

## Carbohydrate Count of Common Food Items 9-12

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*"Approximately" will be shown as the symbol: ~*

Updated September 2019

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Food Item: Fruit and Fruit Juices	Serving Size	Grams of Carbohydrates
Apple, fresh- Commodity	2 3/4" apple	~ 21 g
Apples, fresh, sliced	1/2 cup	~8 g
Apple, Slices, unsweetened, Canned – <i>Mussleman's/Commodity</i>	1/2 cup	~12 g
Apples, slices, unsweetened, frozen- Commodity	1/2 cup	~11 g
Applesauce, Unsweetened- Commodity	1/2 cup	~14 g
Apple, slices, unsweetened-Peterson Farms	1/2 cup	7g
Applesauce Cups, Unsweetened – Commodity	4.5 oz cup	~14 g
Applesauce <b>Strawberry</b> Unsweetened- Peterson Farms ASA10014	4.5 oz cup	14 g
Applesauce <b>Strawberry-Banana</b> Unsweetened- Peterson Farms ASA10015 ( Strawberry Banana Applesauce )	4.5 oz cup	14 g
Applesauce Cinnamon- Unsweetened- Peterson Farms ASA10013	4.5 oz cup	14 g
Applesauce Blue Raspberry Sweetened- Peterson Farms ASA10008	4.5 oz cup	19 g
Blueberries, frozen- Commodity	1/2 cup	~ 9 g
Cherries, canned/frozen – Commodity	1/2 cup	~ 9 g
Cherries, dried- Commodity	1/4 cup	~ 32 g
Fruit Cocktail – Commodity	1/2 cup	~15 g
Mandarin Oranges	1/2 cup	~18 g
Pear, fresh- Commodity, 100 count	2 1/2" x 3 1/2" long pear	~25 g
Pear, fresh- 120 count	1 each (120 count)	~ 18 g
Pear, fresh, sliced	1/2 cup	~11 g
Pears, Diced, Canned in Juice	1/2 cup	~ 14 g
Peaches, sliced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, frozen, Cup- Commodity	4.4 oz cup	~19 g
Peaches, sliced, frozen- Commodity	1/2 cup	~16 g
Pineapple Slices in Juice	1/2 cup	16 g
Raisins- Commodity	1.33 oz box	~ 30 g
Warm Cinnamon Apples*	1/2 cup	~15 g
Watermelon Fruit Salad*	1/2 cup	~10 g
Whole Grain Apple Crisp*	1 serving	~33 g
Whole Grain Blueberry Crisp*	1 serving	~30 g
Whole Grain Peach Crisp*	1 serving	~35 g
Whole Grain Pear Crisp*	1 serving	~37 g
Gelatin Fruit Cup ( <b>not with blueberries</b> )*	1 serving	~20 g
Gelatin Fruit Cup- with Blueberries*	1 serving	~12 g
Strawberry Compote* (topping)	2 oz	~15 g
Blueberry Compote* (topping)	2 oz	~11 g
Mixed Berry Compote* (topping)	2 oz	~11 g

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Apple Juice – Ardmore	4 fl oz	14 g
Fruit Punch – Ardmore	4 fl oz	14 g
Grape Juice – Ardmore	4 fl oz	18 g
Orange Juice – Ardmore	4 fl oz	12 g
Purplelicious Juice-FUN!	4 fl oz	14g
Blue Razz Juice-FUN!	4 fl oz	14g
Apple Juice- Ardmore	6 fl oz	20 g
Orange Juice – Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 g
Apple Juice- Ardmore	6.75 fl oz	25 g
Tropical Fruit Punch- Ardmore	6.75 fl oz	27 g
Grape Juice- Ardmore	6.75 fl oz	27 g
Orange Tangerine Juice- Ardmore	6.75 fl oz	27 g
<b>Food Item: Vegetarian Products</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Garden Veggie Pattie- <i>MorningStar</i>	1 patty	14 g
Spicy Black Bean Burger- <i>Dr.Praegers</i>	1 patty	16 g
Chik'n Nuggets <i>MorningStar</i>	5 nuggets	~22 g
Chickenless Nuggets- <i>Dr.Praegers</i>	4 nuggets	20 g
Vegetarian Sausage	1 Patty	4 g
<b>Food Item: Potato Products/Recipes</b>		
Sweet Potato Tots- <i>Lamb Weston L0094</i> "Roasted Sweet Potato Bites"	10 pieces (1/2 cup)	~34g
Sweet Potato Tots- <i>McCain MCF05034</i>	12 pieces (1/2 cup)	~26 g
Sweet Potato Chunks- Commodity "Roasted Sweet Potato Bites"	1/2 cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	1/2 cup	~24 g
Sweet Potato Fries- <i>McCain MCF04566</i>	1/2 cup	17 g
Maple Cinnamon Sweet Potato Fries*	1/2 cup	~20 g
Sweet Potato Waffle Fries – <i>McCain MCF05074</i>	~ 5 pieces	~23 g
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Patties- <i>McCain Ore-Ida OIF00589A</i>	2 pieces	31 g
Hash Brown Rounds-6188	2 pieces	16g
Hash Brown Sticks-D6103903	8 sticks	32g
Emoticons Fries- <i>McCain 7054806</i>	4 pieces	18g
Emoji Fries ( Smile Fries )- <i>McCain OIF03456</i>	4 pieces (1/2 cup)	20 g

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Sweet Potato Matchstick Fry- <i>McCain MCF05004</i>	½ cup	25 g
Julienne Cut Fries- <i>McCain 82304NK</i>	3 oz	17 g
Potato Wedges- <i>Lamb Weston Q80</i>	½ cup	~18 g
Potato Wedges- <i>McCain OIF00024A</i>	½ cup	~15 g
Seasoned Potato Wedges*	½ cup	~18 g/ ~15 g
Crinkle Cut French Fries- <i>Lamb Weston RR41</i>	½ cup	~17 g
Crinkle Cut French Fries- <i>McCain SNO63</i>	½ cup	~14 g
Spiral French Fries- <i>McCain 1000004108</i>	½ cup	~17 g
Straight Cut Fry- <i>Lamb Weston SP04</i>	½ cup	~14 g
Straight Cut Fry- <i>McCain GFR40</i>	½ cup	~13 g
Battered French Fries- <i>McCain MCX04717</i>	½ cup	~20 g
Mashed Potatoes- <i>Basic American Foods 3677739</i>	½ cup	~15 g
with Gravy	2 oz Gravy	~3 g
Confetti Fries (1/4 cup Crinkle Cut French Fries- <i>McCain SNO63</i> and ¼ cup Sweet Potato Fries- <i>McCain MCF04566</i> )	½ cup	~16 g
Seasoned Fries- Cajon Fries* ( <i>LW SP04 or McCain GFR40</i> )	½ cup	~15 g/ ~14 g
Seasoned Fries- Greek Fries*( <i>LW SP04 or McCain GFR40</i> )	½ cup	~15 g/ ~14 g
Seasoned Fries- Garlic Herb Fries * ( <i>LW SP04 or McCain GFR40</i> )	½ cup	~19 g/ ~18 g
Seasoned Fries- Taco Fries * ( <i>LW SP04 or McCain GFR40</i> )	½ cup	~15 g/ ~14 g
Seasoned Fries-Ranch Fries* ( <i>SNO63</i> )	½ cup	14 g
Breakfast Cubes-Lamb Weston-32N	½ cup	~19 g
Shoestrings French Fries #D6112399	3 oz	21 g
<b>Food Item: Potato Products/Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
Loaded Potato Wedges with Cheese*	1 portion	~19 g
served with 2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz Dinner Roll	
Salsa	2 oz.	~4 g

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<b>Food Item: Vegetables</b>		
Honey Glazed Carrots*	½ cup	~13 g
Maple Cinnamon Carrots*	½ cup	~8 g
Baby Carrot Packs – <i>Grimmway Farms</i>	1 package (2.6 oz)	7 g
Broccoli Italiano*	½ cup	~5 g
Baked Beans, Vegetarian	½ cup	~20 g
Baked Beans, Vegetarian Baked Beans- <i>BUSH's 01637</i>	½ cup	29 g
BBQ Baked Beans	½ cup	~26 g
Sautéed Broccoli*	½ cup	~5 g
Warm Cheesy Broccoli*	½ cup	~5 g
Sautéed Spinach*	½ cup	~5 g
Corn Cobette (3")- <i>Simplot</i>	1 each/2 each	19 g/ 38 g
Corn Medley*	½ cup	~14 g
Corn, Steamed	½ cup	~15 g
Roasted Vegetables*(zucchini, yellow squash, red bell pepper, red onion, seasoning)	½ cup	~3 g
Tex-Mex Green Beans*	½ cup	~7 g
Sautéed Green Beans*	½ cup	~4 g
Green Beans Italiano*	½ cup	~4 g
WG Onion Rings- <i>Tasty Brands 33504</i>	5 pieces	28 g
Stir Fry Vegetables*	½ cup	~12 g
<b>Vegetable Pasta Salad* (Side Dish)</b>	1 cup	~24 g
<b>Food Item: Veggie Salads</b>		
Black Bean and Corn Salad*	2/3 c	~25 g
Cannellini Bean Salad*	2/3 c	~21g
Chickpea Salad*	2/3 c	~19 g
Lentil Salad*	¾ c	~22 g
Spicy Black Bean Salad*	½ c	~24 g
Three Bean Salad*	½ c	~21 g
Carrot Raisin Salad*	¾ cup	~19 g
Creamy Cole Slaw*	½ c	~8 g
Country Slaw*	½ c	~5 g
Southwestern Slaw*	½ c	~7 g
Creamy Cucumber Salad*	2/3 c	~8 g
Cucumber, Tomato & Onion Salad* with Basil	¾ c	~5 g
Southwestern Corn or Fiesta Corn*	½ c	~18 g
Corn Salad*	2/3 c	~17 g
Green Bean Salad*	2/3 c	~4.5 g

