
Hamburger Bun	1 each	28
Chips, Tortilla	1 each	19
Collard Greens	1 serving	12
Cookies, Dick & Jane	1 package	22
Cornbread	1 square	26
Corndogs, Mini/Nuggets	1 serving	28
Corn, Seasoned	1 serving	20
Crackers, Honey Grahams	1 pack	17
Craisins, Strawberry	1 pack	28

Dressing, Ranch	1 serving	2
Dragon Punch Slush	1 each	16

Emoji Frozen Juice Cup	1 each	25
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Fish Sticks	1 serving	19
French Toast Sticks	4	50
Fruit, Mixed	1 serving	15
Fruit Juice, Assorted	4 oz	14-19

Garden Salad	1 serving	2
Grapefruit, Fresh	1 serving	9
Grapes, Fresh	1 serving	15
Green Beans, Canned	1 serving	4
Green Peas	1 serving	13
Grilled Cheese Sandwich	1 each	32

Ham & Cheese Stuffer	1 each	31
Honey Mustard	1 serving	8
Honeydew	1 serving	17
Honeyracha Sauce	1 serving	13
Hotdog- Total	1 serving	32
Hotdog Bun	1 each	29
Hotdog	1 each	3
Hot Sauce	1 packet	0

Jelly	1 each	9
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Ketchup	1 packet	2
Ketchup, Sriracha	1 packet	2

Mac & Cheese	1 serving	22
Mandarin Oranges	1 serving	21
Marinara Sauce	1 serving	10
Mayonnaise	1 packet	3
Milk, Chocolate, Skim	1 each	24
Milk, Strawberry, Skim	1 each	23
Milk, White, 1%	1 each	12
Milk, White, Skim	1 each	12

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Item	Serving	Carbs (g)
Milk, Whole	1 each	11
Mixed Fruit Cup	1 cup	19
Muffin, Blueberry	1 each	24
Munchie Snack Mix	1 each	17
Mustard	1 packet	0

Nachos, Cheese- Total	1 serving	22
Tortilla Chips	1 serving	19
Cheese Sauce	1 serving	3
Nachos, Meat- Total	1 serving	22
Tortilla Chips	1 serving	19
Meat & Cheese	1 serving	3
NutriGrain Bar, Strawberry	1 each	29

Orange, Fresh	1 each	19
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Pancake & Sausage Bites	1 serving	27
Pancakes, Cinnamon	1 package	37
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	27
Pineapple Tidbits	1 serving	16
Pizza, Breakfast	1 each	21
Plum, Fresh	1 medium	8
Pop-Tart, All Flavors	1 each	36
Pulled Pork on Garlic Toast- Total	1 serving	42
BBQ Pork	1 serving	10
Garlic Bread	1 serving	32
Potatoes, Homestyle	1 serving	20
Potatoes, Mashed	1 serving	13
Potatoes, Sweet and Spicy	1 serving	33
Potato Wedges	1 serving	20

Rice, Veggie (1 cup)	1 serving	76
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Salsa Cup	1 each	5
Sandwich, Turkey & Cheese- Total	1 each	30
Turkey & Cheese	1 serving	0
Bread	2 slices	30
Satsuma, Fresh	1 each	11
Sausage Pancake Sandwich	1 each	16
Sausage Patty	1 each	0
Scooby Snack	1 package	21
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

Item	Serving	Carbs (g)
Strawberries, Frozen 4 Oz Cup	1 each	21
Syrup	1 each	13

Tangerine, Fresh	1 small	10
Tartar Sauce	1 packet	2
Tater Tots	8 pieces	16
Tomato Soup	1 serving	20
Tomatoes & Cucumbers	1 serving	3
Tornado	1 each	23

Veggie Juice	1 each	15
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Watermelon, Fresh	1 serving	6
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Yogurt & Cheese Plate- Total	1 each	37
Yogurt- All Flavors	1 each	20
Cheese Stick	1 each	2
Granola	1 serving	15