

Nutritional Value for Single Items			
ITEM	Serving Size	Carbs(g)	Calories
Bacon	1 Slice	0.5	35
Bagel and Cream Cheese	1 bagel	35.1	215
Bagel-Blueberry WW White (Franz)	1 bagel	33	170
Bagel-Mini WW White (Franz)	1 bagel	19	100
Bagel-Strawberry Cream Cheese	1 bagel	42	230
Bagel-WW White-Lender's	1 bagel	28	140
Bagel-WW-White (Franz)	1 bagel	33	170
Bar-Benefit-Banana Chocolate Chunk	1 each	47	280
Bar-Benefit-Oat Chocolate	1 each	47	290
Bar-Buttermilk	1 each	50	240
Bar-French Toast-WG	1 each	47	290
Bar-Breakfast-Snack	1 each	38	300
Bar- UBR (Ultimate Breakfast Round) (Granola Snack Bar)	1 round	44	270
Beef-Crumbles (W125)	3oz	1.5	150
Beef-Ground-Cooked (100158)	2.68 oz	0	164
Beef-Meatballs (W101)	5 each	3	180
Beef-Meatloaf	3oz	20.81	414
Beef-Patty -100% (W143)	1 each	0	150
Beef-Rib Patty (W108)	1 each	6	130
Beef-Shaved-Philly (W120)	3oz	3	143
Beef-Teriyaki Dippers (W132)	4 each	6	160
Biscuit-WG-Easy Split (Pillsbury)	1 ea	24	190
Bread-Apple Cinnamon-Mini	1ea	27	160
Bread- Banana- WG	1ea	16	260
Bread- Blueberry Loaf- Mini- WG	1ea	41	250
Bread-Bun-Pub	1 Bun	37	210
Bread-Buns-Hamburger-WWW	1 each	26	150
Bread-Buns-Hot Dog-WWW	1 each	26	150
Bread-Ciabatta	1 roll	47	260
Bread- Flatbread 6x6	1 each	45.13	290
Bread-Hoagie Roll	1 each	29	160
Bread-Pumpkin	1 each	44	260
Bread-Sandwich-Sliced-WWW	1 slice	14	80
Bread-Strudel-Cherry	1ea	36	210
Breadstick-Cheesy-(Purchased-Beacon Street)	2 each	30	300
Breadstick-Cheesy-Bosco (W563)	2 each	30	280
Breadstick-Garlic & Cheese-Bake Shop	1 each	5.68	231
Breadstick-Garlic & Cheese-Bake Shop- 1/2 stick (Elementary Serving)	1/2 breadstick	2.84	115.5
Breadstick-Mozarella-MAXX (W533)	2 each	32	300
Breakfast Burrito- Egg & Cheese	1 each	14	180
Breakfast Sandwich-Foothills Bakery	1 sandwich	27.01	415
Burrito-Bean & Cheese (Purchased)	1 burrito	40	310

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Burrito-Bean & Cheese (W461)	1 burrito	41	291
Cake-Thanksgiving (Pirate) Cake- with frosting	2X2in square	36.32	222
Cake-Chocolate-w/ Sugar Frosting (Halloween)	2X2in square	30.34	206
Cake-White-w/Sugar Frosting	2X2in square		
Cereal-Bar-Cinnamon Toast Crunch-WG	1.42oz	30	150
Cereal-Bar-Cocoa Puffs-WG	1.42oz	30	150
Cereal-Bar-Trix	1.42oz	30	150
Cereal-Cheerios-Fruit	1 bowl	25	120
Cereal-Cinnamon Chex	1 bowl	23	120
Cereal-Cinnamon Toast Crunch-WG	1oz bowl	22	120
Cereal-Cocoa Puffs-WG	1 bowl	25	110
Cereal-Golden Grahams-WG	1 bowl	34	160
Cereal-Granola-Bulk	2oz.	38	250
Cereal-Lucky Charms-WG	1oz bowl	23	110
Cereal-Trix-LessSugar	1oz bowl	24	110
Cheese-American Blend-Sliced	1 slice	1	40
Cheese-Cheddar-Shredded (100012)	1oz	1	90
Cheese-Cheese Sauce (Signature)	62g	5	80
Cheese-Cheese Sauce (W533)	3oz	4	130
Cheese-Cheese Sauce-Jalapeno (USDA) (W532)	3oz	5	130
Cheese-Cream-Bulk	1oz	2	90