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Italian House Salad* <b>with no dressing</b>	1 portion	~5 g
Tomato Salad*	½ cup	~4.5 g
<b>Food Item: Chicken Products</b>		
All Chicken Products below are served with a 2 oz Dinner Roll ( <b>grams of carbohydrates will vary by manufacturer</b> ) or 1 Cup Pasta/Buttered Noodles (~40 g) or 1 cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~42 g/~40 g/~52 g) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b>*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Nuggets</b>		
Chicken Nuggets / Boneless Wings Tyson 70362-928 WGR	7 nuggets	~18
Chicken Nuggets/Boneless Wings Tyson 08552D	7 pieces	~18 g check with manager if they are using this product
Boneless Wings Tyson 5210-0895	7 pieces	~1g
Chicken Nuggets- Chicken Breast Fritter Chunks BrakeBush #08226D	4 oz serving	~17 g check with manager if they are using this product
Chicken Nuggets- Chicken Breast Chunk Fritters- Spare Time #07444D	4 oz serving	~15 g check with manager if they are using this product
Chicken Nuggets- Homestyle Breast Chunks #08162D	6 oz serving	22 g check with manager if they are using this product
Chicken Nuggets-Breast Chunks #08477D	3.6 oz	~16 g check with manager if they are using this product
Chicken Siracha Chunks #D6115517	3 oz	13 g check with manager if they are using this product
<b>Popcorn Chicken</b>		
Popcorn Chicken- Tyson 70368-928 WGR	15 pieces	~20 g
Popcorn Chicken- # 08227D	3 oz serving	~19 g – check with manager if they are using this product
Popcorn Chicken- # 08125D	16 pieces	~23 g – check with manager if they are using this product
Popcorn Chicken- # 6100521D	3 oz serving	13 g- check with manager if they are using this product
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	15 pieces	~20 g
WG Spicy Popcorn Chicken #08478	15 pieces	~23 g– check with manager if they are using this product
Popcorn Chicken #D6113668	4 oz	16 g check with manager if they are using this product

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<b>Tenders</b>		
Chicken Tenders - <i>Tyson 70332-928 WGR</i>	4 tenders	~16 g
Chicken Tenders #07637D/07437D/8216D	4 oz	~16 g check with manager if they are using this product
Chicken Tenders # 08481D	4 oz	~28 g check with manager if they are using this product
Chicken Tenders #6100144	4 oz	17g
Chicken Tenders #6100145	4 oz	16g
WG Spicy Chicken Tenders #08480D	4 tenders	28 g check with manager if they are using this product
Buffalo Chicken Tenders	4 tenders	Add 1.5 grams (Hot Sauce) to product used <b>confirm with manager which manufacturer they are using</b>
BBQ Chicken Tenders	4 tenders	Add 10 grams (BBQ Sauce) to product used <b>confirm with manager which manufacturer they are using</b>
Chicken Tenders #D6110362	2 tenders/3.5 oz	22 g check with manager if they are using this product
Chicken Tenders #D6115956	3 oz	12 g check with manager if they are using this product
Chicken Tenders #D6115955-J38320	3 oz	13 g check with manager if they are using this product
<b>Sticks</b>		
WG Chicken Fries (Sticks)- <i>Tyson 70367-928</i>	8 pieces	16 g
<b>Taquitos</b>		
Chicken and Cheese Taquitos-40818	2 pieces	30 g
<b>Grilled or Roasted Chicken</b>		
<b>BBQ Grilled Chicken*</b>	1 each	~7 g
<b>BBQ Roasted Chicken*</b> (breast & wing or thigh & drumstick)	1 serving	~5 g
Roast Chicken	1 serving	0 g
Baked Chicken: Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
Baked Chicken: Grilled Chicken Patty #06904D	1 each	3 g check with manager if they are using this product
Grilled Chicken Patty- #D6112502/#D6112503	1 each	3 g check with manager if they are using this product
All Chicken Products below are served on a 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) or 10" WGR Wrap (29 grams) <b>NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW</b>		
<b>*please check with your cafeteria manager for the manufacturer your school uses and confirm portion size*</b>		

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Crispy Chicken Patty - Tyson 70302-928 WGR	1 each	9 g
Crispy Chicken Patty Tyson 02154-928	1 each	15 g check with manager if they are using this product
Crispy Chicken Patty- House of Raeford #08250D	1 each	~13 g check with manager if they are using this product
Crispy Chicken Patty- BrakeBush #08248D	1 each	~17 g check with manager if they are using this product
Crispy Chicken Patty- Advance Pierre #08170D	1 each	~11 g check with manager if they are using this product
Crispy Chicken Patty-Fit Foodz 08475D	1 each	19 g check with manager if they are using this product
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
WG Spicy Chicken Patty #08476D	1 each	19 g check with manager if they are using this product
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g
Grilled Chicken Patty #06904D	1 each	3 g check with manager if they are using this product
Crispy Chicken Patty-John Soules Foods 6100578-6100702	1 each	16 g check with manager if they are using this product
Crispy Chicken Patty-John Soules Foods 6100579-6100703	1 each	16 g check with manager if they are using this product
WG Flour Mini Chicken Tacos	3 each	31 g
Boneless Dark Chicken # D6116209	3 oz	1g check with manager if they are using this product
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Meatball Parm Sub</b>		
WW 5" Hero Roll- will vary by manufacturer	1- 5" Hero	
Chicken Meatballs- Tyson 19777-328	3 each	6 g
Marinara Sauce- Red Gold	3 oz	~6 g
<b>Soft Flour Chicken Taco with White or Brown Rice</b>		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
<b>OR</b>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
<b>Hard Chicken Tacos with White or Brown Rice</b>		



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Ground Chicken Crumbles- <i>Tyson 19957-328</i>	3 oz	3 g
WG Corn Taco Shells- <i>Mission 07381</i>	3 each	21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
<b>OR</b>		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
<b><i>Chicken Nacho Platter</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	15 each	~23 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<b>OR</b>		
<b><i>Chicken Nacho Platter with NO Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	18 each	~28g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<b><i>Chicken Caesar Salad</i></b>		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz Dinner Roll	
Diced Chicken- <i>Tyson 22830-928</i>	3 oz	0 g
Light Caesar Dressing- <i>Kens KE0808</i>	1 oz (2 TBSP)	3 g
<b><i>Chicken Caesar Salad Wrap</i></b>		
10" WGR Wrap- <i>Mission 33825</i>	1 each	29 g
Diced Chicken- <i>Tyson 22830-928</i>	3 oz	0 g
Light Caesar Dressing- <i>Kens KE0808</i>	½ oz (1TBSP)	~1.5 g
<b><i>Crispy Chicken Salad</i></b>		
Chicken Nuggets	<b>See page 5- confirm with manager which manufacturer they are using</b>	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz	
<b><i>Teriyaki Chicken &amp; Rice</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Teriyaki Sauce- <i>JTM 73470</i>	~ 3 Tbsp	~20 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Chicken Cordon Bleu on a Bun</i></b>		

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2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
<b>Chicken BLT Sub</b>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
<b>Southwest Breakfast Bowl</b>		
Biscuit- Pillsbury 9456232271	1 each (2 oz)	27 g
Popcorn Chicken	<b>See page 5- confirm with manager which manufacturer they are using</b>	
<b>Country Gravy*</b>	2 oz	~7 g
<b>Sweet &amp; Sour Diced Chicken with Rice*</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
<b>Sweet &amp; Sour Popcorn Chicken with Rice*</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
<b>OR</b>	<b>OR</b>	<b>OR</b>
Tempura Chicken #06941D	4 oz	12 g <b>check with manager if they are using this product</b>
<b>Chicken Parmesan Hero</b>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Chicken Fajita Wrap</b>		

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10" WGR Wrap- Mission 33825	1 each	29 g
<b>Chicken Fajita Pita</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	4 tbsp	4 g
<b>General Tso Chicken &amp; Rice</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
General Tso- JTM 73450	3.2 Tbsp	~26 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
<b>Or</b>		
Popcorn Chicken	<b>See page 5- confirm with manager which manufacturer they are using</b>	
<b>Asian Chicken Wrap with Vegetable Fried Rice</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Sweet & Sour Sauce- Minh 69142	2 tbsp	~11 g
<b>Vegetable Fried Rice*</b>		
	1 cup	~34 g
<b>Honey Mustard Chicken &amp; Cheddar Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Chicken Tenders WGR - Tyson 70332-928	3 tenders	12 g
<b>OR</b>		
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
<b>OR</b>		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Honey Mustard- Kens 600	2 tbsp	9 g
<b>Food Item: Chicken Recipes</b>		
<b>Buffalo Chicken Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
WG Chicken Tenders- Tyson 70332-928	3 tenders	12 g
<b>OR</b>		

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Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
<b>OR</b>		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Hot Sauce- <i>Texas Pete</i>	2 tbsp	~1 g
<b><i>Sweet &amp; Sour PINEAPPLE Diced Chicken with Rice*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
<b><i>Sweet &amp; Sour PINEAPPLE Popcorn Chicken with Rice*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- <i>Minh 69142</i>	4 tbsp	~22 g
WG Popcorn Chicken- <i>Tyson 70368-928</i>	12 pieces	~15 g
<b>OR</b>		
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product
Pineapple Tidbits	¼ cup	~7.5 g
<b><i>Spicy or Plain Chicken Basket</i></b>		
Hot & Spicy WG Popcorn Chicken- <i>Tyson 70378-928</i>	15 pieces	~20 g
<b>OR</b>		
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
<b>Food Item: Chicken Recipes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b><i>Fiesta Chicken Nacho Platter</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	15 each	~23 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Fajita Chicken- USDA	2.55 oz	~1 g

