

**Nazareth Area School District**  
**Food Service Department**  
**Carbohydrate List**



Food Item	Brand	Carbs
<i>Carbohydrate information is derived from manufacturer, nutritional information, web pages and nutritional publications.</i>		
Apple		21
Apple Slice		8
Apple Slices (cinnamon)		8.7
Applesauce		22
Applesauce Cups (cinnamon)		17
Apple Turnover		37
Bagel		32.96
Bagel-Ful		33
Baked Beans, Vegetarian		21.14
Baked Ziti with Meatballs and Bread Slice		61.67
Banana		28
BBQ Sauce		10
Beans, Garbonzo		20
Beef Patty		2
Beef Shredded BBQ on Soft Roll		37.5
Birthday Ice (Elementary Birthday Baskets)		16
Boneless Wing Bar		18
Boneless Wing Bar with Assorted Sauces		21.6
Bread, Banana Slice		33
Bread, Whole Wheat Slice		14
Bread, Whole Grain Slice		17
Bread, Italian Slice for Panini		21
Breadstick, Whole Wheat		17
Breadstick, Cheese Filled Mozzarella, WG		31
Breakfast Break, Pop Tart		71
Breakfast Break, Cereal (Cin. Toast, Lucky Charm, Trix)		56
Breakfast Break, Cereal (Frost Flakes, Coco Puff)		54
Breakfast Break, Cereal (Fruit Loop, Honey Grahm)		59
Broccoli		2.92
Broccoli and Carrot Mix		2.96
Buffalo Chicken Wrap		37
Buttered Noodles		39
Caesar Salad with Croutons		10.82
California Cheeseburger		31.51
Carrots		5
Carrots, Glazed		12.41
Cereal Cup		46
Cheese, American		1

Cheese, Cream		1
Cheese, Mozzarella String		1
Cheese, Parmesan		1
Cheese, Provolone		1
Cheese, Swiss		1
Cheese It Crackers .75 oz		14
Cheese It Crackers 1.5 oz		24
Cheeseburger		28.7
Cheese Steak on Whole Wheat Roll		35.66
Cheesy Pretzel Melt		46
Cheesy Round		39
Chef Salad with Ham and Cheese		9
Chef Salad with Chicken Tender and Cheese		11
Chef Salad (Vegetarian)		6
Cheddar Cheese Sauce		3
Chicken Fajita		33
Chicken Fingers (Tenderloins)		15
Chicken Nuggets		15
Chicken, Oven Baked		0
Chicken Parm Sub/Sandwich		59
Chicken Parm with Spaghetti		50
Chicken Patty (without bun - 13)		32
Chicken Sandwich (Spicy)		35
Chicken Sandwich (Deluxe) Also Nazareth Chic Fil-A		34.5
Chicken Sticks/Fries		14
Chicken Boat (Chicken tenders and fries)		37
Chili Bread Bowl		23
Chip, Baked BBQ		22
Chip, Baked Original		20
Chip, Baked Sour Cream and Onion		19
Chip, Cheese Puff Red Fat		14
Chip, Dorrito Cool Ranch		19
Chip, Dorrito Nacho Baked		16
Chip, Dorrito Spicy Sweet		20
Chip, Round Tortilla		17
Chip, Sunchips (any flavor)		18
Cinnamon Roll		40
Cookie, 1.33 oz. Chocolate Chip		24.09
Cookie, 1.33 oz. Candy		23.9
Cookie, 1.33 oz. Double Chocolate		23.87
Cookie, 1.33 oz. Sugar		24.29
Cookie, 1.33 oz. Oatmeal Raisin		23.5
Cookie, 1.33 oz. Oatmeal Chocolate Chip		23.24
Cookie, Football		18
Cookie, Harvest		24.83
Cookie, Shamrock		18
Cookie, Valentine		18

Corn		14.26
Corn Dog		23
Corn Dog (Mini)		31
Cracker, Zesta Saltine		9
Cracker, Goldfish, Cinnamon		19
Cracker, Grahm		22
Crouton, Multigrain		4
Cucumber		2
Cupcake, Birthday, Chocolate or Vanilla		26
Curly Fries		26.6
Dinner Roll, White		22
Dinner Roll, Whole Wheat		19
Donut, Dunking Stick		48
Donut, Powdered		41
Dressing, Caesar (Light)		5
Dressing, Creamy Italian (Light)		2
Dressing, French (Light)		4
Dressing, Golden Italian (Light)		2
Dressing, Honey Mustard (Light)		6
Dressing, Italian (Light)		2
Dressing, Ranch (Light)		7
Egg, Hard Boiled		1
Egg McNazareth		28.6
Egg Patty		3
Eggs, Scrambled		1
English Muffin		23
French Bread Pizza		35.2
French Toast Sticks		42
Fruit Cocktail		14
Fruit Slushie Cup		27
Fruit Snack		21
Funnel Cake (Dutch Waffle)		44
Garlic Knot (1 knot)		23
General Tso Chicken		17
Graham Snacks		21
Granola, 2 oz		30
Gravy, Chicken or Turkey (tablespoon)		4
Gravy, Chicken or Turkey (1/4 cup)		32
Green Beans		3.75
Grilled BBQ Chicken Wrap		40
Grilled Cheese		32.05
Grilled Chicken		23.13
Ham		3
Hamburger		26
Hamburger Bun (White)		22
Honey Bun		40
Hoagie		36.3