Cheese-Cream-Individual Cups	.75oz	2	45
Cheese-Cream-Strawberry-Individual Cups	.75oz	4	70
Cheese-Mozarella-Shredded (100021)	1oz	1	90
Cheese-Parmesan-Fancy Shredded	1oz	1	110
Cheese-Parmesan-Grated	5g	1	20
Cheese-Pinwheel	4.10oz	36	310
Cheese-Square-Bake Shop-WG	1 each	34.79	
Cheese-String (Della-Vita)	28g	1	80
Cheese-Swiss-American-Sliced	1 slice	1	100
Chicken-Diced (100101)	3oz	0	108
Chicken-Drumstick-Breaded (W244)	1 each	5	190
Chicken-Drumstick-Oven-Roasted-Glazed (W245)	1 each	2	160
Chicken-Fajita-Strips (100117)	3.4oz	2	122
Chicken-Nuggets (W209)	5 each	14	188
Chicken-Patty-Breaded (W211)	1 each	13	184
Chicken-Patty-Breaded-Spicy (W236)	1 each	10	179
Chicken-Popcorn (W242)	12 pieces	15	250
Chicken-Shredded (W205)	3 oz	1.2	115
Chicken-Strips-Unseasoned-Unbreaded (110462)	3.75 oz	0	126
Chicken-Wings-Boneless	5 ea	13	200
Chips-Doritos	1 pkg	20	130

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ITEM	Serving Size	Carbs(g)	Calories
Chips-Fritos-WG	2 oz	32	300
Chips-Lay's-Potato	.5oz	8	80
Chips-Sun Chips	1oz	19	140
Chips-Tortilla-Spicy Sweet Chili	1 pkg	20	140
Chips-Tortilla-WG-Tostitos	1 oz	20	140
Chips-Tortilla-WG-Tostitos	2 oz	40	280
Chow Mein Noodles	0.5 cup	18	130
Cinnamon Roll	1 each	40	240
Cinnamon Roll- FMS Bake Shop	1 each	52.67	334
Cinni-Minis	1 pkg	40	240
Coleslaw	.25cup	4.69	48
Condiments-Ketchup	0.6oz	4	20
Condiments-Ketchup Packets (USDA)	1 pc	2	10
Condiments-Mayonnaise	1tbsp	0	100
Condiments-Mayonnaise-PC Pack	1 each	1	50
Condiments-Mustard-PC Pack	1 each	0	0
Cookies-Chocolate Chip-FMS Bakery	1 cookie	19.57	143
Cookies-Chocolate/Chocolate-FMS Bakery	1 cookie	19.77	142
Cookies-Coconut-FMS Bakery	1 cookie	17.15	134
Cookies-Fortune	1 each	6	26
Cookies-Ginger Snap	1 cookie	28.87	160
Cookies-Frosted-Holiday-From FSA	1 cookie	27	170
Cookies-Sugar-FMS Bakery	1 cookie	20.57	130
Corn Dogs	1 each	30	240
Corn Dogs-Mini	5 each	30	270
Crackers-Goldfish-Cheddar	1 pkg	14	100
Crackers-Jungle	1 pkg	20	130
Croutons-MG Cheese Garlic	2tbsp	5	30
Donut-Long John	2.20z	27	240
Dressings-Caesar-Light	2tbsp	5	90
Dressings-Caesar-Regular	2tbsp	2	140
Dressings-Coleslaw	2tbsp	8	140
Dressings-Italian-Fat Free	2tbsp	3	15
Dressings-Italian-Regular	2tbsp	1	100
Dressings-Oriental Sesame	2tbsp	11	140
Dressings-Ranch	2 tbsp.	1.74	61
Dressings-Raspberry Vinaigrette-Fat Free	2tbsp	8	30
Eggs-Hard-boiled-Peeled	1 egg	1	80
Eggs-Omelette-Colby Cheese (W273)	1 each	1	110
Eggs-Patty (110931)	1 ea	1	45
Eggs-Scrambled (W286)	2.0oz	2	90
English Muffin-Breakfast Sandwich	1 sandwich	25.45	504

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ITEM	Serving Size	Carbs(g)	Calories
English Muffin-WG (Bake Crafters)	2oz	24	120
Fish-Nuggets (W010)	4 each	20	220
Fish-Stick-Baja	4 each	20	230
Fish-Trout Treasures	4 each	18	230