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<b><i>Fiesta Chicken Nacho Platter with <u>NO</u> Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	18 each	~28g
<b><i>Chicken Gyro Pita</i></b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- <i>Grecian Delight</i>	4 tbsp	4 g
<b><i>Chicken Tender Hero</i></b>		
Chicken Tenders	<b>See page 5- confirm with manager which manufacturer they are using</b>	
WW 5" Hero Roll- will vary by manufacturer	1- 5" Hero	
Lettuce	¼ cup	1g
Sliced Tomato	2 slices	~2g
<b><i>Grilled BBQ Chicken Sandwich</i></b>		
<b><i>BBQ Grilled Chicken*</i></b>	1 each	~7 g
<b><i>OR</i></b>		
BBQ Grilled Chicken #07443D	4.25 oz	~8.5 g check with manager if they are using this product
2 oz Bun (grams of carbohydrates will vary by manufacturer)		
<b><i>Grilled Chicken Club on a Roll</i></b>		
WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken	<b>See page 6- confirm with manager which manufacturer they are using</b>	
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<b>Food Item: Chicken Recipes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b><i>Chipotle Chicken Sandwich</i></b>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	

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Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
Mayonnaise- <i>Cains 59110</i>	1 tbsp	2 g
Hot Sauce- <i>Texas Pete</i>	1 tsp	Less than ½ g
<b><i>Scoop A Bowl- Fajita Chicken</i></b>		
Tostitos Oven Baked Scoops(.875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Fajita Chicken-USDA	2.55 oz	~1 g
<b><i>Scoop A Bowl-Chicken Taco</i></b>		
Tostitos Oven Baked Scoops( .875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<b><i>Spicy or Plain Chicken Tender Basket</i></b>		
Chicken Tenders	<b>See page 5- confirm with manager which manufacturer they are using</b>	
<b>OR</b>		
Buffalo Chicken Tenders	<b>See page 5- confirm with manager which manufacturer they are using</b>	
Tater Tots- <i>McCain OIF00215A</i>	8 pieces (1/2 cup)	16 g
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
<b><i>Firecracker Chicken Sandwich</i></b>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	<b>See page 5- confirm with manager which manufacturer they are using</b>	
Boom Boom Sauce- <i>Ken's Dressing</i>	1 tbsp	~1.5 g
<b>Food Item: Chicken Recipes</b>		
<b><i>Chicken Ranchero Wrap</i></b>		
10" WGR Wrap- Mission 33825	1 each	29 g

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Grilled Chicken Patty- <i>Tyson 70320-928 or Fajita Chicken or Diced Chicken</i>	1 each	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<b><i>Walking Chicken Nachos</i></b>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- <i>Tyson 19957-328</i>	2.25 oz	2.25 g
<b><i>Dipper Day – Chicken Tenders with Waffle Sticks</i></b>		
Chicken Tenders WGR - <i>Tyson 70332-928</i>	3 tenders	12 g
<b>OR</b>		
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
<b>OR</b>		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Waffle Sticks- <i>ConAgra #068615140333 (see page 20 for "Breakfast for Lunch" serving size)</i>	3 sticks	~28 g
<b><i>Harvest Salad with Diced or Breaded Chicken</i></b>		
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
<b>OR</b>		
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Apple, Diced	2 TBSP	~2 g
Mandarin Oranges	2 TBSP	~4 g
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
<b>OR</b>		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b>Food Item: Chicken Recipes</b>		
<b>Asian Crispy Chicken Salad</b>		
Chicken Nuggets / Boneless Wings <i>Tyson 70362-928</i>	5 nuggets	See page 5- confirm with manager which manufacturer

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		<b>they are using</b>
<b>OR</b>		
WG Popcorn Chicken- <i>Tyson 70368-928</i>	<b>12 pieces</b>	<b>See page 5- confirm with manager which manufacturer they are using</b>
<b>OR</b>		
WGR Breaded Chicken Patty- <i>Tyson 70302-928</i>	<b>1 each</b>	<b>See page 6- confirm with manager which manufacturer they are using</b>
Chow Mein Noodles	2 TBSP	~4 g
Mandarin Oranges	¼ cup	~10 g
<b>WITH</b>		
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
<b>OR</b>		
1 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 oz	
<b><i>Power Salad – Chicken Caesar with Romaine &amp; Kale</i></b>		
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
Kale/Carrots/Romaine/Cucumber/Tomatoes	2 ¼ cup	~8grams
Light Caesar Dressing- <i>Kens KE0808</i>	1 oz (2 TBSP)	3 g
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
<b>OR</b>	<b>OR</b>	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b><i>Baked Chicken with Stuffing &amp; Gravy</i></b>		
Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
Bread Stuffing*	½ cup	~31 g
Gravy- <i>Monarch</i>	2 oz	~3 g
<b>Food Item: Chicken Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>BBQ Chicken Cheddar Melt</i></b>		
Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
<b>or</b>		
Diced Chicken- <i>Tyson 22830-928</i>	2.3 oz	0 g
BBQ Sauce	1 TBSP	~5 g
Shredded Cheddar Cheese- USDA	½ oz	0 g



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WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Chicken Tenders with General Tso Dipping Sauce</b>		
Chicken Tenders	<b>See page 5- confirm with manager which manufacturer they are using</b>	
General Tso- JTM 73450	2 oz	~32 g
<b>Queso Chicken Nacho Platter</b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	18 each	~28g
Fajita Chicken-USDA	2.7 oz	~1 g
Queso Sauce*	2 oz	~3 g
<b>Chicken Lo Mein</b>		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 1.6 Tbsp	~11 g/ ~13 g
Diced Chicken- Tyson 22830-928	2 oz	0 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 3 Tbsp	~20 g/ ~24 g
<b>Crispy Bacon Chicken Swiss Croissant Sandwich with Ranch</b>		
Croissant- Hadley Farms	1 each	26 g
Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
Light Ranch Dressing KE708	1 tbsp	1 g
<b>Food Item: Chicken Recipes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b>Grilled Balsamic Chicken Hero</b>		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
<b>or</b>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Roasted Red Peppers	2 oz	~2 g
Balsamic Glaze	½ TBSP	~2 g
WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Country Chicken &amp; Stuffing Bowl</b>		
Stuffing- Foothill Farms 1666374	½ cup	26 g
Gravy- Monarch	2 oz	~3 g

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Corn	½ cup	~15 g
Popcorn Chicken	<b>See page 5- confirm with manager which manufacturer they are using</b>	
<b>Grilled Chicken BLT on a Pretzel Bun</b>		
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
Grilled Chicken - <i>Tyson 70320-928</i>	1 each	2 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	2 slices	0 g
<b>Strawberry Fields Chicken Salad</b>		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 grams
<b>WITH</b>		
Diced Chicken- <i>Tyson 22830-928</i>	2 oz	0 g
<b>OR</b>		
Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
<b>Served with:</b>		
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
<b>OR</b>		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)- 1 each		
<b>Food Item: Chicken Recipes Continued</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Grilled Chicken BLT Salad</b>		
Salad (Romaine & Tomatoes)	1 portion	~5 grams
<b>WITH</b>		
Diced Chicken- <i>Tyson 22830-928</i>	2 oz	0 g
<b>OR</b>		
Grilled Chicken Patty- <i>Tyson 70320-928</i>	1 each	2 g
<b>Served with:</b>		
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
<b>OR</b>		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)- 1 each		
<b>Crispy Chicken BLT on a Croissant or Roll</b>		
Crispy Chicken Patty	<b>See page 6-</b>	

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	<b>confirm with manager which manufacturer they are using</b>	
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
<b>OR</b>		
a 2.3 oz Kaiser ( <b>grams of carbohydrates will vary by manufacturer</b> )	1 each	
<b><i>Chicken Burrito Bowl*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Diced Chicken- <i>Tyson 22830-928</i>	1.73 oz	0 g
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 g
<b><i>Mini Chicken Taco Boat</i></b>		
Mini Chicken Tacos- <i>Tasty Brands 25701</i>	3 each	31 g
Salsa Ranch*	2 oz	3 g
Black Bean & Corn Salad*	1/3 cup	12 g
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Mashed Potato Bowl*</i></b>		
Mashed Potatoes- <i>Basic American Foods 3677739</i>	½ cup	~15 g
2 oz Dinner Roll ( <b>grams of carbohydrates will vary by manufacturer</b> )- 1 each		
Gravy	2 oz Gravy	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Corn, Steamed	½ cup	~15 g
Popcorn Chicken- <i>Tyson 70368-928 WGR</i>	12 pieces	16 g
<b>OR</b>		
Popcorn Chicken- # 06755D	5.25 oz serving	~35 g – check with manager if they are using this product
<b>OR</b>		
Popcorn Chicken- # 08125D	13 pieces	19 g – check with manager if they

