

Carbohydrate Count

Category	Item Number	Item Name	Carb Count
Meats	54701	Ground Beef	0 grams
	48700	Beef Patties	0 grams
	5115	Beef Stew	0 grams
	30900-32591	Sliced Roast Beef	1 gram
	155-425-20	Flame Broiled Beef Pattie	2 grams
	9600	Flamebroiled Salisbury Steak	3 grams
	989	Hot Wings	3 grams
	900	BBQ Wings	7 grams
	72005	Japanese Cherry Blossom Chicken	27 grams
	72013	Sriracha Honey Chicken	24 grams
	72003	Sweet & Spicy Chicken	28 grams
	73002	Cajun/Mandarin Chicken	15 grams
	64015WG	Chicken Breast Bites	8.75 grams
	60915WG	Chicken Breast Filet	7.33 grams
	60125WG	Spicy Chicken Breast Filet	15.83 grams
	9820	Flame Broiled Chicken Breast Filet	6 grams
	46015WG	Chicken Tenders	13.84 grams
	64630WG	Chicken Breast Chunks	13.66 grams
	20751	Popcorn Shrimp	18 grams
	78010	Fish Filet	14 grams
	69204	Egg Roll (3 oz)	20 grams
	69201	Egg Roll (4.4 oz)	28 grams
	22655 81471	Turkey Roast	2 grams
	5104	Buffet Ham	4 grams
	45300 26311	Ham Patties	1 gram
	65669	Turkey Hot Dog	1 gram
	57545	Deli Meat Variety Pack	2 grams
	72578	Galaxy Pizza	33 grams
	89966	Beef Crumble Pizza	30 grams
	5877	Cheese Quesadilla	18 grams
	12699	Pizza Quesadilla Cheese	42 grams
	12700	Chicken Quesadilla	38 grams
	625WSUP2	Supreme Pizza	31 grams
	625WBC2	Buffalo White Chicken Pizza	26 grams
	C625WRMP2	Pepperoni Pizza	30 grams
	M625WRM2	Cheese Pizza	31 grams
	625WRMV2	Veggie Pizza	32 grams
	71865	Ranchero Style Beef Pizza	30 grams
	12680	Real Slice Cheese Pizza	32 grams
	AS164W-10	Alpha Supreme Pepperoni Pizza	33 grams
	261022	Breaded Beef Steak Pattie	7 grams
	86651	Breakfast Pizza with Sausage	16 grams
	84748	Breakfast Pizza with Turkey Sausage	22 grams
	78352	Sausage & Gravy Breakfast Pizza	24 grams
	19669	Turkey Sausage Link	1 gram
	100 45300 30773 9	Turkey Sausage Patty	1 gram
28547	Sliced Smoked Ham	3 grams	
71000	Breakfast Bites	18 grams	
4692	Sausage Roll	17 grams	
84615	Pancake Pup	23 grams	
78362	Turkey Sausage Breakfast Bagel	22 grams	
55301	Cream Cheese	1 gram	
10026/10027	Sliced American Cheese	3 grams	
234	Parmesan Cheese	0 grams	
1105	Frozen Eggs	1 gram	
48000	Peanut Butter	8 grams	
12305	Brookwood BBQ	1 gram	
9879	Chicken Dipper with Teriyaki	9 grams	

