



PATCHOGUGE-MEDFORD SCHOOLS

**Carbohydrate Counting – Common Menu Items**

Updated 2017

*\* The information contained in this list of facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutritional label information.*

*Patchogue-Medford Schools make every attempt to insure that products brought into the District are “peanut free”; However we have no control over Manufactures’ changes to production lines. Therefore we cannot claim to be a “peanut free” District.*

<b>Type of Food</b>	<b>Serving Size</b>	<b>Carbohydrate Total in grams</b>	<b>Possible Allergens</b>
<b>Meat/Meat Alternate</b>			
Bacon	2 slices	0 grams	None
Beef Ribs BBQ	1 each	4 grams	Soy, Wheat
Beef Stuffed Triangles	3 Triangles (4.09 oz.)	30 grams	Milk, Wheat, Soy
Blazing Buffalo Sandwich Meal	1 sandwich (1.5 oz buffalo chicken, 1 slice cheese, 1 oz. lettuce, 1 oz. tomato, 1 packet blue cheese, whole wheat bun)	31 grams	Milk, Wheat, Soy
Breaded Chicken Patty	1 patty	12 grams	Egg, Soy, Wheat
California Veggie Burger	1 patty	21 grams	Soy
Calzone, Wheat Cheese	1 each	35 grams	Milk, Wheat, Soy
Chef’s Turkey Garden Salad	1 salad (1 cup lettuce, 2 oz. tomato, 3.3 oz. turkey, 1 slice cheese)	2 grams	Milk, Soy
Chicken Nuggets	5 nuggets	12 grams	Egg, Soy, Wheat
Chicken, Tangerine	4 oz.	25 grams	Eggs, Soy, Wheat
Chicken or turkey noodle soup	1 cup ½ cup	12 grams 6 grams	Egg

Egg Cheese Omelet	1 omelet	2.3 grams	Egg, Milk, Soy
Egg and Cheese on Kaiser Roll	1 sandwich	33 grams	Egg, Milk, Wheat, Soy
Grilled Cheese Sandwich	1 sandwich (cheese-2 slices, whole wheat bread-2 slices)	26 grams	Milk, Wheat, Soy
Grilled Chicken Patty	1 patty	1 gram	Soy
Ham	1 oz. 2 oz.	1 gram 2 grams	None
Ham and Cheese on Bagel	1 bagel (ham-.5oz, cheese-.5 oz, whole wheat bagel-2 oz.)	34 grams	Milk, Wheat, Soy
Hamburger	1 patty	3 gram	Soy
Meatballs	3 meatballs	6 grams	Soy, Wheat,
Pepperoni Pinwheel	One (1) 4.1 oz. pinwheel	28 grams	Wheat, Soy, Milk
Popcorn Chicken	10 pieces	17 grams	Milk, Wheat
Pork Taco Meat	3 oz.	4 grams	Soy
Pork Sausage Links	2 links	0 grams	Soy
Raider's Sandwich	1 sandwich (1.5 oz honey	32 grams	Milk, Wheat,
Rice Krispy Treat	As part of meal 1 each	75.9 grams	Milk, Soy
Spicy Chicken Patty	1 patty	12 grams	Egg, Soy, Wheat
Stuffed Turkey Sandwich Meal	1 sandwich (1.5 oz. Ovengold turkey, 1 slice	29.5 grams	Milk, Wheat,
Sweet BBQ Glazed Chicken Nuggets	5 nuggets	9 grams	Egg, Milk, Soy, Wheat
Tex-Mex Sandwich Meal	1 sandwich (1.5 oz. salsalito turkey, 1 slice	40.5 grams	Milk, Wheat, Soy

Turkey Breast	1 oz.	0 grams	None
Turkey Frank	1 frank	1 gram	None
Yogurt Parfait	1 parfait (1 cup vanilla yogurt, ½ cup mixed fruit)	50 grams	Milk
<b>Dairy Products</b>			
American Cheese	1 oz. (2 slices) 2 oz. (4 slices)	1.3 gram 2.6 grams	Milk, Soy
Cream Cheese	2 Tbsp. (1 oz.)	3 grams	Milk
Mozzarella Cheese	1 oz.	.5 gram	Milk
Mozzarella Sticks	6 sticks	37 grams	Milk, Wheat
Parmesan Cheese	1 oz.	0 grams	Milk
Quesadilla	2 pieces	35 grams	Milk, Egg, Wheat, Soy
Vanilla Yogurt	1 cup	35 grams	Milk
<b>Pizza</b>			
Cheese Crunchers	4 pieces	41 grams	Milk, Wheat
Pizza Dippers	4 pieces	30 grams	Milk, Soy, Wheat
Pizza (4x6)	1 slice	30 grams	Milk, Wheat
Pizza Bagel	1 each	31 grams	Wheat, Milk
Pizza (8 cut)	1 slice (1/8 of pizza)	29 grams	Milk, Trop. Oils, Wheat
<b>Beverages</b>			
1% Milk	8 oz.	12 grams	Milk
Apple Juice	4oz.	13 grams	None
Chocolate Milk	8 oz.	22 grams	Milk
Fruit Punch	4 oz.	14 grams	None
Orange Juice	4 oz.	13 grams	None
Strawberry Milk	8 oz.	22 grams	Milk
<b>Bread/Bread Products/Pasta (Grains)</b>			
Bagel	1 bagel (2 oz.)	32 grams	Wheat, Soy
English Muffin	1 muffin	25 grams	Wheat
French Bread	1 oz.	13 grams	Wheat
51% WW Breakfast Bar	2.8 oz.	39 grams	Wheat, Eggs, Soy, Milk
French Toast	2 slice	27 grams	Wheat, Soy,