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		are using this product
Popcorn Chicken- # 08227D	3 oz serving	~19 g – check with manager if they are using this product
<b>*Chicken Fried Rice</b>	½ cup	62 g
<b><i>Sweet Chili Chicken Rice Bowl with Stir Fry Vegetables</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Stir Fry Medley Vegetables	½ cup	~9 g
<b><i>BBQ Grilled Chicken &amp; Cheddar Sandwich</i></b>		
<b><i>BBQ Grilled Chicken*</i></b>	1 each	~7 g
<b>OR</b>		
BBQ Grilled Chicken #07443D	4.25 oz	
Shredded Cheddar Cheese- USDA	½ oz	0 g
2.3 oz Kaiser Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b>Food Item: Chicken Recipes Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Buffalo Chicken Dip*</i></b>	1 serving	~4 g
<b>with</b>		
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)
<b>or</b>		
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
<b><i>Rodeo Chicken Sandwich</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
BBQ Sauce- Kens K0849	2 tbsp	10 g

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WGR Onion Rings- Tasty Brands 33504	2 rings	11 g
<b>Chicken Fajita Fries (Vincent's)</b>		
Crinkle Cut French Fries- McCain SNO63	½ cup	~14 g
Diced Chicken- Tyson 22830-928	1.73 oz	0 g
Fajita Seasoning	1 tsp	3 g
Shredded Cheddar Cheese- USDA	1 oz	0 g
Peppers & Onions	¼ cup	~5 g
Salsa	2 oz.	~4 g
<b>Served with</b>		
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)
<b>Philly Chicken Cheesesteak Hero</b>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Peppers & Onions	¼ cup	~5 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Buffalo Philly Chicken Cheesesteak Hero</b>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Peppers & Onions	¼ cup	~5 g
Hot Sauce	2 tsp	~ ½ g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<b>Food Item: Chicken Recipes Continued</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b>Spicy or Plain Chicken Nugget Basket</b>		
Chicken Nuggets	See page 5- confirm with manager which manufacturer they are using	
For Spicy version- add Hot Sauce- Texas Pete	4 tbsp	~3 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
<b>Crispy Chicken Biscuit with Maple Sriracha</b>		
Biscuit- Pillsbury 9456232271	1 each (2 oz)	27 g

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Crispy Chicken Patty	<b>See page 6- confirm with manager which manufacturer they are using</b>	
Sriracha Sauce	1 TBSP	~3 g
Syrup- Maple	1 TBSP	~12 g
<b>General Tso's Popcorn Chicken Lettuce Wrap (3 wraps)</b>		
WG Popcorn Chicken- <i>Tyson 70368-928</i>	12 pieces	~15 g
<b>OR</b>	<b>OR</b>	<b>OR</b>
Tempura Chicken #06941D	4 oz	12 g <b>check with manager if they are using this product</b>
General Tso- <i>JTM 73450</i>	3.2 Tbsp	~26 g
Asian Slaw*	¾ cup	~18 g
<b>Served with</b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
<b>Cajun Crispy Chicken Po' Boy Sandwich</b>		
WG Spicy Popcorn Chicken	12 each	16 g
Hot Sauce	1 Tbsp	0 g
Chipotle Mayo	1 Tbsp	~ 1g
Pickle Chips	3 Each	0g
WGR 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Tot-Chos</b>		
Queso Blanco- <i>JTM 5718</i>	2 oz	2g
Chicken Taco Meat- <i>Tyson 019957</i>	1.5 oz	~3g
Tater Tots- <i>McCain OIF00215A</i>	16 pieces (1 Cup)	32g
Diced Red Peppers	1 Tbsp	~1g
Scallion	1 tsp	0g

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<b><u>Deli Sandwiches</u></b> – served on WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer) OR WW Kaiser (2.3 or 2.4 oz- grams of carbohydrates will vary by manufacturer) OR 10" WGR Wrap (29 grams)		
NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
<b>Chicken Salad*</b>	½ cup	~3 g
<b>Waldorf Chicken Salad*</b>	½ cup	~6 g
<b>Tuna Salad*</b>	½ cup	~4 g
<b>Egg Salad*</b>	1/3 cup	~2 g
<b>Cheese Omelet Sunny Fresh 40176</b>	1 each	1 g
Beef Bologna- Berks 3430	2 oz	3 g
Roast Beef- Berks 6185	2 oz	1 g
Roast Beef-D6103558	2 oz	1 g
Deli Ham- Berks 5194	2 oz	1 g
Deli Smoked Ham-Hormel 39493	1.98 oz	2 g
Deli Turkey Ham- Jennie-O 8028	3.58 oz	1 g
Pork Roll-Hatfield 0 3238	1 slice	2 g
Salami- Berks 32	0.5 oz	0.5 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Deli Provolone Cheese-Bongards 100611	2 slices	1 g
<b>Turkey Ranchero Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<b>Ham &amp; Cheese Melt on Pretzel Bun</b>		
American Cheese	1 slice	1 g
Deli Ham- Berks 5194	~2 oz	~1 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
<b>Turkey Club on a Roll</b>		
WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Turkey Bacon - Jennie-O 2711-06	2 slices	0 g

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Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates
<b>Ham Egg &amp; Cheese on a Roll</b>		
<i>WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Deli Ham- Berks 5194	~1 oz	~ ½ g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
<b>NJ Style Sloppy Joe Sandwich</b>		
<i>WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Creamy Cole Slaw on Sandwich*	¼ c	~4 g
Deli Turkey - Jennie-O 835402	2 oz	~1 g
Deli Ham- Berks 5194	½ oz	0 g
American Cheese	1 slice	1 g
<b>Sausage, Egg &amp; Cheese on an English Muffin/Biscuit/Kaiser</b>		
American Cheese	1 slice	1 g
Sausage Patty- Tyson 17443-928	1 each	1 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
English Muffin, WG, 2 oz- BakeCrafters#802 OR	1 each	21 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803 OR	1 each	27 g
<i>WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
<b>Turkey Bacon Melt*</b>		
<i>WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Deli Turkey - Jennie-O 835402	3.86 oz	2 g
Turkey Bacon - Jennie-O 2711-06	2 slices	0 g
American Cheese	1 slice	1 g
<b>NY Style Deli Breakfast Sandwich</b>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
<i>WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Hash Brown Patties- McCain Ore-Ida OIF00589A	1 piece	~16 g
American Cheese	2 slices	2 g



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Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates
<b><i>Egg &amp; Cheese on a Pretzel Bun</i></b>		
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
American Cheese	2 slices	2 g
<b><i>Turkey Cheddar Bacon Wrap</i></b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<b><i>Bacon &amp; Cheese Pretzel Melt</i></b>		
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
WG Pretzel Bun- <i>SuperPretzel 7051</i>	1 each	29 g
American Cheese	4 slices	4 g
<b><i>Bacon Egg &amp; Cheese Sandwich/ English Muffin</i></b>		
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
American Cheese	2 slices	2 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
<i>WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)</i>	1 each	
OR		
English Muffin <i>Bake Crafters 802</i>	1 each	21 g
<b><i>Bacon, Egg &amp; Cheese on a Croissant</i></b>		
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
American Cheese	2 slices	2 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
WG Croissant Roll- Hadley Farms 139	1 each	26 g
<b><i>Sausage Egg &amp; Cheese Pancake Sandwich</i></b>		
Sausage Patty- <i>Tyson 17443-928</i>	1 each	1 g
American Cheese	1 slice	1 g
Whole Grain Pancakes <i>Right Start RS7245 OR</i>	2 pancakes	~32 g
Whole Grain Pancakes- <i>Commodity</i>	2 pancakes	~26 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
Syrup, Pancake- <i>Americana</i>	1.5 oz	31 g

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<b>Deli Sandwiches Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Sausage Egg &amp; Cheese on a Croissant Roll</i></b>		
Sausage Patty- <i>Tyson 17443-928</i>	1 each	1 g
American Cheese	1 slice	1 g
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
<b><i>Steak, Egg &amp; Cheese on a Croissant Roll</i></b>		
WG Croissant Roll- <i>Hadley Farms 139</i>	1 each	26 g
Egg Patty- <i>Sunny Fresh 40710</i>	1 each	1 g
American Cheese	1 slice	1 g
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	0.71 oz	~1 g
<b><i>Turkey &amp; Cheese on a Croissant Sub Roll</i></b>		
WG Croissant Sub Roll- <i>Hadley Farms 1023</i>	1 each	27 g
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	3 g
American Cheese	1 slice	1 g
<b><i>Bacon Grilled Cheese with Chipotle Sauce</i></b>		
American Cheese	4 slice	4 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<i>WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)</i>	2 slices	
Chipotle Mayo Spread	1 TBSP	Less than 1 g
<b><i>The Hot Brown- Turkey Cheddar Bacon Melt on Croissant with Tomato &amp; Gravy</i></b>		
WG Croissant Sub Roll- <i>Hadley Farms 1023</i>	1 each	27 g
Deli Turkey - <i>Jennie-O 835402</i>	3.86 oz	3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
Turkey Gravy- <i>Monarch</i>	1 oz	~1.5 g
<b><i>Caprese Panini</i></b>		
Panini WGR <i>Pillsbury 137737000</i>	1 each (2 pieces)	30 g
Tomato, Sliced	½ cup	~4 g
Mozzarella, Shredded	2 oz	~2 g

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Balsamic Glaze	½ TBSP	~2 g
<b>Southwest Turkey Flatbread</b>		
Flatbread WGR – Rich's 14010	1 each	28 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Salsa-Ranch Spread*	1 oz.	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
<b>Deli Sandwiches Continued</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Breakfast Burrito Bowl</b>		
Scrambled Egg USDA	1 serving	0 g
OR		
Scrambled Eggs 10029	1 serving	4 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	1 each	27 g
Salsa	1/4 cup	4 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<b>Egg &amp; Turkey Chorizo Burrito</b>		
Scrambled Egg USDA	1/2 serving	0 g
OR		
Scrambled Eggs 10029	1/2 serving	~2 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Turkey Chorizo	1.8 oz	~2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
10" WGR Wrap- Mission 33825	1 each	29 g
Salsa	1/4 cup	4 g
<b>Three Cheese Grilled Cheese Sandwich</b>		
American Cheese	2 slices	2 g
Shredded Cheddar Cheese- USDA	1 oz	~1 g
Mozzarella, Shredded- USDA	1 oz	~1 g
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
<b>Grilled Cheese Sandwich -Bakecrafters</b>		
	1 sandwich	31g

