

Leon County 2021
Middle 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

Bacon Cheeseburger- Total	1 each	29
Burger, Bacon & Cheese	1 each	1
Bun	1 bag	28
Bacon, Egg & Cheese Biscuit- Total	1 serving	29
Bacon, Egg & Cheese	1 serving	2
Biscuit	1 serving	27
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, Oat Chocolate Chip	1 serving	47
BBQ Quesadilla	1 serving	39
BBQ Sauce	1 each	10
Black Beans	1 serving	18
Black-Eyed Peas	1 serving	18
Blueberries, Frozen	1 serving	9
Blueberries, Fresh	1 serving	10
Boom Boom Sauce	1 serving	3
Broccoli, Steamed	1 serving	5
Broccoli & Cheese Potatoes	1 serving	13
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
Cheese Sauce Cup	1 each	14
Cheese Stick	1 each	2
Cheesy Bread	2 sticks	32
Cheesy Potato Casserole	1 serving	16
Cheez-Its	1 serving	14
Chicken Biscuit- Total	1 serving	33
Chicken Patty	1 each	6
Biscuit	1 each	27

Item	Serving	Carbs (g)
Chicken Sandwich- Total	1 each	41
Chicken Patty	1 each	13
Bun	1 each	28
Chicken, Tenders	1 serving	14
Chicken, Tenders, Spicy	1 serving	18
Chicken, Teriyaki	1 serving	10
Chips, Tortilla	1 each	31
Coleslaw	1 serving	6
Collard Greens	1 serving	12
Cookies, Dick & Jane	1 package	22
Cornbread	1 square	26
Corndog	1 each	29
Corndog, 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 Sandwich, Spicy- Total	1 serving	44
Fish Patty & Cheese	1 each	16
Bun	1 each	28
French Toast Sticks	4	50
Fruit, Mixed	1 serving	15
Fruit Juice, Assorted	4 oz	14-19

Grapefruit, Fresh	1 serving	9
Grapes, Fresh	1 serving	15
Green Beans, Canned	1 serving	4
Grilled Cheese Sandwich	1 each	32
Grits	1 serving	16

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
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

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Item	Serving	Carbs (g)
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
Mixed Fruit Cup	1 cup	19
Mustard	1 packet	0

Nachos, Meat- Total	1 serving	34
Tortilla Chips	1 serving	31
Meat & Cheese	1 serving	3

Orange, Fresh	1 each	19
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Pancake & Sausage Bites	1 serving	27
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, Medium	1 med	27
Pears, Diced	1 serving	16
Peas & Carrots	1 serving	12
Pepperoni Pizza Breadsticks	1 serving	27
Philly Cheesesteak- Total	1 serving	57
Beef, Veggies & Queso	1 serving	14
Sub Roll	1 each	43
Pineapple Tidbits	1 serving	16
Pizza, Breakfast	1 each	21
Pizza, Cheese	1 each	34
Pizza, Pepperoni	1 each	34
Plum, Fresh	1 medium	8
Popcorn Chicken Bowl- Total	1 serving	38
Popcorn Chicken	1 serving	14
Corn	1 serving	11
Potatoes	1 serving	10
Cheese/Gravy	1 serving	3
Pop-Tart, All Flavors	1 each	36
Pulled Pork on Garlic Toast- Total	1 serving	42
BBQ Pork	1 serving	10
Garlic Toast	2 slices	32
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
Satsuma, Fresh	1 each	11
Sausage Pancake Sandwich	1 each	16

Item	Serving	Carbs (g)
Sausage, Egg & Cheese Croissant- Total	1 serving	28
Sausage, Egg & Cheese	1 each	2
Croissant	1 each	26
Scooby Snack	1 package	21
Shredded Lettuce & Diced Tomato	1 serving	2
Slush, Strawberry Kiwi	1 each	15
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	21
Syrup	1 each	13

Tangerine, Fresh	1 small	10
Tartar Sauce	1 packet	2
Tater Tots	8 pieces	16
Tornados	1 each	23

Veggie Juice	1 each	15
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Waffles	2 each	15
Watermelon, Fresh	1 serving	6

Yogurt Smoothie- Apple Pie	1 serving	34
Yogurt Smoothie- Pineapple Orange	1 serving	34
Yogurt Smoothie- Purple Daze	1 serving	39

Other Items

Cinnamon Roll	1 serving	22
Cookies- Chocolate Chip & Sugar	1 each	34
Cookies- Double Chocolate Chip	1 each	33
Honey Bun	1 each	34
Izze, Apple	1 each	24
Izze, Blackberry & Pomegranate	1 each	22
Izze, Cherry Lime	1 each	23
Izze, Clementine	1 each	21
Juice, Dole, Apple	10 fl oz	34
Juice, Dole, Fruit Punch	10 fl oz	34
Juice, Dole, Orange	10 fl oz	33
Juice, Naked- Berry Blast	10 fl oz	37
Juice, Naked- Mighty Mango	10 fl oz	44
Juice, Naked- Strawberry Banana	10 fl oz	38
Rice Krispies Treat	1 each	30

Ice Cream

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

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Item	Serving	Carbs (g)
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