	9821	Flame Broiled Chicken Bites	1 gram
	60715	Breaded Chicken Filet	13 grams
	1089863	Fish Nuggets	22 grams
	22655 69502	Deli Meat Variety Pack	3 grams
	22655 63902	Sliced Turkey Ham	2 grams
	72579	Tony's Galaxy Pizza	30 grams
	8391	Giorgio Pizza	36 grams
	5245	Giorgio Wedge Pizza	36 grams
	8571	Giorgio Pepperoni Pizza	36 grams
	72560	Tony's Pepperoni Pizza	35 grams
	50515WG	Breaded Chicken Breast Patty	7 grams
	70601	Sausage Pancake Pup	22 grams
	22655 30676	Turkey Sausage Links	2 grams
	59688	Flatbread Breakfast Pizza	21 grams
	51291	Sausage Biscuit	24 grams
	7010006054	Bacon	1 gram
	20301/20305	Shredded Cheddar Cheese	3 grams
	51500-06960	Uncrustables PB & J	32 grams
	7220010	Sunflower Seeds	4 grams
	445851	Tuna	0 grams
	60325WG	Spicy Chicken Breast Filet	16.27 grams
	718416	Ground Beef Pattie	0 grams
	68005	Breaded Beef Pattie	16 grams
	275844	Breaded Chicken Tenders	2 grams
Breads	13711620	Roundtop Sandwich Bread	13 grams
	10215600	Nature's Own 100% Whole Grain	12 grams
	10031260	Hamburger Buns	26 grams
	13740550	Steak Bun	36 grams
	13735270	Dinner Roll	13 grams
	13740680	Dinner Roll - Sliced	13 grams
	13709190	Hotdog Buns	26 grams
	12923950	8" Tortilla	21 grams
	52140100	Texas Toast	17 grams
	137-2666-0	100% Whole Grain Bun	26 grams
	MWB5180	Mini Breakfast Bun	24 grams
	9202	Powdered Super Donut	17 grams
	9200	Glazed Super Donut	17 grams
	9201	Waffles	23 grams
	1377	Sweet Potato Swirl	37 grams
	16701W	WG Cinnamon Roll	22 grams
	MF7201W	Pancakes	24 grams
	3008994	Waffle Stix	26 grams
	3334	Cream Cheese & Strawberry Bun	32 grams
	5011	Bread Sticks	15 grams
	1151	Gourmet Bun	26 grams
	1143	Hot Dog Buns	33 grams
	1126	Sliced Bread	12 grams
	60120	Sandwich Roll	36 grams
	1423	Pita Pocket	13 grams
	6109	6" Tortilla	15 grams
	80003	Whole Corn Grits	16.5 grams
	14955	Honey Nut Scooters	24 grams
	4240000715	Raisin Bran	28 grams
	4240001615	Marshmallow Mateys	24 grams
	4240003915	Cinnamon Toasters	22 grams
	4240004515	Honey Graham Squares	24 grams
	0-14100-14367-3	Goldfish	14 grams
	20012	Animal Snackers	18 grams
	76410900469	Cheese on Whole Grain Crackers	25 grams
	596761	Rice Krispie Treat	31 grams
	7709	Pop Tarts	37 grams
	19984	Fritos	15 grams

	8555/6382	BBQ Corn Chips	23 grams
	28400-21642-5	Baked Cheetos	17 grams
	28400-36096-8	Cool Ranch Tortilla	19 grams
	28400-31748-1	Nacho Cheese Tortilla	20 grams
	801260-227	White Cheddar Popcorn	8 grams
	28400-36308-2	Kid's Mix	18 grams
	22170	Mini Pretzels	35 grams
	31932	Chex Cheddar Snack Mix	20 grams
	30821-2	Garden Salsa Sunchips	15 grams
	37301	Spicy Cheese Charms	14 grams
	72806-056055	Brown Rice	37 grams
	34WG	10" Lasagne Noodle	41 grams
	09WG	Elbow Macaroni	41 grams
	03WG	Spaghetti	41 grams
	46700	Seasoned Croutons	5 grams
	37720	French Toast	24 grams
	1201	Blueberry Muffin	25 grams
	1202	Banana Muffin	27 grams
	1203	Apple Cinnamon Muffin	26 grams
	32259	Mini Maple Pancakes	40 grams
	32261	Mini Strawberry Pancakes	40 grams
	32264	Mini Blueberry Pancakes	38 grams
	32267	Biscuit	28 grams
	32269	Mini Biscuit	15 grams
	9613	Yeast Roll	16 grams
	38524	8" Tortilla	24 grams
	4912	M&M Cookies	18 grams
	4911	Chocolate Chip Cookies	18 grams
	4915	Sugar Cookie	18.26 grams
	76578	Peanut Butter Cookie	20 grams
	40239	Chocolate Elf Grahams	20 grams
	55644	Cinnamon Elf Grahams	21 grams
	80741	Chocolate Chip Grahams	20 grams
	91822	Honey Grahams	17 grams
	7381	5" Taco Shells	21 grams
	8617	Tortilla Chips	17 grams
	454818	Cake Mix	37 grams
	454904	Brownie Mix	29 grams
	468118	1/4" Egg Noodles	35 grams
	13341	Rotini	39 grams
	524325	Plain White Corn Meal	23 grams
	768851	Mini Maple Waffles	38 grams
	618578	Whole Grain Crackers	10 grams
Vegetables	71200	Carrots	6 grams
	70450	Frozen Corn	20 grams
	70500	Mixed Vegetables	12 grams
	70750	California Vegetables	5 grams
	70800	Stir Fry Vegetables	5 grams
	70700	Okra	7 grams
	69800	Turnips	4 grams
	69300	Mustard Greens	2 grams
	10071179024361	Sweet Potato Rounds	17 grams
	10071179004189	Potato Rounds	19 grams
	03725	Sweet Potato Fries	15 grams
	05004	Oven Fries	27 grams
	70420	Celery	3 grams
	32141	Salad Olives	1 gram
	13051	Sliced Olives	0 grams
	01150	Green Beans	4 grams
	03300	Tiny Whole Potatoes	14 grams
	10071179205050	Sliced Potatoes	23 grams
	3470094213	Yellow Squash	3 grams