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<b>Deli Sandwiches Continued</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i><b>Ham, Egg &amp; Cheese Melt On A Croissant Sub Roll</b></i>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
WG Croissant Sub Roll- Hadley Farms 1023	1 each	27 g
Deli Ham- Berks 5194	1 oz	~ ½ g
American Cheese	1 slice	1 g
<i><b>Turkey and Cheese Panini with Chipotle Mayo</b></i>		
Panini WGR-Pillsbury 137737	2 Pieces	30g
Sliced Tomato	1 Slice	1g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
Shredded Cheddar Cheese-USDA	½ oz	0g
Chipotle Mayo Spread	1 TBSP	Less than 1g
Olive Oil	1 tsp	0g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<i><b>Four Cheese Cheese Tortellini-Tasty Brands 00830WG</b></i>	14 each	19 g
<i><b>Mini Cheese Ravioli</b></i>		
Breaded Mini Cheese Ravioli 41834	14 each	58 g
Mini Cheese Ravioli- Tasty Brands 00834WG	14 each	30 g
Marinara Sauce- Red Gold	3 oz	~6 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
<i><b>Breaded Ravioli with Marinara Sauce</b></i>		
Breaded Ravioli Tasty Brands 41834	7 each	29 g

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Marinara Sauce- Red Gold	3 oz	~6 g
<b><i>Pasta with Meatballs</i></b>		
WW Pasta	1 cup	~40 g
Chicken Meatballs- Tyson 19777-328	4 each	8 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
<b><i>Macaroni &amp; Cheese- Land o Lakes or JTM</i></b>		
WGR Macaroni & Cheese- Land O Lakes 432777	1 cup	~47 g
WGR Macaroni & Cheese JTM 5765	1 cup	~40 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b><i>Macaroni &amp; Cheese- Scratch</i></b>		
*WGR Macaroni & Cheese	1 cup	~30 g
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Pasta with Meat Sauce*</i></b>		
WW Pasta	1 cup	~40 g
Meat Sauce *	2/3 cup	~8 g
<b><i>Vegetable Pasta Salad* (Side Dish)</i></b>		
	1 cup	~24 g

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<b><i>Chicken Parmesan with Pasta</i></b>		
WW Pasta	1 cup	~40 g
Crispy Chicken Patty	<b>See page 5- confirm with manager which manufacturer they are using</b>	
Marinara Sauce- <i>Red Gold</i>	4 oz (1/2 cup)	8 g
<b><i>Baked Ziti with Mozzarella Cheese*</i></b>		
	1 ½ cups	~51 g
<b><i>Jumbo Cheese Ravioli with Marinara Sauce</i></b>		
Jumbo Cheese Ravioli- <i>Tasty Brand 00804WG</i>	4 each	32 g
Marinara Sauce- <i>Red Gold</i>	3 oz	~6 g
WG Bread Stick Breadstick- <i>Bake Crafters 5011</i>	1 each	14 g
Garlic WG Bread Stick* <i>Bake Crafters 5011</i>	1 each	14 g
OR		
<i>Dinner Roll – 1 oz ( grams of carbohydrates will vary by manufacturer)</i>		
<b><i>Chicken Bruschetta Pasta</i></b>		
WW Pasta	1 cup	~40 g
Diced Chicken- <i>Tyson 22830-928</i>	2 oz	0 g
Diced Tomatoes – Harvest Value	½ cup	4 g
<b><i>Chicken Alfredo Pasta / Pasta Alfredo with Chicken &amp; Broccoli</i></b>		
WW Pasta	1 cup	~40 g
Diced Chicken- <i>Tyson 22830-928</i>	1.15 oz	0 g
Alfredo Sauce- <i>JTM 5722</i>	3.66 oz	~10g
Broccoli	½ cup	~5 g
<b><i>Buffalo Chicken Macaroni &amp; Cheese / Buffalo Chicken Mac &amp; Cheese</i></b>		
	1 cup	~31 g
<b>Food Item: Pasta Dishes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>

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<b>Fiesta Lasagna*</b>		
<i>WGR Potato and American Piergoies- Mrs Ts 41164-00376</i>	2 each	~19 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	1.25 oz	0.5 g
Beef Crumbles (Soy Added) CP5876/5876CE	1.25 oz	~1 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Salsa	1/2 cup	~8 g
WGR Corn Tortilla Chips <i>Tostitos</i>	4 chips	~6 g
Served with WGR Corn Tortilla Chips <i>Tostitos</i>	10 each	~15 g
<b>Buttered Noodles*</b>		
	1 cup	~40 g
<b>Swedish Meatballs with Buttered Noodles</b>		
Buttered Noodles*	1 cup	~40 g
Swedish Meatballs*	4 Meatballs	~17 g
<b>Pasta Alfredo/Pasta Primavera with Garden Vegetables</b>		
WW Pasta	1 cup	~40 g
Alfredo Sauce- <i>JTM 5722</i>	4 oz	~11g
Mixed Vegetables	¼ cup	~3 g
<b>Cheese Lasagna Rollup with Marinara Sauce</b>		
Cheese Lasagna Rollup- <i>Tasty Brand 00801WG</i>	1 each	29 g
Marinara Sauce- <i>Red Gold</i>	4 oz (1/2 cup)	8 g
<b>Food Item: Pasta Dishes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b>Italian Sampler</b>		
Breaded Ravioli <i>Tasty Brands 41834</i>	6 each	25 g
<i>Mozzarella Sticks-Tasty Brands 41009</i>	3 each	20 g
Marinara Sauce- <i>Red Gold</i>	2 oz	4 g
All Beef Products below are served on a 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)		
NOT INCLUDED IN GRAMS OF CARBOHYDRATES		

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BELOW		
Frame Grilled Beef Patty- <i>Smart Picks</i> 6100600D	1 each	2 g
All Beef Patty-JTM CP5610	1 each	1 g
All Beef Patty- <i>AdvancePierre</i>	1 each	0 g
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese	1 each	~1 g
BBQ Beef Rib Patty with Sauce CP5691-JTM 2.8oz.	1 each	6 g
BBQ Beef Rib Patty with Sauce 5691CE-JTM	1 each	5 g
All Beef Products below are served on a 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
All Natural Beef Hot Dog- <i>Sabrett</i> 1438	1 each	1 g
All Beef Hot Dog-Berks- <i>Berks</i> 1016	1 each	0 g
<b>Food Item: Beef Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Beef Nacho Platter</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	15 each	~23 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Beef Crumbles- <i>Advance Pierre</i> 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
OR		
<b><i>Beef Nacho Platter with NO Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	18 each	~28g
Beef Crumbles- <i>Advance Pierre</i> 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<b><i>Hard Beef Tacos with White or Brown Rice</i></b>		
Beef Crumbles- <i>Advance Pierre</i> 9737 or 9739 or	2.5 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2.5 oz	2.5 g
WG Corn Taco Shells- <i>Mission</i> 07381	3 each	21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
<b><i>Soft Flour Beef Taco with White or Brown Rice</i></b>		
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
6" Soft WGR Flour Tortilla- <i>Mission</i> 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
<b>OR</b>		



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<b>Tex-Mex</b> Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
<b>The MAC Burger</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
Thousand Island Dressing- <i>Ken's KE856ZY</i>	1 TBSP	~2.5 g
<b>Food Item: Beef Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Texas Wedges with Chili &amp; Cheese</b>		
<i>Chili Con Carne with Beans*</i>	2/3 cup	~8 g
Potato Wedges- <i>Ore-ida OIFOOO24A</i>	1/2 cup	15 g
<b>Steak Fajita Wrap</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
<b>Rodeo Burger</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce	2 TBSP	9 g
WGR Onion Rings- Tasty Brands 33504	2 each	~11 g
<b>Philly Cheesesteak Wrap or Hero</b>		
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
10" WGR Wrap- Mission 33825	1 each	29 g
OR		
WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Smokey BBQ Rib Sandwich</b>		
2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre	1 each	9 g
<b>Taco Pie*</b>		
	1 portion	~32 g

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<b><i>The MAC Burger Wrap</i></b>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty-JTM CP5610	1 each	1 g
Thousand Island Dressing- <i>Ken's KE856ZY</i>	1 TBSP	~2.5 g
<b><i>Quesadilla Burger Wrap</i></b>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty-JTM CP5610	1 each	1 g
Salsa	1/4 cup	4 g
<b>Food Item: Beef Recipes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b><i>Scoop A Bowl- Beef Taco</i></b>		
Tostitos Oven Baked Scoops( .875 oz Bag)- <i>Tostitos</i>	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<b><i>Chili with Rice</i></b>		
<i>Chili Con Carne with Beans*</i>	2/3 cup	~8 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
<b><i>Bacon Cheeseburger on a Bun</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty-JTM CP5610	1 each	1 g
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
<b><i>Walking Beef Nachos</i></b>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g