Flauta-Tornado	1 each	24	180
French Toast Minis- Pull Apart	2.64oz	37g	220
French Toast Sticks (W279)	3 each	28	210
Fruit-Apple-Apple	1 each	25	95
Fruit-Apples-Sliced-Canned (100206)	.5 cup	12	50
Fruit-Applesauce-Blue Raspberry (USDA)	1 ind. cup	22	90
Fruit-Applesauce-Canned (110541)	.5cup	14	51
Fruit-Applesauce-Cinnamon-Cup	.5cup	22	90
Fruit-Applesauce-Cup (110361)	.5cup	14	51
Fruit-Apricots-Diced	4.5oz	25	110
Fruit-Banana	.5cup	18.5	72
Fruit-Blueberries (100242)	.5cup	10	40
Fruit-Cranberries-Dried-Craisins (110723)	1 pk	28	110
Fruit-Fruit Salad-Tropical-Dole	.5cup	22	90
Fruit-Grapes	.5cup	16	62
Fruit-Mandarin Oranges	.5cup	23	90
Fruit-Mixed (100212)	.5cup	15	60
Fruit-Nectarine-Fresh	.5cup	7.5	31.5
Fruit-Oranges	.5cup	11	43
Fruit-Peaches-Diced (100224)	.5cup	14	60
Fruit-Peaches-Fresh	.5cup	7.3	30
Fruit-Peaches-Frozen-Cup (100241)	4.4oz	19	80
Fruit-Peaches-Sliced (100219)	.5cup	14	60
Fruit-Pears-Diced (100225)	.5cup	16	60
Fruit-Pears-Fresh	.5cup	11	44
Fruit-Pears-Sliced (100224)	.5cup	15	60
Fruit-Pineapple-Tidbits	.5cup	16	60
Fruit-Plum-Fresh	.5cup	7.5	30
Fruit-Pluot-Fresh	.5cup	10	45
Fruit-Raisins-Boxed (100293)	1 box	30	114
Fruit-Sliced-Apples-Fresh	.5 cup	15.66	58
Fruit-Strawberries-Sliced- IQF -Unsweetened- Frozen (Commodity) (110860)	.5cup	7	25
Fruit-Strawberries-Sliced- IQF -Unsweetened- Frozen (Commodity) (110860)(Elementary)	2 oz.	3.5	12.5
Fruit-Strawberries-Sliced-Frozen (Commodity) (100254)	.5cup	23	90
Fruit-Strawberries-Sliced-Frozen (Commodity)-Elementary (100254)	2oz.	11.5	45
Gravy-Beef	2 oz.	5	25
Gravy-Chicken	2oz	7	35

Nutritional Value for Single Items			
ITEM	Serving Size	Carbs(g)	Calories
Gravy-Turkey	2oz	4	25
Ham-Sliced-(USDA) (100187)	2.44 oz	4	74
Ham-Turkey-Sliced (USDA) (100126)	3.26 oz	0	82
Hominy	0.5 cup	19	90
Hot Dog	2.0z (1ea)	2	180
Hummus Plate	6oz	29.69	184
Icing-Vanilla	1tbsp	3.8	16
Jam-Freezer-Marionberry	1tbsp	11	40
Jelly-Mixed	1tbsp	13	50
Juice-Orange-Frozen (USDA) (110651)	4oz	14	61
Juice-Orange-Fruit Punch (USDA)	4oz	16	60
Juice-Orange-Grape (USDA)	4oz	15	60
Juice-Orange-Mango (USDA) (W853)	4oz	14	60
Juice-Orange-Pineapple (USDA)	4oz	15	60
Legumes-Beans-Vegetarian-Low Sodium (USDA) (100364)	2 oz	10	55
Legumes-Black Beans-Low Sodium (USDA) (100359)	2 oz	10	54.5
Legumes-Black Beans-Real Biego	0.5 cup	16	90
Legumes-Black Beans-Truitt	0.5 cup	21	120
Legumes-Cannellini Beans	0.5 cup	20	110
Legumes-Garbanzo (100360)	2 oz	8	52.5
Legumes-Great Northern-Low Sodium Canned	0.5 cup	28	149
Legumes-Kidney Beans-Truitt	0.5 cup	21	110
Legumes-Pinto Beans-Low Sodium (USDA) (100365)	2 oz	9	49
Legumes-Pinto Beans-Signature	0.5 cup	15.5	77.51
Legumes-Red Kidney-Low Sodium (USDA) (100370)	2 oz	9.5	52
Legumes-Refried Beans-Dehydrated (Santiago)	0.5 cup	24	170
