

Willoughby-Eastlake Schools

Carbohydrate Content of Foods Served

Category	Serving Size	Grams of Carbohydrate
Canned Fruit		
Apple Slices	1/2 cup	9
Plain Applesauce	1/2 cup	13.77
Cinnamon Applesauce	1/2 cup	30
Fruited Applesauce	1/2 cup	19
Peaches	1/2 cup	13.99
Pears	1/2 cup	15.02
Pineapple	1/2 cup	20
Mixed Fruit	1/2 cup	18
Frz. Peach Cup	1/2 cup	19
Frz. Strawberry Cup	1/2 cup	19
Raisins	1 sm. Box	30.09
Fresh Fruit & Fruit Juice		
Apple - whole	1 ea.	19
Apples - sliced	2oz. Bag	7
Banana - small	1 ea.	51
Orange whole	1 ea.	21
Apple Juice	4 oz. cup	13
Grape Juice	4 oz. cup	19
Orange Juice	4oz. Cup	13.41
Vegetables		
Ve. Beans	1/4 cup	13.53
Broccoli - frz.	1/2 Cup	4.93
Carrots - fresh	1oz. Bag	3
Carrots - frz.	1/2 Cup	5.64
Corn - canned	1/2 cup	17.74
Garbanzo beans	1/4 cup	13.52
Corn - frz.	1/2 Cup	15.92
Gr. Beans - canned	1/2 Cup	2.9
Peas - frz.	1/2 cup	1.41
Refried Beans	1/4 cup	9.61

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Category	Serving Size	Grams of Carbohydrate
Breakfast Foods		
Pancake wrap	1 ea.	18
Cereal bowls	1 ea.	22
Bagelful Stix	1 ea.	31
Bagel plain	1 ea.	29
Funnel cake	1 ea.	45
Mini pancakes	1 pkg.	35
French toast sticks	4 ea.	56
Waffle Mini	1 pkg.	35
UBR (breakfast round)	1 ea.	43
Waffle - Belgium	1 ea.	43
Poptarts	1 ct - 2 ct	37 - 67
Egg patty	1 ea.	1
Egg Frittata	1 ea.	2
Crackers	1 pkg.	22
Muffin with raisins	1 ea.	31
Cereal Bars	1 ea.	28
Apple Cherry Bar	1 ea.	43
Fruit turnover	1 ea.	48
Cinni Mini	1 ea.	40
Frudel cherry - apple	1 ea.	37 - 36
Muffin Blueb. Banana	1 ea.	52 - 54
Quesadillas/Pizza		
Chicken Quesadilla 5 oz.	1 ea.	38
Cheese Quesadilla 5oz.	1 ea.	40
Beef Pizza Quesadilla 5oz.	1 ea.	41
Cheesy Bread (pull apart)	1 ea.	37
Beef Fiestada (mexican)	1 ea.	42
Stuffed Crust Pizza	1 ea.	38
4x6 Cheese Pizza	1 ea.	37
4x6 Meat Pizza	1 ea.	35
Wedge Cheese Pizza	1 ea.	37
Wedge Meat Pizza	1 ea.	37

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Potatoes		
Potato Bites	1/2 cup	19
Potato Coins	8-9 ea.	18
Potato Rounds	10 ea.	19
Hash Brown Stix	2 ea.	31
Instant mashed	1/2 cup	6.57
Frozen mashed	1/2 cup	20
Scalloped	1/2 cup	16
AuGratin	1/2 cup	18
Hash brown bake	1/2 cup	17
Breads/Grains		
English Muffin WG	1 ea.	24
Sandwich bread	1 slice	21
Hamburger bun	1 ea.	24
Hoagy bun	1 ea.	32
Roll	1 ea.	26
Taco shell 5"	1 ea.	21
Hot dog bun	1 ea.	21
Footlong hot dog bun	1 ea.	39
Flour tortilla 8" - 10"	1 ea.	28 - 38
Breadstick WG	1 ea.	22
Peanut butter & jelly bar	1 ea.	26
Peanut butter & jelly sandwich	1 ea.	32
Cheese		
Jalapeno cheese sauce	4 oz.	3
American	2 oz.	2
Brd. Mozzarella sticks	5 ea.	33
Bosco stick	1 ea.	28
String Cheese	1 oz.	1
Butter herb breadstick	1 ea.	23
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Category	Serving Size	Grams of Carbohydrate
ENTREES		
Beef & Pork		
Beef Hoagie Patty	1 ea.	4
Salami (cooked)	4 slices	4
Brd. Pork Patty	1 ea.	17
Beef Philly Steak	3 oz.	0
Salisbury Steak Patty	1 ea.	2.3
Charbroiled Beef Patty	1 ea.	2
Beef Taco Filling	3.18 oz.	5
Beef Meatballs	4 ea.	6
Corn Dog (pork & beef) 4 oz.	1 ea.	30
Hot dog (pork, beef, tky)	1 ea.	1
Footlong Hot Dog (pork, beef, tky)	1 ea.	2
Pork Rib Patty	1 ea.	4
Turkey Sausage Patty	1 ea.	1
BBQ Pork	4 oz.	13
Pepperoni Roll	1 ea.	41
Poultry		
Brd. Chicken Strips (fingers)	4 ea.	8
Brd. Chicken Nuggets	5 ea.	8
Brd. Chicken Patty	1 ea.	7
Spicy Brd. Chicken Strips (fingers)	5 ea.	8
Spicy Brd. Chicken Patty	1 ea.	8
Brd. Popcorn Chicken	16 ea.	10
Chicken Breast Hoagie Patty	1 ea.	3
Sliced Turkey Roll	3 oz.	3
Asian Chicken (Tangy)	4 oz.	27
Asian Chicken (Teriyaki)	4 oz.	14
Chicken Fajita Strips	4 oz.	1.2
Chicken (Roasted)	2 oz.	0
Sl. Ham	1 oz.	1.83
Turkey Ham	3.4 oz	13
Hearty Nacho's	1 serving	47
Pasta & Meat Sauce	1 cup	52
Ravioli	1 cup	33