## Carbohydrate Count of Common Food Items 9-12

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<b><i>Beef Taco Beef Hot Dog on Bun</i></b>		
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
Beef Taco Topping	1 TBSP	Less than 1 g
<b><i>Firecracker Hamburger on a Bun</i></b>		
2 oz Hamburger Bun or 2.3 oz Kaiser Roll (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Boom Boom Sauce- <i>Ken's Dressing</i>	1 tbsp	~1.5 g
<b><i>California Steak &amp; Cheddar Melt</i></b>		
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
WW 5" Hero Roll- <b>will vary by manufacturer</b>	5" Hero	
<b>Food Item: Beef Recipes</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b><i>Southwest Burger on a Bun</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Salsa	2 tbsp	~2 g
<b><i>Bacon Cheddar Burger on a Bun</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Bacon - <i>Jennie-O 2711-06</i>	1 slice	0 g
All Beef Patty- <i>AdvancePierre or</i>	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
<b><i>Hot Dog on a Bun with Chili</i></b>		
<i>Chili Con Carne with Beans*</i>	¼ cup	~3 g
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		

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<b><i>Hot Dog on a Bun with Cheese</i></b>		
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<b><i>Hot Dog on a Bun with Chili &amp; Cheese</i></b>		
<i>Chili Con Carne with Beans*</i>	1/8 cup	~1.5 g
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
<b><i>Mushroom Swiss Burger on a Bun</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or All Beef Patty-JTM CP5610	1 each	~ 2 g
Sautéed Mushrooms*	1.5 oz	~4 g
<b>Food Item: Beef Recipes</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b><i>Queso Crunch Burger*</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> or All Beef Patty-JTM CP5610	1 each	~ 2 g
Queso Sauce*	1 oz	~1.5 g
WGR Corn Tortilla Chips <i>Tostitos</i>	3 each	~5 g
<b><i>California Cheeseburger on a Bun</i></b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or All Beef Patty-JTM CP5610	1 each	~1 g
Mayonnaise- <i>Cains 59110</i>	1 tbsp	2 g
<b><i>Beef Burrito Bowl*</i></b>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Beef Crumbles- <i>Advance Pierre 9737 or 9739 or</i>	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 g

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<b>Roast Beef French Dip Sandwich</b>		
WW 5" Hero Roll- <b>carbs will vary by manufacturer</b>	1-5" Hero	
Roast Beef- <i>Berks 6185</i>	2.5 oz	~1.25 g
Beef Gravy- <i>Knorr's #84129492</i>	3 oz	~7 g
<b>Italian Hot Dog on a Bun*</b>		
All Natural Beef Hot Dog- <i>Sabrett 1438</i>	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- <i>Lamb Weston Q80</i>	¼ cup	~9 g
Peppers & Onions*	2 oz	~5 g
<b>Beef Lo Mein</b>		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- <i>JTM 73470 or General Tso- JTM 73450</i>	~ 1.6 Tbsp	~11 g/ ~13 g
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
Teriyaki Sauce- <i>JTM 73470 or General Tso- JTM 73450</i>	~ 3 Tbsp	~20 g/ ~24 g
<b>Food Item: Beef Recipes</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Sriracha Cheeseburger on a Bun</b>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- <i>AdvancePierre</i> with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty- <i>JTM CP5610</i>	1 each	1 g
Sriracha Sauce	½ tbsp	~1.5 g
Light Ranch Dressing	½ tbsp	0.5 g
<b>Korean Beef Soft Tacos with Asian Slaw</b>		
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
6" Soft WGR Flour Tortilla- <i>Mission 33822</i>	2 each	28 g
Teriyaki Sauce- <i>JTM 73470</i>	1 oz	13 g
Sweet Chili Sauce <i>JTM 73480</i>	1 oz	13 g
Asian Slaw on Tacos	¼ cup	~6 g
<b>Asian Slaw* on side</b>	¾ cup	~18 g
<b>Sweet Chili Beef Noodle Bowl with Green Beans*</b>		
Beef Philly Steak- <i>JTM 5813CE/CP5813</i>	2.86 oz	3 g
Sweet Chili Sauce- <i>JTM 73480</i>	3.2 Tbsp	~21 g

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WW Pasta	1 cup	~40 g
Green Beans*	½ cup	~4 g
<b>Sweet Chili Beef Rice Bowl</b>		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Broccoli*	½ cup	~5 g
<b>Food Item: Bags &amp; Platters</b>		
<b>Serving Size</b>		
<b>Grams of Carbohydrates</b>		
<b>Bagel Bag</b>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
<b>Cereal Bag</b>		
Heartzels Pretzels Rold Gold	1 package	15 g
Cereal Bowl, Ready to Eat	1 oz	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) <b>or</b> 1 oz Cheese Stick	4 oz or 1 oz	grams of carb will vary/ 0 g
<b>Yogurt Bag</b>		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
<b>Fruit &amp; Cheese Platter</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
<b>Hummus Platter</b>		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
Sabra Hummus (Sesame) or Sesame Free Hummus*	4 oz	~16 g
<b>Yogurt &amp; Fruit Parfait with Granola for Lunch Only – if served for breakfast it is ¼ cup granola and 4 oz yogurt</b>		
Cinnamon Granola- Rock'Ola # 4193	½ cup	~34 grams
Low Fat Vanilla Yogurt- General Mills 16632000	8 oz	~39 grams

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Fruit of the Day	½ cup	grams of carb will vary
<b>Food Item: Quesadilla- Check with Cafeteria if they make purchase or make in-house</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
WG Chicken & Cheese Quesadilla Pizza- <i>The Max 127006</i>	1 each	37 g
WG Pizza Cheese Quesadilla- <i>The Max 126993</i>	1 each	39 g
<b>WG Chicken &amp; Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>WG Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Bacon, Chicken &amp; Cheese Quesadilla*</b>		
10" WGR Wrap- Mission 33825	1 each	29 g
<b>Food Item: Turkey</b>		
All Turkey Products below are served on a 2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Turkey Hot Dog- <i>Kunzler 1079</i>	1 each	1 g
<b>Food Item: Turkey</b>		
Pretzel Dog- <i>Kunzler 1113</i>	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
<b>Turkey, Open Faced Sandwich</b>		
<i>WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer)</i>	2 slices	
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
<b>Roast Turkey with Gravy &amp; Soft Roll or Stuffing</b>		
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
<b>OR</b>		
Bread Stuffing*	½ cup	31 g
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
<b>Food Item: Turkey</b>		
	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Turkey Nacho Platter with Rice &amp; Beans</b>		

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WGR Corn Tortilla Chips <i>Tostitos</i>	15 each	~23 g
<i>Rice &amp; Beans*</i>	½ cup	~20 g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
OR		
<b><i>Turkey Nacho Platter with NO Rice &amp; Beans</i></b>		
WGR Corn Tortilla Chips <i>Tostitos</i>	18 each	~28g
Turkey Taco Filling- <i>Commodity</i>	2.5 oz	~3 g
<b><i>Turkey Taco Turkey Hot Dog on Bun</i></b>		
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Hot Dog- <i>Kunzler 1079</i>	1 each	1 g
<b><i>Turkey French Dip Sandwich</i></b>		
WW 5" Hero Roll- <b>carbs will vary by manufacturer</b>	1-5" Hero	
Turkey Gravy- <i>Monarch</i>	3 oz	~4.5 g
Deli Turkey - <i>Jennie-O 835402</i>	5 oz	~6 g
<b><i>Italian Hot Dog on a Bun*</i></b>		
Turkey Hot Dog- <i>Kunzler 1079</i>	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- <i>Lamb Weston Q80</i>	¼ cup	~9 g
Peppers & Onions*	2 oz	~5 g
<b><i>Thanksgiving Bowl</i></b>		
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
Pumpkin Swirl Roll <i>Hadley</i>	1 each	38 g
Turkey Gravy- <i>Monarch</i>	2 oz	3 g
Mashed Potatoes- <i>Basic American Foods 3677739</i>	½ cup	~15 g
Corn, Steamed	½ cup	~15 g
Turkey Roast	2.5 oz	0 g
Cranberry Sauce	2 oz	28 g
<b>Bread Vendors: Anthony &amp; Sons, Pechters, or Morabito</b>		
<b>*please check with your cafeteria manager for the vendor your school uses*</b>		
<b>Anthony &amp; Sons</b>		
WW Dinner Roll -#42	2 oz Roll	27 g
WW Hamburger Bun -#122	2 oz Bun	27 g
WW Hot Dog Bun -#311	2 oz Bun	28 g



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WW Bread -#343	2 (1 oz) Slices	24 g
WW 5" Hero -#307	2 oz Hero	25 g
WW Medium Kaiser #57	2.3 oz Roll	29 g
WW Split Top Dinner Roll (small) #514	1 oz Roll	16 g
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
<b>Pechters</b>		
WG Dinner Roll -#2503	2.4 oz Roll	31 g
WW Hamburger Bun -#7509	2.2 oz Bun	27 g
WG Hamburger Bun # 0346	1.8 oz Bun	23 g
WG White Wheat Hamburger Bun-#7506	2 oz Bun	26 g
WG White Wheat Hot Dog Bun-#5405	2.05 oz Bun	26 g
WG Hot Dog Bun-#330	2.2 oz Bun	27 g
WG Hot Dog Bun #313	1.8 oz Bun	23 g
WG Bread-#7850	2 (1 oz) Slices	28 g
WG White Bread-#7500	2 (1 oz) Slices	26 g
WW White Bread-#7852	2 Slices	28 g
WW 5" Hero -#235	2.4 oz Hero	32 g
WW Medium Kaiser #2505	2.4 oz Roll	31 g
WG Kaiser # 2504/2501	3 oz Roll	38 g
WG Kaiser #0197/0201	1.85 oz Roll	25 g
WW Dinner Roll (small) #0445	1 oz Roll	17 g
WG Wheat Club Roll #0235/0233	2.4 oz Roll	32 g
WG Wheat Dinner Roll #70022/7883	1.5 oz Roll	20 g
WG Wheat Dinner Roll	2 oz Roll	27 g
WW Pita #0432 or Toasted Pita Wedges*	2 oz Pita	30 g
WW Wrap	1 Wrap	27 g
WG Club Roll # 0231/0229	3 oz Roll	40 g
WG Wheat Bread # 0507	2 Slices	24 g
WG Wheat French Bread # 0591	2 (1 oz) Slices	54 g
WG Wheat Bagel # 5984	1.8 oz	27 g
Wheat Twist Rolls #0445	1.3 oz	16 g
WG Wheat Club Roll # 7962/7961	1.85 oz	25 g
Wheat English Muffin #0973	2.0 oz	24 g
Corn Bread	3 oz	30 g
<b>Morabito</b>		
WG Dinner Roll #290	2 oz	26 g
WW Hamburger Bun -#85	2 oz	25 g
WW 5" Hero -#591	2 oz	32 g
WW Large Kaiser #163	2.3 oz	37 g
WG Hot Dog Bun-#590	1.8 oz	22 g