Macaroni & Cheese (W585)	6oz	36	300
Marinara Sauce (Della Vita)	0.5 cup	10	60
Marinara Sauce #10 Can (USDA)	0.5 cup	11	60
Milk-Buttermilk	8 oz.	13	110
Milk-Strawberry-NonFat	8 oz.	28	150
Milk-White-1%	8 oz.	12.18	102
Milk-White-NonFat	8 oz.	12.15	83
Milk, Chocolate-Fat Free	8 oz.	24	130
Muffin-Apple (Bake Shop)	4oz	46.33	265
Muffin-Apple Cinnamon-Otis-WG-Elementary	2.0oz (1 ea)	31	190
Muffin-Banana (Bake Shop)	4oz	67.58	377
Muffin-Blueberry-Otis-WG-Elementary	2.0z (1ea)	30	190
Muffin- Cherry-WG	1ea	39	230
Muffin-Orange-Mini-WG	1ea	24.7	
Muffin-Pumpkin (Bake Shop)	4oz	53.83	317
Oats-Quick-Rolled	2oz	19	100

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ITEM	Serving Size	Carbs(g)	Calories
Olives-Black	1tbsp	1	25
Pancakes-Mini		37	220
Pancakes-Sausage-on-a-Stick	2.85oz	17	200
Pancakes-Whole Grain (100393)	1 pancake	13	70
Panko-Bread Crumbs	2tbsp	22	100
Pasta-Barilla	2oz	42	200
Pasta-Noodles-Yakisoba-WG	2.8oz	30	173
Pasta-Penne-WG Rich (110520)	0.5 cup	21	105
Pasta-Rotini-WG Rich	0.5 cup	21	105
Pasta-Spaghetti-WG Rich	0.5 cup	21	105
Peanut Butter	2tbsp	8	200
Pepperoni-Sliced	1oz	0	140
Pickles-Dill-Slices	10 slices	1	4
Pizza Sauce (Angelomia)	0.25 cup	5	20
Pizza Sauce (USDA) (W787)	0.25 cup	6	30
Pizza-Cheese-16" USDA-(W576)	1 slice	34	420
Pizza-Cheese-Big Daddy's	1 slice	36	370
Pizza-Cheese-Rectangle (W510)	1 each	30	310
Pizza- Cheese- Stuffed Crust	1 slice	38g	320
Pop Tart-WG-Cinnamon	1 pastry	38g	180
Pop Tart-WG-Frosted Strawberry	1 pastry	36g	170
Pork-Cuban	3oz	5.03	170
Pork-Pulled-Sauced (W171)	3.75oz	9	180
Pork-Pulled-Unsauced	2.35oz	0	80
Potato-Baby Baker	5 ea	17	100
Potato-Baked	1/2 Med Potato	19	84
Potato-Crinkle Cut-Fries (USDA)	0.5 cup	14	80
Potato-Diced-Fresh	.5 cup	17	80
Potato-Fresh-Whole	1 ea	19	84
Potato-Hash Brown-Triangle	1ea	14	100
Potato-Mashed Instant-Pearls (Elementary)	.5 cup	17	90
Potato-Mashed Instant-Pearls (Secondary)	1 cup	37.48	180
Potato-Shoestring-Oven Roasted-BAKED/CRISPY/ZESTY	0.5 cup	16	110
Potato-Straight Cut-Seasoned (W759)--BAKED/CRISPY/ZESTY	.5 cup	20	120
Potato-Straight Cut-Seasoned (W760)--BAKED/CRISPY/ZESTY	.5 cup	17	71
Potato-Tater-tots (Ore-Ida)--BAKED/CRISPY/ZESTY/SPICY	1/2 cup	16	130
Potato-Tater-tots (USDA)--BAKED/CRISPY/ZESTY/SPICY	1/2 cup	14	120
Potato-Wedges-Low Sodium (USDA)--BAKED/CRISPY/ZESTY	0.5 cup	15.59	99
Pretzel-WG	2.2oz	30	150
Ravioli-Mini-Cheese (Elementary Serving)(W583)	7 pieces	15	120
Ravioli-Mini-Cheese (Secondary Serving)(W583)	14 pieces	30	240
Rice-Brown-Long Grain-Parboiled-Elementary	0.5 cup	22	108

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Rice-Brown-Long Grain-Parboiled-Secondary	1 cup	35	160
Rice-Jasmine (Secondary)	1 cup	33	170
Rice-Spanish (Ready Made-Elementary)(SEASONED)	.5 cup	21.5	100
Rolls-Bakeshop-WG	1 roll	33.29	190