	1207312031	Whole Tomatoes	5 grams
	1207312088	Diced Tomatoes	5 grams
	777072	Broccoli Spears	5 grams
	777400	Broccoli Cuts	4 grams
	786488	Peas & Carrots	11 grams
	33500	Breaded Okra	24 grams
	755822	Candied Yam Patties	21 grams
	772828	Whole Potatoes	17 grams
	9000525	Crinkle Fries	25 grams
	9470052	Wedge Fries	22 grams
	1224001	Cut Green Beans	4 grams
	41213001	Kidney Beans	20 grams
	32213001	Black Beans	19 grams
	51315001	Lima Beans	20 grams
	581280	Pork & Beans	23 grams
	38213001	Blackeyed Peas	16 grams
	11213001	Three Bean Salad	21 grams
	47214001	Sweet Peas	16 grams
	70213001	Whole Kernel Corn	18 grams
	71179022770	Mashed Potatoes	17 grams
	71179022862	Au Gratin Potatoes	25 grams
	15213001	Diced Potatoes	18 grams
	557595	Tomato Paste	7 grams
	556645	Crushed Tomatoes	7 grams
	554425	Mild Salsa	2 grams
	42201/42248	Spaghetti Sauce	11 grams
Fruits	7897	Apple Juice (4 oz)	14 grams
	2855	Apple Juice (6 oz)	22 grams
	090501	Grape Juice (4 oz)	19 grams
	2655	Grape Juice (6 oz)	28 grams
	090100	Orange Juice (4oz)	13 grams
	2055	Orange Juice (6 oz)	22 grams
	091000	Pineapple Juice (4 oz)	16 grams
	59717	Blueberry Juice	16 grams
	3820,3821,4011	Juice Bars: Cherry, Orange, Raspberry	15 grams
	124003, 104, 105, 106	Ice Dog: Strawberry, Cherry, Raspberry, Watermelon	17 grams
	08005	Applesauce	14 grams
	08012	Cinnamon Applesauce	15 grams
	08013	Mixed Berry Applesauce	15 grams
	1921156504	Sliced Peaches	17 grams
	112030104268	Pineapple Tidbits	20 grams
	11650	Maraschino Cherries	2 grams
	3295	Raisins	79 grams
	800401	Mixed Fruit Cup	24 grams
	801401	Peach Cup	23 grams
	802401	Pear Cup	29 grams
	402411	Applesauce	23 grams
	3120001400	Cranberry Sauce	25 grams
	1921153310	Fruit Cocktail	19 grams
	407933	Diced Peaches	17 grams
	1921156724	Diced Pears	20 grams
	0402020000	Raisins, Ind.	29 grams
	91007	Apple Juice (10 oz)	37 grams
	98007	Grape Juice (10 oz)	43 grams
	96407	Orange Juice (10 oz)	35 grams
Seasonings	322600	Beef Broth	0 grams
	104-052	Liquid Shortening	0 grams
	101-050	Vegetable Shortening	0 grams
	21450	Lemon Juice	0 grams
	20251, 20201,20051	Lemon, Almond, Vanilla Extract	0 grams
	36890	Ham Base	4 grams