Hot Dog		1
Hot Dog Bun (White)		19
Hot Dog Whole Wheat Roll		24
Hot Ham and Cheese on a Pretzel Roll		17.54
<b>Ice Cream:</b>		
Twister Cups		19
Cookies and Cream Cone		25
Chocolate and Vanilla Twist Cone		30
Crazy Cone		24
Chocolate and Vanilla Ice Cream Cup		12
Dessert Cups		12
Mini Ice Cream Sandwich		12
Mint Ice Cream Sandwich		33
Cookies and Cream Ice Cream Sandwich		29
Ice Cream Sandwich		33
Polar Blast Bar		30
Scooters		22
Jello		17
Juice, Suncup Apple, Orange Fruit Punch		14
Juice, Suncup Grape		19
Ketchup		5
Lettuce		3
Lettuce and Tomato		2.5
Macaroni and Cheese		35
Mandarin Oranges		18.72
Marinara Sauce		7
Mashed/Whipped Potatoes		17.09
Mayonnaise		0
Meatball Parm		44.91
Meatball (4 meatballs)		5
Milk 1% White		13
Milk Chocolate		20
Milk Strawberry		19
Mixed Vegetables		12
Mozzarella Sticks with Marinara Dipping Sauce (Stick alone - 32)		39.5
Muffin, Banana 2 oz.		30
Muffin, Blueberry 2 oz.		31
Muffin, Chocolate Chip 2 oz.		32
Mustard		0
Nacho Grande with Cheese		35.75
Nutri Grain Bar		26
Olives, Black		1
Onion Rings		27
Orange		19
Orange Smiles		7.83
Oven Baked Fries		17
Oven Baked Fries (Curly)		26.6

Pancakes, Mini (Confetti)		36
Pancakes, Mini (Maple)		36
Pasta Bar		41/62
Pasta with Meat Sauce		44
Pasta with Meatballs		55.5
Pasta with Sauce and 2 Cheese Bread Sticks		71
PB&J Jamwich		34
PB&J Sandwich		35
Peas		12
Pea and Carrot Combination		12.55
Peas Snow		12
Peaches		14.29
Peach Cups (frozen)		19
Pears		18
Pepper, Green Bell		2.33
Pickle, Dill		0
Pierogies		14.87
Pineapple Tid Bits		16
Pizza (Big Daddy's)		43
Pizza Dipper (Cheese filled breadstick) each		15
Pizza (Garlic French Bread)		29
Pizza (Cheesy Beef Around)		38
Pizza Smart Cheese (Nardones)		50
Pizza (Buffalo Chicken)		35
Pizza (Chicken Quesadilla)		36
Pizza (Mickey's)		28
Pizza (Personal Pan)		40
Pizza (Pepperoni)		50
Pizza (Stuffed Crust)		32
Popcorn, Smartfood Bagged		9
Pop Corn Chicken		15.13
Pop Corn Chicken Bowl		45.2
Pop Corn Chicken Caesar Salad		20.13
Pop Corn Chicken (Spicy) Salad		24
Potato Chips, Herr's (Hoagie Day)		22
Potato, 3/8" Fry		22
Potato, Crinkle Cut		23
Potato, Hash Brown Patty		15
Potato Smiles		17
Potato Wedge		21
Pretzel Bagged		15
Pretzel Roll		15
Pretzel, Soft		30
Pudding, Chocolate (4 oz)		23
Pulled Pork on a bun		42
Ravioli (Mini)		17
Red Beets		8

Rice, Brown (1 cup)		32
Rice, White (1 cup)		38
Rice Krispie Treat		29
Romaine Tossed Salad		3
Rotini with Meatballs and Garlic Bread		59
Salad, Garden with Dinner Roll		35.62
Salad, Garden Side (vegetables)		2
Salsa		2
Salsibury Steak		5
Sausage, Egg and Cheese on Whole Wheat Bagel		29.62
Sausage, Link		1
Sausage Patty		2
Sloppy Joe Sandwich		42.21
Slush Puppie		22.31
Soup, Tomato		20
Southwest Steak Wrap		25
Spaghetti Sauce		9
Spaghetti with Meatballs		55.5
Spinach Salad		2.74
Spinach Salad with Citrus Dressing		21
Spiral Fries		26.6
Seasoned Spiral Fries		20
Strawberry Cup		20
Stuffing (1/2 cup)		19
Syrup		31
Taco, Beef Soft Shell		27.44
Taco Shell		20
Taco with all the fixings (lettuce, tomato, cheese, shell)		21.8
Tomato, Grape		3.92
Tossed Salad		11
Tossed Salad with Garbonzo Beans		26.2
Tri Tators/Tator Tots		18
Tropicana Juice, Apple		34
Tropicana Juice, Cranberry		43
Tropical Fruit Mix		29
Tuna Fish		1
Turkey BLT Wrap		28.7
Turkey and Cheese Wrap		36
Turkey Breast, Lunchmeat		2
Turkey for 3 oz. (Thanksgiving Dinner)		1
Waffle, Mini		35
Waffle Fries (1 cup)		21
Wagon Wheel Burger with Bacon		16
Walking Taco		22.49
Watermelon		11.63
Yogurt, Chobani		16
Yogurt, Strawberry Banana		16

Yogurt, Parfait		24