Salsa (USDA)(W791)	1.5oz	3	15
Sauce-Alfredo (W549)	2 oz	5	90
Sauce-Au jus	2oz	1	5
Sauce-BBQ-5 star	2tbsp	8	35
Sauce-Hoisin	1tbsp	10	50
Sauce-Mae Ploy-Sweet Chili	2tbsp	17	70
Sauce-Marinara	2oz	7	40
Sauce-Orange	2 tbsp	18	70
Sauce-Pesto	2oz	1.8	180
Sauce-Spaghetti (5-Star / FSA)	0.5 cup	10	80
Sauce-Spaghetti (USDA) (100336)	0.5 cup	10	80
Sauce-Sriracha	1tsp	0	0
Sauce-Sweet & Sour-Kikkoman	2tbsp	9	35
Sauce-Teriyaki-Glaze	2tbsp	10	45
Sauce-Tomato (FSA)	0.25 cup	4	20
Sauce-Tomato-Low Sodium (USDA)	0.5 cup	7	29
Sausage-Link	1 Link 57g	1	200
Sausage-Patty	1 ea 56g	0	230
Soup-Tomato-Campbell's	4oz	19	90
Sour Cream-Fat Free	1tbsp	4	25
Sunbutter	2tbsp	7	200
Taco-Mini	4ea	15.2	108
Tornado-Sausage, Egg, & Cheese	1 each	23	200
Tortilla-Flour-WW-11"	1 each	45	260
Tortilla-Hearty Grain-8"	1 ea	24	150
Tuna-Canned (USDA) (100195)	2 oz	0	60
Turkey Breast-Sliced (USDA) (110554)	2.86 oz	2	86
Turkey-Breast-Sliced (Bread Ready)	8 slices	2	100
Turkey-Gravy-Entree (Diced Turkey w/Turkey Gravy)	6oz.	9.83	234
Turkey-Pastrami-Sliced	2oz	0	70
Turkey-Roast (100125)	3.04 oz	0	114
Vegetable-Baby Carrots-Fresh	0.5cup	3.79	16
Vegetables-Baby Corn	2/3 cup	5	35
Vegetable-Beets-Pickled	2oz	5	20
Vegetable-Beets-Pickled	.25 cup	9.24	37
Vegetable-Broccoli-Raw	.5 cup	2.92	15
Vegetable-Carrots-Baby-Fresh	.5cup	3.79	16
Vegetables-Carrots-Diced (USDA)	0.5 cup	6	27

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Vegetables-Carrots-Glazed	.5 cup	6.33	60
Vegetables-Carrots-Sliced-Low Sodium (USDA)-Frozen	0.5 cup	4	18
Vegetables-Carrots-Sliced-No Salt Added (USDA)-Canned	0.5 cup	6	27
Vegetable-Cauliflower-Fresh	.25cup	0.87	6
Vegetable-Celery-Fresh	.5cup	2.21	12
Vegetables-Corn-Canned (100313)	.5 cup	15	65
Vegetable-Corn-Canned (Signature / USF)	0.5 cup	17	80
Vegetables-Corn-Frozen (Signature / USF)	2/3 cup	21	100
Vegetable-Corn-Canned (USDA)	0.5 cup	15	65
Vegetables-Corn-Frozen (USDA) (100348)	0.5 cup	16	67
Vegetables-Corn-on-the-cob	1 ea	19	90
Vegetable-Cucumber-Sliced	0.5 cup	3.29	14
Vegetables-Green Beans-Canned	0.5 cup	5	25
Vegetables-Green Beans-Canned-Low Sodium (USDA)(100307)	0.5 cup	3	16
Vegetable-Jalapenos-Sliced	1oz	1	5
Vegetables-Peas and Carrots	0.5 cup	9	50
Vegetables-Peas-Frozen-No Salt (USDA)	0.5 cup	11	62
Vegetable-Peas-Green-Frozen	.25 cup	5.7	31
Vegetables-Pepper & Onions	.5 cup	5	20
Vegetables-Pumpkin	0.5 cup	12	50
Vegetables-Radish Sticks	.25 cup	0.99	5
Vegetable-Romaine-Fresh	1 cup	1.55	8
Vegetable-Spinach-Fresh	0.5 cup	1.1	7
Vegetables-Tomatoes-Cherry	.5cup	3	13.5
Vegetables-Tomatoes-Diced (100329)	.5 cup	5	25
Waffle-WG (Secondary)	1 waffle	14	90
Waffles-Dutch	1 each	43	300
Waffles- Mini Maple	1 each- 4 minis	37	200
Waffles-Whole Grain	1 each	35	220
Whipped Topping-Nondairy	1tbsp	2	25
Yogurt-Yami	4oz	18	130