



Carbohydrate Content of Foods on the Menu

This information provided by the the Amherst Schools is a guide to the carbohydrate content of foods on the school menus. This is not a prescribed diet and the carbohydrate content is an estimate. Ingredients and menu items are subject to change. Please consult a medical professional for assistance if necessary.

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
CANNED FRUIT:		
Applesauce, Canned Plain	4 oz.	13
Applesauce Cups*reduced sugar	4 oz.	16
Applesauce Cinnamon	4 oz.	16
Apricot Halves, Chilled also	4 oz.	17
Fruit Cup	4 oz.	18
Manadrin Oranges	4 oz.	20
Peaches	4 oz.	17
Pears	4 oz.	18
Pineapple, Canned	4 oz.	20
DRIED FRUIT:		
Box of Raisins	1.5 oz	30
FRESH, FRUIT ASSORTED:		
Banana	1 small	18
Apple	1 small	22

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Orange	1 whole	21
Grapes	1/2 cup	16
Kiwi	4 oz	10
Strawberries	1 cup	12

FROZEN, FRUIT:

Strawberries, Frozen	4 oz	22
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FRUIT JUICE:

Apple, Orange Single Serve Juice	4 oz.	13
Fruit Bar, Frozen, Dole	1 each	15
Fruit Slushie, Smoothie Side Kick	5.5 oz.	20
Grape Juice	1/2 cup	19
Juice, Fruit Punch	4 oz.	15
Sherbet, Assorted Flavors	3.2 oz	24
Tomato Juice	4 oz.	5

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
VEGETABLES:		
Beans, Refried	1/2 cup	20
Beans, Black	1/2 cup	20
Beans, Pinto	1/2 cup	19
Broccoli, Raw Fresh	4 oz.	3
Broccoli Salad	1/2 cup	31
Caesar Salad with Romaine	1 cup	8
California Blend Vegetables	4 oz.	5
Capri Vegetables	1/2 cup	5
Carrot Coins	1/2 cup	6
Carrot Sticks	1 pkg/1 oz.	3
Carrot Raisin Salad/Sunflower Seeds	4 oz.	17
Corn, Frozen	4 oz.	16
Green Beans	4 oz.	4
Leafy Green Salad	1 cup	3
Leafy Green Salad & Tomato	1 cup	3
Lettuce Salad - Side Salad	1 cup	3

**CARBOHYDRATE CONTENT OF FOODS ON THE MENU**

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Lettuce, Tomato, Cheese Cup	1/2 cup	6
Lettuce, Tomato, 1 leaf, 2 slice	1 lf/1slc	1
Oriental Vegetables	1/2 cup	3
Pasta Salad/Broccoli	3/4 cup	49
Peas, Sugar, Snap	1/2 cup	4.5
Sicilian Vegetables	1/2 cup	3
Spinach Salad Raw	1 cup	2
Spinach Salad with Strawberries	1 cup	14
Three Bean Salad	1/2 cup	17

POTATOES:

French Fries	1/2 cup	21
French Fries, Oven Baked, Crinkle Cut	4 oz	18
Crisscut Sweet Potato Fries	4 oz	30
French Fries, Curly Cut	4oz	20
French Fries, Oven Baked, Wedge	4 oz	18
Hash Brown Patty	1 each	16
Hash Brown Stick	1 stick	15

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Hash Brown Starz	1 serving	20
Potatoes, Mashed	1/2 cup	14
Potatoes, Sweet, Mashed	1/2 cup	31
French Fries, Cosmic Baked	1/2 cup	25
Potato Rounds/Tots	1/2 cup	20
Potato, Sweet Mini Tater Puff	1/2 cup	30
French Fries, Smiley	4 pieces	19
Potato Starz	1/2 cup	22
Steak Fries	1/2 cup	19
Twister Fries	1/2 cup	18
French Fries, Ranch, Baked	1/2 cup	17

DAIRY:

Cheese, Shredded	1 oz.	1
Chocolate 1%	8 oz.	23
Sour Cream, Imitation	1 oz.	3
Milk, Fat Free Strawberry	8 oz.	22
Milk 1 % White	8 oz.	12

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Cheese, sliced	1 slice	0.5
White, skim	8 oz.	12
Yogurt, Low Fat, Plain	4 oz	18
Yogurt Parfait	4 oz	25
Yogurt, Light	6 oz	16
Yogurt, Low Fat, Vanilla	4 oz	20
Yogurt, Regular	6 oz	28
Yogurt, Strawberry, Blueberry	4 oz	22
Yogurt, Twix, Assorted	4 oz	19
Cheese, Mozz. Stick	1 serving	1

CONDIMENTS:

BBQ Sauce	1 oz.	14
Hummus	2.5 oz	7
Ketchup, Pkt	1 pkt	2
Marinara Sauce, Portion/cups	2 oz.	6
Mustard, Pkt	2 oz.	0
Salsa	2 tbsp	2