	V411-D9190	Taco Seasoning	3 grams
	26648	Basil Leaves	1 gram
	26174	Celery Salt	6.23 grams
	39851	Celery Seed	0 grams
	26002	Chili Powder	1 gram
	26042	Chives	2 grams
	26003	Cinnamon	2 grams
	26503	Cumin	1 gram
	26508	Garlic Powder	2.5 grams
	40251	Garlic Salt	0 grams
	26023	Ginger	1.5 grams
	7611499725	Lemon Pepper	0 grams
	26025	Dried Marjoram	0 grams
	40551	Ground Mustard	0 grams
	26026	Nutmeg	1 gram
	40701	Onion Powder	2 grams
	26009	Oregano	1 gram
	26520	Paprika	1 gram
	26188	Parsley	0 grams
	26037	White Pepper	1.5 grams
	26028	Poultry Seasoning	1 gram
	26031	Ground Sage	0 grams
	4143000556	Salt	0 grams
	41201	Seasoning Salt	0 grams
	26535	Thyme Leaves	0 grams
	7269	Dehydrated Onions	1 gram
		Pimientos	0 grams
	92553	Diced Green Peppers	1 gram
		Bell Peppers	1 gram
	2319	Dill Slices	0 grams
	4312	Sweet Pickle Relish	22 grams
	PC-247	Bacon Bits	2 grams
	494801	Vegetable Spray	0 grams
	494825	Butter Spray	0 grams
	494850	Garlic Spray	0 grams
	490948	Butter Buds	2 grams
	V414-AN190	Sloppy Joe Mix	4 grams
	V415-AN190	Spaghetti Mix	3 grams
	527336E	Cream of Tartar	0 grams
	981	Black Pepper	0 grams
	539148	Sesame Seed	0 grams
	14462	Black Pepper	0 grams
	500283	French Onion Soup	4 grams
	550EE	Cream of Chicken Soup	10 grams
	550CM	Cream of Mushroom Soup	9 grams
	1260	Cloves	0 grams
	195790	Distilled Vinegar	0 grams
	210250	Tabasco Sauce	1 gram
Dairy		Nonfat Chocolate Milk	20 grams
		Fat Free Vanilla Milk	19 grams
		Fat Free Strawberry Milk	19 grams
		Lowfat Milk	13 grams
	75243 10103	Skim Milk	13 grams
		Orange Blast	30 grams
		Fruit Punch	30 grams
	25317	Orange Juice	27 grams
	18671	Reduced Fat Cultured Buttermilk	12 grams
	43698	Lowfat Vanilla Ice Cream	20 grams
	43608	Light Strawberry Ice Cream	19 grams
	43607	Light Chocolate Ice Cream	19 grams
	45507	Fat Free Fudge Bar	22 grams
	44732	Lowfat Ice Cream Sandwich	26 grams

	53565	Lowfat Cookies & Cream Sandwich	28 grams
	53392	Sour Swell Cherry	12 grams
	38975	Polar Pole Rainbow	13 grams
	38829	Lowfat Strawberry Shortcake	23 grams
	38974	Lowfat Chocolate Shortcake	22 grams
	53393	Vanilla & Chocolate Cone	27 grams
	42196	Crumbled Cookie Cone	31 grams
	75455 87100	Creamy Cotton Candy	15 grams
Condiments	59250	Sour Cream (1oz)	1 gram
	6510	Thousand Island Dressing	2 grams
	81974	Fat Free Thousand Island Dressing	12 grams
	42628	Jalapeno Ranch Dressing	1 gram
	442	Lite Ranch	2 grams
	340	Lite Italian Dressing	2 grams
	TS9002	Tartar Sauce	1 gram
	360	Sweet & Sour Sauce	14 grams
	357	Honey Mustard	9 grams
	HOT200	Hot Sauce	7 grams
	TACO95	Taco Sauce	1 gram
	43270	Marinara Sauce	6 grams
	984800	Heinz Ketchup	3 grams
	42750	Mustard	0 grams
	6346	Lite Mayonnaise	1 gram
	6387	Red French Dressing	3 grams
	94-B918-003	Fat Free California French	11 grams
	6510	Thousand Island Dressing	2 grams
	122	Caesar Dressing	1 gram
	80087	Fat Free Italian Dressing	3 grams
	23550	Reduced Calorie Thousand Island Dressing	3 grams
	23500	Reduced Calorie French Dressing	5 grams
	41500-05315-5	BBQ Sauce	9 grams
	4350	Hamburger Catsup	4 grams
	7635530071	Salad Mustard	1 gram
	4150005560	Redhot Pepper Sauce	0 grams
	JP213	Grape, Apple, Mixed Fruit Jelly	9 grams
	SA3006	Salt	0 grams
	5855	Apple Jelly	13 grams
	5905	Grape Jelly	12 grams
	37183	Ranch Dressing Mix	0 grams
	203823	Fat Free Ranch Dressing	1 gram
	202644	Reduced Calorie Mayonnaise	1 gram
	197734	Worcestershire Sauce	1 gram
	194468	Soy Sauce	1 gram
	210250	Hot Pepper Sauce	0 grams
	76018	Low Sodium BBQ Sauce	5 grams
	215325	Cocktail Sauce	2 grams
	16840	Margarine	0 grams
	2559	Whipped Topping	2 grams
	472570	Sliced Dill Pickles	2 grams
	472570	Dill Pickle Spears	1 gram
	86448	Syrup	27 grams
	1964	Lite Ranch Dressing	7 grams