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WG Bread-#28	2 (1 oz) Slices	34 g
WG Small Dinner Roll #60	1 oz	14 g
WW Pita #159 or Toasted Pita Wedges*	2 oz Pita	30 g
<b>Food Item: Breads/Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts</b>		
WW Bagel- <i>Lenders</i> 2 oz 00074 or 00075	1 each	28 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	1 each	27 g
WG Sliced Bagel- <i>Bakecrafters</i> 2 oz 982	1 each	27 g
WG White Bagel- <i>Bakecrafters</i> 1.9 oz 943	1 each	25 g
WG Cinnamon Raisin Bagel- <i>Bakecrafters</i> 2.2 oz 746	1 each	35 g
Bagel, Plain- <i>Bakecrafters</i> 2.8 oz 620	1 each	39 g
Bagel-fuls Bagel & Cream Cheese Bar with <b>Cinnamon</b> Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with <b>Strawberry</b> Spread 21270	1 each	32 g
Donut Bite- <i>Rich's</i> 14839	1 each	30 g
Apple Frudel- <i>Pillsbury</i> 018000278527	1 each	36 g
Cinnamon Twist-E.S Foods 25317	1 each	28 g
Mini Cinnis- <i>Pillsbury</i> 018000336869	1 package	39 g
English Muffin, WG, 2 oz- <i>BakeCrafters</i> #802	1 each	21 g
English Muffin, WG, 2 oz- <i>BakeCrafters</i> #802	1 each	21 g
WG Bread Stick Breadstick- <i>Bake Crafters</i> 5011	1 each	14 g
Garlic / Herbed WG Bread Stick*- <i>BakeCrafters</i> #5011	1 each- 1 oz	14 g
WG Pretzel Bun- <i>SuperPretzel</i> 7051	1 each	29 g
WGR Garlic Bread *- <b>HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor</b>	½ of 5" Hero	
Bread Stuffing*	½ cup	~31 g
Gravy- <i>Monarch</i>	2 oz	~3 g
Confetti Rice (Rice & Veggies) *	1.25 cup	~49 g
Pumpkin Swirl Roll- <i>Hadley</i> 373IW	1 each (2.7 oz)	38 g
Holiday Pretzel ( snowman shape ) <i>SuperPretzel</i> 3679	1 each (2.2 oz)	30 g
Shamrock Pretzel <i>J&amp; J Snack Foods</i>	1 each (2.2 oz)	30 g
Pretzelicious Apple	1 each (2.2 oz)	30g
<b>Food Item: Pancakes, Muffins, Waffles/French Toast</b>		
WG Cinnamon French Toast Sticks (Sunny Fresh)	4 sticks	37 g
WW French Toast Sticks - <i>Pappettis</i> 46025-75016	4 sticks	~30 g
WW French Toast Cin. Slice- <i>Michaels</i> 46025-75014	1 slice	~25 g

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WW Mini Cinnamon French Toast- <i>Pillsbury</i>	1 package	37 g
WW Mini Triple Berry French Toast- <i>Pillsbury</i>	1 package	37 g
WG French Toast Bite- <i>Rich's 08061</i>	3 Bites	19 g
Whole Wheat Waffles- <i>Aunt Jemima</i>	3 waffles	~48 g
Whole Grain Waffles- <i>Right Start RS9201WE</i>	3 waffles	~36 g
Mini Waffles Maple Madness- <i>Pillsbury 018000322657</i>	1 package	37 g
Whole Wheat Cinnamon Mini Waffles <i>Eggo</i>	1 package	35 g
Whole Wheat Maple Mini Waffles <i>Eggo</i>	1 package	35 g
Waffles BakeCrafters #1453	3 waffles	33 g
Whole Grain Pancakes ( <i>Buttermilk</i> ) BakeCrafters #1475	3 pancakes	45 g
Whole Wheat Waffle Sticks <i>ConAgra (This serving size is for Breakfast for Lunch Day, see Dipper Day serving size on page 9)</i>	4 sticks	37 g
Whole Wheat Pancakes <i>Aunt Jemima</i>	3 pancakes	~40 g
Whole Grain Pancakes- <i>Commodity</i>	3 pancakes	~39 g
Whole Grain Pancakes <i>Right Start RS7245</i>	3 pancakes	~48 g
Whole Wheat Blueberry Mini Pancakes <i>Eggo</i>	1 package	35 g
Whole Wheat Maple Mini Pancakes <i>Eggo</i>	1 package	35 g
Pancake Bite- <i>Rich's 08066</i>	3 bites	19 g
Whole Wheat Confetti Pancakes <i>Eggo</i>	1 package	36 g
<b>Food Item: Pancakes, Muffins, Waffles/French Toast</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>2 oz Muffins</b>		
Apple Cinnamon Muffin – <i>Bake Crafters 1203</i>	2 oz muffin	26 g
Blueberry Muffin – <i>Bake Crafters 1201</i>	2 oz muffin	26 g
Chocolate Chip Muffin – <i>Bake Crafters 1204</i>	2 oz muffin	28 g
Banana Muffin- <i>Bake Crafters 1202</i>	2 oz muffin	28 g
Cornbread Muffin- <i>Superbakery 9053</i>	2.4 oz muffin	34 g
<b>4 oz Muffins</b>		
Banana Muffin – <i>Bake Crafters 1324</i>	4 oz muffin	55 g
Blueberry Muffin – <i>Bake Crafters 1314</i>	4 oz muffin	51 g
Chocolate Chip Muffin – <i>Bake Crafters 1392</i>	4 oz muffin	56 g
Chocolate Chocolate Chip, IW – <i>Bake Crafters 1325</i>	4 oz muffin	54 g
Chocolate Chocolate Chip – <i>Bake Crafters 1392</i>	4 oz muffin	53 g
<b>Food Items: Peanut Butter</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>

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Peanut Butter & Jelly- <i>Jamwich 92123</i>	2 packages	68 g
Peanut Butter- Commodity	2 TBSP / 4 TBSP	~ 8 g / 16 g
Peanut Butter-Fisher 01744	2 tbsp	5 g
<b>Food Items: Pizza</b>		
Breakfast Pizza	1 serving	31g
Cheese Pizza 15" -D6103857	1 serving	29g
WW Pizzeria Style Pizza (NY Style) - <i>Nardones 16WPS2</i>	1 slice	29 g
Bella's Pizzeria Style Pizza (NY Style) <i>Nardones 16BWFC</i>	1 slice	30 g
WW Four Cheese Pizza (Pizzeria Style) <i>Nardones 16WFC</i>	1 slice	30 g
WW Wedge Cheese Pizza- <i>Nardones 96 WWED2</i>	1 slice	30 g
4x6 WW Cheese Pizza - <i>Nardones 96WW2</i>	1 each	30 g
4x6 WW Cheese Pizza- <i>Nardones 401WCM2</i>	1 each	30 g
Bella's 4x6 WW Cheese Pizza - <i>Nardones 96BWW2</i>	1 each	30 g
6" WW Personal Pan Pizza - <i>Nardones 625WRM2</i>	1 each	31 g
WW "Deep Dish Pizza" 5" Personal Pan - <i>Nardones 5WRMNY2</i>	1 each	33 g
WW French Bread Pizza - <i>Nardones 60WUM2</i>	1 each	33 g
WW Stuffed Crust Pizza - <i>Gilardi 16272 20113</i>	1 each	33 g
WW Stuffed Crust Pizza - <i>Gilardi 16272 20111</i>	1 slice	42 g
WGR Domino's Smart Pizza- 14" Pie	1 slice (1/8 pie)	29 g
WGR Domino's Smart Pizza- 16" Pie	1 slice (1/8 pie)	39 g
Papa John's Pizza Slice – WGR	1 each	39 g
Mini Pizza Bagels- <i>Tasty Brands 52222</i>	5 each	~30 g
WW Turkey Pepperoni Pizza 16 inch (Pepperoni Pizza) <i>Nardones 16WPSTP3</i>	1 slice	29 g
WG Pepperoni Pinwheel/Stromboli <i>E.S Foods 25404</i>	1 each	36 g
WG Vegetable Pinwheel- <i>E.S Foods 101818</i>	1 each	34 g
<b>WW Pizza Sticks</b> (Twisted Cheesy Breadsticks <i>Tasty Brands 62001</i>	<b>2 each</b>	34 g
<i>with Pasta Marinara*</i>	<b>½ cup</b>	<b>~26 g</b>
WG Mozzarella Sticks- <i>Tasty Brands 41009</i>	6 each	~40 g
<b>WW Mozzarella Sticks - <i>Giorgio's</i></b>	6 each	36 g