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Taco Sauce, Pkt	1 pk 9 gm.	7
Whipped Topping	1 serving	4
Mayo	1 pkg	0
Maple Syrup Cups	1.5 oz	31
Lite Italian Dressing	2 tbsp	5
Ranch Dressing, Regluar, Buttermilk	2 tbsp	1
Salad Dressing, Italian Golden	2 tbsp	2
Honey Dressing (Mustard)	2 tbsp	5
Salad Dressing, Poppyseed	2 tbsp	11
Salad Dressing, Ranch, Light	2 tbsp	5
Salad Dressing, Lite	1 tbsp	3

CRACKERS/COOKIES:

Animal Crackers	1 Pkg/29 gm	22
Baked Dorito chips	.75 oz.	16
Baked Dorito chips	1.37 oz	29
Tortilla chips	1 serving/10 chips	22
Cheez-it Scrabbles	0.75	14

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Elf Graham Chocolate Chip	1	20
Graham Bug Bites	1 pkg	21
Fortune Cookie	1	6
Fun Chips	1 oz.	19
Frudel Pastry, Fruit Filled	1	36
Garlic Bread	1 slice	18
Goldfish Crackers	1.1 oz.	20
Goldfish Graham	.75 oz.	14
Cookie, Whole Grain	1.5 oz	28
Cookie, Whole Grain	1 oz.	18
Pita Chip, Baked Scoops	1 bag	19
Saltine Crackers	1 pkg/2 count	4
Graham Cracker, Stick, Scooby	1 pkg	21
Teddy Grahams	1 pkg	16
Theme Cookie	1	18
Wheat Crax's	1 pkg	5

MISC:

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Chicken Noodle Soup	1/2 cup	8
Tomato Soup	1/2 cup	19
Gravy	1/4 cup	6
Cheese Sauce, Canned	3 oz.	6
Rice, Cooked	1/2 cup	38
Spanish Rice, With Vegetables	1/2 cup	40
Chow Mein Noodles	1/2 cup	19
Vegetable Lomein	1/2 cup	22
Rice Pilaf, Cooked	1/2 cup	37
Rice, Brown, Cooked	1/2 cup	35

POULTRY:

Chicken Fajita Meat	3 oz	2
Chicken Fryz's	2.8 oz	10
Chicken Philly Sandwich with Bun	1	35
Chicken Nuggets, Baked	5 pieces	14
Chicken Paprikash Soup	6 oz	50

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Chicken Popcorn	12 pieces	15
Chicken Rings, Baked	5 pieces	15
Chicken Tenders, Baked	5 pieces	25
Chicken Flower Patty, No Bun	1	10
Chicken Wrap, Comet Baked w/6" Tortilla	1	21
Chicken Snack Wrap w/6" Tortilla	1	21
Chicken Patty, No Bun	1	13
Chicken Tacos, Soft, w/8" Tortilla	1	42
Turkey Burger, No Bun	1 serving	1
Turkey & Gravy	5.23 oz	4
Turkey Wrap	1	44
Chipolte Chicken, No Wrap	2 oz	7
Chicken Patty Slider, No Bun	1	8
Chicken Chili Crispito	1	20
Chicken with Alfredo Sauce	1 cup	37
Quesadilla Chix & Cheese	serving (2 pieces)	34
Tangerine Chick,	4 oz	27

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
BEEF AND PORK:		
Beefy Cheese Nachos	1 serving	37
Beef Taco, Soft	1	28
Hamburger on a Bun	1	21
Cheeseburger on a Bun	1	25
Meatballs	4 @.65 oz each	5
Meatball Dunkers w/Bread Stick	1 serving/3	32
Taco Wedge	1 serving/3	30
Sausage Link	2	1
Sausage Patty	1-2 oz	1
Pulled Pork, on Bun	4 oz	32
Beef, Shaved on Hoagy	3 oz	34
Hot Dog on Bun	1	23
Hot Dog, Foot Long on Bun	1 serving	38
Sub Sandwich	1 serving	38
Corn Dog, Whole Grain	1 serving	30
Corn Dog on a Stick	1	26
Corn Dog, Mini Chicken	1 serving/4 pieces	18

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Rib Patty, Pork on WW Bun	1	23
Other:		
Pizza, Domino's 8 cut Cheese	1 serving	41
Pizza, Tony's Stuffed Crust	5.75 oz	39
Pizza, Domino's 10 Cut Cheese	1 serving	33
Pizza, French Bread 50/50 C	1 serving	36
Twisted Edge Pizza, Max	1 serving	44
Pizza, Chs Stuffed Crust, Max	1 serving	27
Toasted Cheese Sandwich, WW	1 serving	26
Toasted Cheese on Texas Toast	1 serving	39
Bread Stick, Pizza Dippers	4 each	30
Bread Stick, Mozz Twsted 5", Max	2 each	34
Bread Stick, Chs Stfd. 4" Bosco	2 each	30
Fiestada	1 each	52
Lasagna, Baked with Meat Sauce	1 serving	29
Lasagna with Ground Beef	1 serving	28
Tony's Flat Bread Cheese Pizza	1 serving	33

