



Connecticut Carb Count Figures (NSLP) 2014-2015 SY

Breakfast Items	CARB Units in (gm)	Calories	Fat Units in (gm)	Sat Fat Units in (gm)
APPLE JACKS	24.00	110.00	1.00	0.50
BAGEL & CREAM CHEESE	36.99	279.97	10.50	7.00
BBERRY MINI PANCAKES	35.00	210.00	6.00	1.00
BLUEBERRY MUFFIN	26.00	160.00	6.00	1.00
BREAKFAST PIZZA SAUS	24.00	220.00	10.00	4.00
CEREAL COCOA ROOS!	21.00	100.00	1.00	0.00
CEREAL HONEY SCOOTER	22.97	99.85	1.00	0.00
CEREAL TOASTY O'S	17.97	99.81	1.50	0.00
CHOC-CHIP FRENCH TOAST	5.00	310.00	6.00	1.50
CINN SWIRL & YOGURT	38.00	210.00	4.00	0.50
CINN TOASTER BOWL	22.00	120.00	3.50	0.50
EGG & CHEESE MUFFIN	25.34	238.22	10.48	3.48
EGG OMELET CHEDDAR	1.70	136.08	10.77	3.40
FRENCH TOAST STICKS	41.00	300.00	12.00	3.00
FROOT LOOPS	24.00	110.00	1.00	0.50
FROSTED FLAKES	24.00	100.00	0.00	0.00
GOODY RING DONUT	29.00	230.00	11.00	4.00
MAPLE MINI PANCAKES	35.00	210.00	6.00	1.00
MAPLE MINI WAFFLES	35.00	200.00	5.00	1.50
MUFFIN APPLE/CINN	25.00	160.00	6.00	1.00
MUFFIN CHOC/CHOC	29.00	190.00	7.00	1.50
PANCAKES ORIGINAL	39.00	220.00	4.00	0.50
SAUSAGE & BISCUIT	17.00	220.00	14.00	5.00
SAUSAGE BAGEL SANDWICH	33.99	289.97	12.50	4.00
STRAWBERRY POP-TARTS	75.00	360.00	4.50	2.00
SW POT SWIRL W/ICING	22.00	130.00	4.00	0.50
YOGURT STRAW/BAN	16.00	80.00	0.00	0.00
YOGURT STRAWBERRY	16.00	80.00	0.00	0.00



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Entrée Items	CARB Units in (gm)	Calories	Fat Units in (gm)	Sat Fat Units in (gm)
<i>All American Cheeseburger</i>	23.50	302.02	14.50	6.00
<i>All American Hot Dog</i>	24.00	292.00	18.00	7.00
<i>Baked Homestyle Meatloaf w/WG Breadsticks</i>	44.00	350.00	10.00	4.00
<i>BBQ Chicken Pizza</i>	35.98	269.88	7.00	2.00
<i>Bean & Cheese Burrito</i>	300.00	340.00	13.00	7.00
<i>Beef Ravioli w/WG Breadstick</i>	45.23	313.84	7.38	3.23
<i>Beef Taco w/WG Shell</i>	28.47	299.90	15.68	2.76
<i>Breakfast for Lunch</i>	32.25	345.00	17.75	4.25
<i>Buffalo Chicken Sandwich</i>	38.00	377.00	19.00	2.50
<i>Cheese Pizza (Slice; WG)</i>	32.00	270.00	10.00	3.00
<i>Cheese Quesadillas</i>	40.00	330.00	12.00	3.50
<i>Chicken Nuggets w/Breadstick</i>	32.16	272.19	8.10	1.01
<i>Chicken Teriyaki with Brown Rice</i>	69.44	429.33	7.43	1.50
<i>Creamy Chicken Alfredo</i>	34.94	273.47	8.83	3.12
<i>Crispy Chicken Sandwich</i>	39.00	457.00	26.00	3.50
<i>Crispy Mini Corndog Nuggets</i>	29.84	238.73	11.94	0.00
<i>Grilled Chicken Sandwich on WG Bun</i>	23.00	287.00	15.00	2.50
<i>Heapin' Beef Nachos</i>	54.63	558.47	33.10	6.42
<i>Honey BBQ Rib Sandwich</i>	35.00	377.00	17.00	6.00
<i>Italian Spaghetti & Meatballs</i>	41.91	312.64	11.28	0.57
<i>Jamaican Beef Patty</i>	44.00	450.00	25.00	5.00
<i>Meatball Marinara Sub</i>	33.04	342.73	16.84	6.72
<i>Mozz Stuffed Cheese Sticks</i>	34.00	300.00	11.00	5.00
<i>Orange Chicken w/WG Breadstick</i>	38.57	329.91	11.93	2.30
<i>Oven Baked Chicken Tenders w/WG Breadstick</i>	38.00	329.84	12.58	2.10