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<b>Margherita Flatbread Pizza*</b>	1 each	~32 g
<b>Cheesy Buffalo Chicken Flatbread</b>		
Flatbread WGR – Rich's 14010	1 each	28 g
Hot Sauce- <i>Texas Pete</i>	1 tbsp	~1 g
Light Ranch Dressing	1 tbsp	~1 g
<b>Mini Pepperoni or Cheese Calzones with</b>		
<b>Marinara*</b>		
Mini Pepperoni or Cheese Calzones-Giorgio's	3 pieces	34 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g
<b>Steak Calzone – Giorgio</b>	1 each	28 g
<b>Food Items: Pizza</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Pizza Crunchers with Marinara Sauce</b>		
Pizza Crunchers – Rich's 65225	4 pieces	41 g
Marinara Sauce- <i>Red Gold</i>	2 oz (1/4 cup)	~4 g
<b>16" Rolled Edge Cheese Pizza- Big Daddys 78985</b>	1 slice	43 g check with manager if they are using this product
<b>Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used</b>		
<b>DANIMALS</b>		
Strawberry NF Yogurt Danimals - <i>Dannon 2731</i>	4 oz Container	14 g
Strawberry Banana LF Yogurt Danimals - <i>Dannon 2732</i>	4 oz Container	14 g
<b>FRUIT ON THE BOTTOM</b>		
LF Cherry Fruit on the Bottom Yogurt- <i>Dannon</i>	5.3 oz Container	25 g
LF Blueberry Fruit on the Bottom Yogurt- <i>Dannon</i>	5.3 oz Container	26 g
LF Mixed Berry Fruit on the Bottom Yogurt- <i>Dannon</i>	5.3 oz Container	25 g
LF Raspberry Fruit on the Bottom Yogurt- <i>Dannon</i>	5.3 oz Container	26 g

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<b>LIGHT &amp; FIT</b>		
Peach Light & Fit Yogurt <i>Dannon</i>	5.3 oz Container	13 g
Strawberry Light & Fit Yogurt <i>Dannon</i>	5.3 oz Container	13 g
Blueberry Light & Fit Yogurt <i>Dannon</i>	5.3 oz Container	13 g
<b>LOW FAT VANILLA</b>		
LF Vanilla Yogurt- <i>Dannon</i>	5.3 oz Container	22 g
<b>Food Items: Condiments</b>		
<b>Check with your Cafeteria Manager the Brand/ Portion of Condiments used</b>		
Cream Cheese, FF- Schreiber	1 pc container	~3 g
Cream Cheese- Schreiber	1 pc container	2 g
Cream Cheese-Vegetable-Schreiber	1 pc container	1 g
Cream Cheese-Strawberry-Schreiber	1 pc container	3 g
Jelly, Grape - <i>Heinz</i>	1 tbsp	13 g
Ketchup Packet (9 g)- <i>Red Gold</i>	1 packet	2 g
Ketchup- (9 g)- <i>Heinz</i>	1 packet	3 g
Ketchup (17 g)- <i>Red Gold</i>	1 TBSP	4 g
Ketchup- (17 g)- <i>Heinz</i>	1 TBSP	5 g
Mayo, Reduced Calorie- <i>Kens</i>	1 tbsp	1 g
Mayo, Extra Heavy-Kens 898	1 tbsp	0 g
Mayo, PC- <i>Americana</i>	1 packet	1 g
BBQ Sauce- <i>Kens K0849</i>	2 tbsp	10 g
Salsa, Mild- <i>Red Gold</i>	2 tbsp	2 g
Salsa, Chunky- <i>USDA</i>	2 tbsp	2 g
Sour Cream- <i>Glenview Farms</i>	2 tbsp	2 g

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Sweet & Sour Sauce- <i>Minh</i>	2 tbsp	11 g
Syrup, Pancake- <i>Americana</i>	1.5 oz	31 g
Honey- <i>Smuckers</i>	0.5 oz	11 g
<b>Salad Dressing Bottles</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
<b>Caesar Dressing</b>		
Light Caesar Dressing- <i>Kens KE0808</i>	2 tbsp	3 g
Creamy Caesar Dressing- <i>Kens KE0670ZY</i>	2 tbsp	1 g
<b>Italian Dressing</b>		
Light Italian Dressing- <i>Kens</i>	2 tbsp	2 g
Low Calorie Italian Dressing <i>Kens KE0601ZY</i>	2 tbsp	3 g
<b>Ranch Dressing</b>		
Light Ranch Dressing- <i>Kens</i>	2 tbsp	2 g
<b>Thousand Island Dressing</b>		
Thousand Island Dressing-Kens-616	2 tbsp	4 g
<b>Blue Cheese Dressing</b>		
Blue Cheese Dressing-Kens 665	2 tbsp	1 g
<b>Raspberry Dressing</b>		
FF Raspberry Dressing-Kens-630	2 tbsp	9 g
<b>Balsamic Vinegar Dressing</b>		
FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 g
<b>Salad Dressing PC's</b>		
<b>French Dressing</b>		
Low Calorie French Dressing, PC- <i>Americana</i>	12 g packet	1 g
<b>Italian Dressing</b>		
Golden Italian Dressing, PC- <i>Kens</i>	1.5 oz	3 g
Fat Free Italian Dressing, PC- <i>Kens</i>	1.5 oz	5 g
Low Calories Italian Dressing, PC- <i>Heinz</i>	12 g packet	1 g
<b>Ranch Dressing</b>		

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Light Ranch Dressing, PC- Kens	1.5 oz	7 g
Light Buttermilk Ranch Dressing PC- Kens	1.5 oz	6 g
Light Ranch Dressing, PC- Americana	12 g packet	3 g
<b>Blue Cheese Dressing</b>		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
<b>Balsamic Vinegar Dressing</b>		
Light Olive Oil and Vinegar Balsamic Dressing-Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g
<b>Honey Dijon Dressing</b>		
FF Honey Dijon Dressing-Kens 600B3	1.5 oz	13 g
<b>Food Items: Sorbet</b>	<b>Serving Size</b>	<b>Grams of Carbohydrates</b>
100% Blue Raspberry Sorbet- Luigi'#48443	4.4 fl oz	19 g
100% Watermelon Sours Sorbet- Luigi's# 48450	4.4 fl oz	20 g
100% Orange Juice Fruit Sorbet- Luigi's #48441	4.4 fl oz	19 g
100% Frozen Juice Sorbet Kiwi Strawberry-Luigi's #48445	4.4 fl oz	18 g
Maschio's 100% Frozen Juice Sorbet Lemon-Cherry-J&J Snack Foods #48430	4.4 fl oz	19 g
<b>Food Items: Cookies</b>		
Fortune Cookie	1 each	~4 g
<b>Food Items: Pudding</b>		
Chocolate Pudding- Bay Valley 798 7345	½ cup	28 g
<b>Food Items: Pastries</b>		
10" Cinnamon Sugar Churro-J&J 3328	½ of Churro	~12g
WG Guava Strawberry Flip 1140IW	1 each	45 g
<b>Food Items: Soups</b>		
Chicken Noodle Soup*	1 cup	~24 g
Chicken Noodle Soup- <i>Campbells, prepared according to package</i>	8 oz (1 cup)	16 g
Pasta Fagirole Soup with Chicken*	1 cup	~27 g
Chicken & Rice Soup*	1 cup	~22 g
Chicken & Rice Soup- <i>Campbells, prepared according to package</i>	8 oz (1 cup)	26 g
Lentil Soup*	1 cup	~20 g
Minestrone Soup*	1 cup	~17 g



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Minestrone Soup – <i>Campbells, prepared according to package</i>	8 oz (1 cup)	14 g
Pasta Fagiolo Soup*- Vegetable	1 cup	~25 g
Tomato Soup – <i>Campbells, prepared according to package</i>	8 oz (1 cup)	20 g
Basil Tomato Soup*	8 oz (1 cup)	20 g
Veggie Tortilla Soup with crushed tortilla chips*	1 cup	~30 g
<b>Food Items: Milk</b>		
Fat Free Plain Milk- Cream-O-Land	½ pint	13 g
1% Milk- Cream-O-Land	½ pint	13 g
Fat Free Chocolate Milk- Cream-O-Land	½ pint	23 g
Fat Free Vanilla Milk- Cream-O-Land	½ pint	20 g
Fat Free Strawberry Milk- Cream-O-Land	½ pint	21 g
Lactaid Plain Milk	½ pint	13 g
Horizon Milk-Reduced Milk	½ pint	4 g
Horizon Organic Chocolate Milk	½ pint	23 g
Healthy Moo Fat Free Chocolate Milk	1 cup	21 g
Pacific Foods-Soy Milk	1 cup	13 g
<b>Food Items: Seafood</b>		
Fish Sticks- <i>USDA</i>	4 each	17 g
Potato Crusted Fish Sticks- <i>Trident 422071</i>	4 each	19 g
<b><i>The Whaler Fish Sandwich</i></b>		
Pollack Wedge	3.6 oz-1 each	15 g
American Cheese	1 slice	1 g
Lettuce, Shredded	½ oz	0 g
Tater Sauce	1 each	1 g
WW 2oz 5" Hero Roll- will vary by manufacturer	5" Hero	

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<b>Food Items: Seafood Cont.</b>		
<i><b>Fish Tacos</b></i>		
Potato Crusted Fish Sticks- <i>Trident 422071</i>	4-1 oz sticks	19 g
Boom Boom Sauce- <i>Ken's Dressing</i>	2 oz	2 g
WGR Soft Tortillas- <i>Mission 33822</i>	2 each	28 g
Southwestern Slaw *	¼ cup	~4 g