

Parkland Food Service Department
Carbohydrate List

FOOD ITEM	BRAND	CARBS
2011-2012		
Carbohydrate Information is derived from manufacture nutritional information, web pages, and nutritional publications		
Red Shade on New Items		
ENTRÉE		(gms)
Bacon Cheeseburger		26
Bagel	Lenders	38
Bagel w/Cream Cheese	Lenders/Philly CC	39
Baked Ziti	Homemade	42
Bosco Cheese Sticks		52
Breaded Fish Fillet		39
Cereal Meal - Variety	General Mills	23
Cheese Pleazers		37
Cheese Quesadilla		23
Cheeseburger		26
Cheesesteak		40
Chicken - Popcorn	Tyson	17
Chicken Caesar Wrap		44
Chicken Filet -Reg and Spicy		12
Chicken Fried Rice	6oz	61
Chicken Fryze	Tyson	13
Chicken Lo Mien		43
Chicken Nuggets	Tyson	11
Chicken Nuggets-	Goldkist	14
Chicken Parm	Tyson	20
Chicken Patty Sandwich	Tyson	32
Chicken Quesadilla	Gilardi	23
Chicken Tenders	Tyson	15
Danimal Yogurt	Dannon	19
Deep Dish Round Pizza	Schwann's	36
Egg McTrojan		31
French Toast Stix w/Sausage		42
Gravy	1oz	4
Hot Dog - Turkey	Berks	21
Hot Pocket		41
Macaroni & Cheese		32
Meatball Sub		37
Meatloaf		8.2

Mozzarella Stix w/Sauce	Farm Rich	30
Nacho Bar		24
Nachos w/Cheese Sauce		24
Oven Roasted Turkey	USDA	0
Pasta w/wo Marinara Sauce		28
Pepperoni Pizza Pocket		37
Pepperoni Stromboli		30
Pizza - French Bread	Schwann's	27
Pizza - Stuffed Crust	Gilardi	50
Pizza- Kasa		42
Pizza-Valley Pizza	Valley	41
Pizza-Wedge	Sarago	38
Pork BBQ		42
Salisbury Steak		14
Sandwich, Ham and Cheese	Whole Grain	34
Sandwich, Turkey and Cheese	Whole Grain	33
Shrimp Poppers, Roll		38
Stuffed Crust Sticks	Gilardi	48
Stuffed Shells	East Side	36
Taco w/Toppings		44
Toasted Cheese Sandwich		36
Tomato Soup	Campbell's	17
Turkey and Cheese Hoagie		35
Turkey Corn Dog	State Fair	26
Turkey Corn Dogs- Mini	State Fair	26
Uncrustable - Large	Smuckers	54
Uncrustable - Small	Smuckers	33
Veggie Eggroll		28
YOGURT		
String Cheese	1oz	1
Yogurt - 4 oz.	Dannon	19
Yogurt - 4 oz.	Trix	23
Yogurt - 4 oz.	Upstate	19
VEGGIES		
Broccoli		4
Black Bean Salad	3oz	18
Carrots- Bag		7
Carrots - Steamed	USDA	5
Carrots-Baby		7
Celery Sticks		5
Corn	USDA	13

Cucumbers		2
French Fries- Oven Baked	USDA	24
Green Beans	USDA	3
Hash Brown		16
Mixed Veggies	USDA	8
Onion Rings		31
Peas	USDA	8
Pickle		1
Pierogies	Mrs. T	22
Potato Smiles	McCain's	24
Potato Sweet	USDA	28
Potato Wedges	USDA	34
Potato/Bread Stuffing		22
Potatoes Mashed		21
Potatoes Spudsters		23
Salad - Chef		21
Salad-Chicken Caesar, No Roll	Entree	5
Salad - Garden		22
Salad - Spinach Side		2
Salad Tossed		1
Tater Tots-1/2 Cup		29
STARCH		
Noodles Seasoned		28
Orzo Steamed		42
Potato/Bread Stuffing		22
Rice		20
Rice - Brown		25
Rice - Mexican		41
Rice- Pilaf		43
Rice- Black Bean and Rice	NEW	29
FRUITS		
Apple Wedges		19
Apples, Fresh	1 med	21
Applesauce		23
Applesauce Strawberry		25
Banana	1 med	20
Chilled Fruit		18
Cranberry Sauce	1/2 cup	27
Dried Cherries		27
Fruit Juices	Suncup 4oz	14-18

Fruit Smoothie		54
Mandarin Oranges		20
Orange Juice	Frozen 4oz	13
Orange Wedges	4oz	11
Papaya		14
Peaches, Canned		12
Pears, Canned		17
Red Seedless Grapes	14 grapes	14
Sliced Cinnamon Apples		15
Pineapple		18
Veg Beans		27
DESSERTS		
Apple or Peach Crisp		34-36
Apple X-treme Fruit		18
Buzz Light Year-Ice Cream Sandwich		28
Chocolate Chip Cookie	J&J Snacks	12
Crunchmania Snacks	Kellogg's	36
Elf Grahams-Added Calcium		21
Fruit Sherbet		27
Holiday Frozen Treats		18
Ice Cream Cup		16
Pepperidge Farm Gold Cracker	Campbell's	14
Physedibles Goldfish -Strawberry		18
Pudding Pop-Disney		18
Pudding -Canned		20
Reduced Fat Doritos		19
Sauce, Dipping	Carmel	24
Shape-Up 100% Juice 3oz		24
Teddy Grahams		16
Trojan Jell-O		14
Whole Fruit Icee "NEW"		18

SNACKS		
Bagelers		31
Baked Chips-Herrs	Herrs	23
Baked Cheetos	Frito Lay	19
Baked Chips	Frito Lay	17
Bug Bites	Kellogg's	17
Chips with Salsa	Chips 1oz	18
Crunchmania	Kellogg's	36

Heart Shaped Frozen Treat		18
Jungle Animal Crackers		21
Low Fat Doritos	Frito Lay	19
Mini Rice Krispie Treat	General Mills	9
Munchies	Frito Lay	18
Pretzel Soft		49
Pretzels	Rold Gold	23
Reduced Fat Doritos	Frito Lay	19
Salsa	2oz	4
Scooby Doo Graham Snacks	Kelloggs	20
String Cheese	Sorrento	0
Sun Chips	Frito Lay	20
Welch's Fruit Snacks	.9oz	15
Whole Grain Cookie-All Flavors	Hopes	25
MILK		
Milk - 1 % Choc.	Pocono	27
Milk - 1% White	Pocono	11
Milk - Skim	Pocono	11
BREAD		
Hamburger Roll	Butter Krust	26
Hot Dog Roll	Butter Krust	26
Italian Bread	Butter Krust	21
Whole Wheat Roll	Butter Krust	18
CEREAL		
Cheerios Cereal		14
Cheerios Cereal- Frosted		23
Cheerios Cereal- Honey		22
Cinnamon Toast Crunch		22
Corn Flakes		16
Kix Berry		21
Total Cereal		17
Wheaties Cereal		19
All cereal bowls are made with whole grains.		
DRESSINGS		
Creamy Italian	2T	3

Honey Mustard	1 pack	13
French	2T	5
Caesar	1 pack	2
Ranch	1 pack	2
Syrup	1 oz	20
FF Italian	1 oz	3
New Items for 2010		
Carmel Dip	1oz	19
Black Bean Salad	3oz	18
Steamed Orzo	3oz	42
Power Icec	1 Bar	8
Hummus		34
Chips-(18) Hummus (9) Carrots(7)		
Cheezits Junior Scrabble	1oz	20