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Entrée Items	CARB Units in (gm)	Calories	Fat Units in (gm)	Sat Fat Units in (gm)
<i>Pepperoni Pizza</i>	32.00	270.00	8.00	4.00
<i>Personal Cheese Pizza</i>	39.00	320.01	12.00	3.50
<i>Personal Pepperoni Pizza</i>	39.00	320.01	12.00	3.50
<i>Pizza Quesadilla</i>	41.00	340.01	12.00	3.00
<i>Sheperds Pie w/WG Breadstick</i>	40.78	304.87	9.40	0.00
<i>Spicy Chicken Tenders</i>	33.22	250.00	5.33	1.33
<i>Stuffed Crust Pizza</i>	35.00	300.00	11.00	6.00
<i>Sweedish Meatballs w/WG Rice</i>	73.67	492.76	15.03	4.88
<i>Tangy BBQ Chicken Sandwich</i>	27.91	230.63	6.00	1.50
<i>Three Cheese Baked Ziti</i>	37.22	365.09	17.19	8.69
<i>WG BBQ Chicken Snack Wrap</i>	55.47	452.41	16.54	6.01
<i>WG Buffalo Chicken Snack Wrap</i>	68.00	610.00	27.50	7.00
<i>WG Cheese Calzone</i>	49.49	351.94	11.00	6.60
<i>WG Cheesy Mac & Cheese w/Breadstick</i>	46.29	348.77	10.52	4.44
<i>WG Cheesy Mac & Cheese w/Franks</i>	35.24	342.60	17.26	6.36
<i>WG Chicken Bites w/WG Breadstick</i>	33.94	335.47	13.88	2.67
<i>WG Chicken Caesar Wrap</i>	26.83	257.92	8.97	2.74
<i>WG French Bread Pizza</i>	34.00	300.00	11.00	4.00
<i>WG Lasagna Rollup</i>	27.00	220.00	7.00	4.00
<i>WG Mini Ham & Cheese Sub</i>	22.00	117.00	2.00	0.00
<i>WG PB&J Cool Pack</i>	72.00	520.00	18.50	3.50
<i>WG Penne with Italian Meatsauce</i>	39.50	320.63	11.68	0.57
<i>WG Pizza Sticks</i>	36.77	315.56	10.52	5.00
<i>WG Popcorn Chicken Bites w/Breadstick</i>	33.94	335.47	13.88	2.67
<i>WG Spaghetti w/Meatsauce</i>	41.91	312.64	11.28	0.57

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Side Items	CARB Units in (gm)	Calories	Fat Units in (gm)	Sat Fat Units in (gm)
APPLE	23.80	90.00	0.00	0.00
APPLE SLICES	17.34	67.54	0.10	0.00
ARTISAN SALAD BLEND	2.30	77.07	7.11	1.02
BROCCOLI DIPPERS .5 CUP	4.73	90.28	7.23	1.03
BROCCOLI DIPPERS 1 CUP	8.46	110.56	7.45	1.07
BROWN SUGAR BAKED BEANS	34.85	172.87	0.00	0.00
CANNED PEACHES .5 CUP	18.26	67.77	0.04	0.00
CANNED PEACHES 1 CUP	36.52	135.54	0.08	0.00
CARROT DIPPERS .5 CUP	1.06	70.25	7.00	1.00
CARROT DIPPERS 1.25 CUP	17.50	140.62	7.41	1.07
CARROT DIPPERS 1CUP	15.03	130.02	7.35	1.06
CHEESY STEAMED BROCCOLI	3.98	64.65	5.09	2.06
FRESH CELERY DIPPERS .5 CUP	2.50	78.08	7.09	1.02
FRESH CELERY DIPPERS 1 CUP	4.75	90.20	7.22	1.05
FRIES CC SWEET POTATO 5/16	25.00	160.00	7.00	1.00
FRIES SWEET POTATO TOTS	21.01	130.06	4.50	0.50
FRUIT COCKTAIL .5 CUP	14.05	54.51	0.01	0.00
FRUIT COCKTAIL 1 CUP	28.11	109.02	0.02	0.00
ITALIAN BLEND VEGETABLES	4.48	38.60	1.73	0.33
MASH POTATO PEARLS	15.27	76.33	0.85	0.00
OVEN CRISP FRIES .5 CUP	22.00	130.00	4.50	0.50
OVEN CRISP FRIES .75 CUP	33.00	195.00	6.75	0.75
ROASTED BROCCOLI	4.33	35.61	1.96	0.37
ROASTED CAULIFLOWER	3.69	46.49	3.64	0.69
SEASONED BLACK BEANS	19.29	106.08	0.01	0.00
SEASONED CORN .5 CUP	27.00	150.44	3.31	0.44
SEASONED CORN .75 CUP	36.00	200.58	4.41	0.59
SEASONED CORN 1 CUP	54.00	300.87	6.62	0.89
SEASONED CORN 1.25	64.80	361.05	7.95	1.07
SEASONED GREEN BEANS	6.26	51.74	2.31	0.44
STEAMED BROCCOLI	3.98	37.98	2.09	0.39
SWEET GREEN PEAS	9.73	71.38	2.13	0.40
SWEET POTATO WAFFLE FRY .5CUP	12.30	73.42	2.40	0.40
SWEET POTATO WAFFLE FRY 1CUP	24.60	146.84	4.81	0.80