			Milk
Hamburger Bun	1 bun	28 grams	Wheat
Kaiser Roll	1 roll	43 grams	Wheat
Lasagna Roll	1 roll	27 grams	Wheat, Milk, Eggs
Nacho Chips	1 oz. (13 chips)	20 grams	None
Pancake, Minis	1 pkg.	35 grams	Milk, Egg, Wheat, Soy
Slider Bun	1 bun	13 grams	Wheat, Soy
Spaghetti	½ cup (4 oz.)	42 grams	Wheat
Taco Shells	2 shells	15 grams	None
Toast Points	8 points	25 grams	Wheat, Soy
Tostitos Scoops	1 bag (7/8 ounces)	19 grams	None
Whole Wheat Bread	2 slices	28 grams	Wheat, Soy
Whole Wheat Club Roll	1 roll	28 grams	Wheat
Whole Wheat Flour Tortillas	1 tortilla (10")	27 grams	Wheat
<b>Condiments</b>			
BBQ sauce	2 oz.	22 grams	Soy
Blue Cheese	1 packet	12 grams	Soy
Brown Gravy	1 oz. (2 Tbsp.)	2.5 grams	Wheat, Soy
Butter Blend	1 Tbsp.	0 grams	Milk, Soy
Cheese Sauce	2 oz.	6 grams	Milk
Chicken Gravy	2 oz. (4 Tbsp.)	3 grams	Wheat, Soy, Milk
Cinnamon	1 tsp.	6 grams	None
French Dressing	2 Tbsp.	5 grams	None
Honey Mustard	1 packet	2 grams	Egg, Wheat, Soy
Italian Dressing	1 oz. (2 Tbsp.)	1 gram	None
Ketchup	1 Tbsp	4 grams	None
Mayonnaise	1 packet	0 grams	Egg
Mustard	1 packet	<1 gram	None
Pancake Syrup	2 oz. (4Tbsp.)	51 grams	None
Pickles	2 slices	0 grams	None
Salsa	2 oz.	4 grams	None

Sour Cream	2 Tbsp.	2 grams	Milk
Tomato Sauce	1 oz. (2 Tbsp.)	3 grams	None
Yogurt Dip	1 oz. (2 Tbsp.)	5 grams	Milk, Egg
<b>Fruits</b>			
Apple	1 apple	15 grams	None
Applesauce	½ cup	23 grams	None
Banana	1 banana	15 grams	None
Cinnamon Applesauce	½ cup	29 grams	None
Mixed Fruit	½ cup	15 grams	None
Peaches	½ cup	17 grams	None
Pears	½ cup	19 grams	None
Pineapple	½ cup	17 grams	None
<b>Vegetables</b>			
Broccoli (cooked)	½ cup	5 grams	None
Broccoli Florets	½ cup	4 grams	None
Carrots	½ cup (4 oz.)	6 grams	None
Carrot and Raisin Salad	½ cup	32 grams	Milk
Carrot Sticks	½ cup	6 grams	None
Corn	½ cup (4 oz.)	20 grams	None
Corn and Pepper Salad	½ cup	16 grams	None
Cucumber Slices	½ cup	2 grams	None
French Fries	½ cup	23 grams	None
Glazed Carrots	½ cup	7 grams	Milk, Soy
Green Beans	½ cup	4 grams	None
Green Bean Salad	½ cup	5 grams	None
Hash Brown Patties	2 patties	30 grams	None
Lettuce	1 leaf 1 cup chopped	0 grams	None
Mashed Potatoes	½ cup	15 grams	Milk, Soy
Mashed Sweet Potatoes	½ cup	29 grams	None
Sweet Potato Fries	4 oz.	31 grams	None
Tomato	1 slice 2 oz. (1/4 cup) chopped	1 gram 2 grams	None
<b>Beans/Legumes</b>			

Baked Beans	½ cup	22 grams	None
Baked Butter Beans	½ cup	16 grams	None
Great Northern Beans	½ cup	16 grams	None
Kidney Bean Salad	½ cup	18grams	Onion
Kidney Beans	½ cup	16 grams	None
White Bean Salad	½ cup	17 grams	None
<b>Cereals</b>			
Cheerios-Multigrain	3/4cup	23 grams	Wheat
Raisin Bran	3/4 cup	27 grams	Wheat
Frosted Mini-Wheats	3/4cup	24 grams	Wheat
Frosted Flakes R.S.	3/4cup	24grams	Wheat, Soy
Cocoa Krispies	3/4cup	28 grams	None listed
Berry Berry Kix	3/4 cup	16 grams	None listed
Cinnamon toast crunch	3/4 cup	22 grams	Wheat, Soy
Chocolate Mini Wheats	¾ cup	23 grams	Wheat, Soy