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Bosco, Stuffed Crust	1 serving	35
School Pizza, 8 cut	1 serving	35
Macaroni & Cheese (New) Wwheat	2/3 cup	33
Stuffed Shells (2) Marinara	2	28
Ham & Cheese, Hot, Club on WW	1	27
Ham & Turkey Wrap	1	50
Italian Toasted Cheese	1	39
Chili with Beans	1/2 cup	11
Chili with Beans & Wheat Crax's	1/2 cup	16
Breakfast Sandwich- Regular Bagel, 2.8 oz	1	43
Taco Salad	1 Serving	20
Hot Ham, Turkey and Cheese Sub-see Sub Sandwich	1 Serving	37
Pasta Salad, Whole Wheat	1/2 cup	37
Spaghett with Meat Sauce	8 oz	44
Sausage Links	1 serving	0
Pasta with Meat Sauce	8 oz	44
Pasta with Meat Balls	1 cup	42
Ravioli, Enriched	1 cup	30

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Rigatoni w/Meat Sauce	1 cup	44
Taco Salad Platter	1 serving	20

DESERTS:

Go-gurt	1 stick	13
Rice Krispie Treat	1 piece	21
Jello Cup	1/2 cup	25
Pudding Cup	1/2 cup	29
Whole Grain Cookie - 1 oz	1	18
Whole Grain Cookie - 1.5 oz	1	28
Apple Crisp	1	28

BREAKFAST:

Cereal, Cherrios, Fruity, 96-8	1	20
Cereal , Assorted single PK	1	20

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Cereal Golden Grahams 96-1z GENM	1	24
Cereal Asst Bowl	1	22
Cereal Golden Grahams Bowl	1	22
Bar, Cereal, Cheerios, Stawberry	1	28
Bar, Cereal, Trix Wgrain	1	28
Bar, Cereal, Cinn Tst Crnch	1	27
Bar, Cereal, Cocoa Puffs	1	28
Bar, Cereal, ApplCinn Rice Krpy	1	27
Bar, Cereal, Cocoa Rice Krpy	1	26
Bar, Granola Choc Chip	1	18
Pastry Pop-Tart Wgrain Cinn	1	37
Pastry Pop-Tart Wgrain Stawb	1	37
Pastry Pop-Tart Strawb Frstd	1	35
Cinnamania, Cinnamon Bun, French Toast	1	37
Breakfast Sandwich (Breakfast Round)	2.5	24
Granola, Low Fat	2.1 oz	48
Muffin, Fruit, Apple Cinnamon	2 oz	29
Muffin, Blueberry, Baked Mini	2/ .9 oz	26

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Graham Crackers Snack, GRIPZ	1 pkg	19
Egg Patty	1	1
French Toast Sticks	3	24
Mini Pancakes	1 pkg	30
Breakfast Sandwich - mini Bagel, egg patty, cheese	1 serving	27
Eggo Mini Pancakes in a bag	1 pkg	34
Waffles, Mini Eggo	1 pkg	33
Super Stick, Cinnamon	1	36

BREADS, MISC:

Cheese Bread	1 slice	19
Cheese Stuffed Bread stick/4", Bosco	2	31
Bread Stick, Plain with Parmesan, 8 "	1	29
English Muffin	1	25
Mini Soft Pretzel, Whole Wheat, 1 oz	1 piece	14
Tortilla Chips	10	22
Tortilla, Flour, 6.5 Inch	1	15
Tortilla, Flour, 8 Inch	1	20

AMHERST FOOD SERVICES



CARBOHYDRATE CONTENT OF FOODS ON THE MENU

	SERVING SIZE	GRAMS OF CARBOHYDRATE
Tortilla, Spinach	1	47
Tortilla, Wrap 9", Honey Wheat	1	49
Tortilla, Whole Wheat 8"	1	19

BREADS:	SERVING SIZE	GRAMS OF CARBOHYDRATE
Rye Bread Country Style (14 slices)	1	14
Texas Toast	1	18
French Bread (Un sliced)	1	14
Wheat, Split Top (22 slices)	1	12
White Pullman (26 slices)	1	13
Whole Wheat Pullman, 26 slices	1	13
Whole Grain White Pullman (26 slices)	1	11
Hot Dog Buns Whole Grain (8ct)	1	23
Whole Grain Hoagie, 6" (12ct)	1	32
Hot Dog Buns White Whole Grain (12ct)	1	20
9" Foot Longs, 8/pk	1	35
Diamond Jims, 8/pk	1	31
Whole Grain Hamburger, 8/ct	1	20
Whole Grain White Barb 3 1/2" (12 ct)	1	20
Wheat Bun 4 " with Whole Grains (12 ct)	1	24
Whole Wheat Kaiser, 8/pk	1	25
Whole Grain White Mini Bread Sticks (24 ct)	1	14
Whole Grain White Slider Bun (12 cluster)	1	14
Whole Grain White Dinner Roll (16)	1	15
Wheat Dinner Roll Large Cup (16)	1	15
Sesame, Double Deckers, 6/pk	1	33
Snowflake Dinner Roll, 12/pk	1	16
Whole Grain Wheat 4"	1	24