

Howard County Public School System Food and Nutrition Service Office

Breads/Grains/Pasta	Serving	Carbohydrate Grams
Bagel, 2.2 oz	Each	34.00
Biscuit, Whole Grain	Each	26.00
Bread, White WG	Slice	14.00
Cereal, average WG	1 Ounce	22.00
Muffin, Apple Cinnamon WG	Each	26.00
Muffin, Banana WG	Each	27.00
Muffin, Blueberry WG	Each	28.00
Pasta & Marinara (Penne/Rotini)	1/2 Cup	22.90
Rice, Brown Cooked WG	1/2 Cup	18.00
Roll, Dinner Plain	Each	15.00
Roll, Dinner Wheat	Each	15.00
Roll, Hamburger	Each	22.00
Roll, Slider	Each	15.00
Roll, Steak	Each	32.00
Roll, Wheat Sandwich	Each	21.00
Roll, Whole Grain, Baked	Each	24.00
Roll, WW Kaiser	Each	30.00
Roll, WW Steak	Each	29.00
Taco Shells, hard	2 Shells	26.00
Tortilla Shell, 10" (Wrap)	Each	30.00
Tortilla, Soft Flour WG	2 Shells	29.00
Tortilla, WG 8" (Bowl)	Each	25.00
Waffle, Jumbo	Each	12.96

Dairy	Serving	Carbohydrate Grams
Cheese, Mozzarella Cheese	1 Ounce	1.00
Cheese, Reduced Fat, Reduced Sodium	.5 Ounce	1.00
Cheese, Shred Ched Reduced Fat	1 Ounce	0.50
Cream Cheese & Yogurt Shread	Each	3.00
Cream Cheese & Yogurt Straw	Each	4.00
Milk, Fat Free Chocolate, Dairy Maid	8 Fl. Ounce	22.00
Milk, Fat Free Strawberry, Dairy Maid	8 Fl. Ounce	22.00
Milk, Fat Free, Dairy Maid	8 Fl. Ounce	11.00
Milk, Lowfat 1%, Dairy Maid	8 Fl. Ounce	11.00
Yogurt, Swiss Style, Dairy Maid	8 Ounce	41.33
Yogurt, Upstate Farms	4 Ounce	19.00

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Vegetables/Soups/Gravy	Serving	Carbohydrate Grams
Beans, Black	1/4 Cup	8
Beans, Chick Peas	1/4 Cup	10.15
Beans, Kidney	1/4 Cup	8.00
Beans, Lima	1/4 Cup	13.33
Beans, Northern	1/4 Cup	8.00
Beans, Red/White	1/4 Cup	13.00
Beans, Vegetarian	1/4 Cup	11.00
Broccoli, Fresh	1/4 Cup	1.51
Broccoli, Frozen, Steamed	2 Ounce	2.46
Carrot Sticks	1/4 Cup	0.42
Carrots Baby, Fresh (Bag)	1/4 Cup	6.00
Carrots, Frozen, Steamed	1/4 Cup	2.82
Cauliflower, Fresh	1/4 Cup	1.25
Celery Sticks	1/4 Cup	2.45
Celery/Carrot Sticks	1/4 Cup	2.59
Coleslaw, Commercial Dressing	1/4 Cup	7.38
Corn, Canned Yellow	1/4 Cup	7.62
Corn, Frozen, Yellow	1/4 Cup	7.91
Cucumber with Peel, Fresh	1/4 Cup	3.02
Fajita Mix	1/4 Cup	3.15
Gravy, Beef Mix	1/4 Cup	5.00
Gravy, Chicken Mix	1/4 Cup	6.00
Green Beans, Canned	1/4 Cup	1.50
Green Beans, Frozen, Steamed	1/4 Cup	2.18
Lettuce, Iceberg, Fresh	1/4 Cup	0.29
Mesclum	1/4 Cup	0.52
Mixed Vegetables, Frozen, Steamed	1/4 Cup	5.96
Mushrooms	1/4 Cup	0.60
Onions	1/4 Cup	2.30
Peas, Canned	1/4 Cup	5.41
Peas, Frozen, Steamed	1/4 Cup	5.70
Peppers, Green, Fresh	Each	2.92
Peppers, Red, Fresh	Each	1.50

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Vegetables/Soups/Gravy	Serving	Carbohydrate Grams
Potato Baked, Flesh & Skin	1/2 Cup	42.72
Potato, Hash Brown	1/2 Cup	15.00
Potato, Mashed	1/2 Cup	10.00
Potato, Redskin Halves	1/2 Cup	19.00
Potato, Roasted Diced	1/2 Cup	25.00
Potato, Rounds (Tots)	1/2 Cup	15.90
Potato, Seasoned	1/2 Cup	20.00
Potato, Smiles	1/2 Cup	20.00
Potato, Straight Cut, Oven Baked	1/4 Cup	19.80
Potato, Wedges	1/4 Cup	15.00
Radish	1/4 Cup	1.00
Romaine	1/4 Cup	0.41
Salad Mix, No Dressing	1/4 Cup	0.90
Soup, Tomato	2-Jan	10.00
Soup, Vegetable	1/2 Cup	5.76
Spinach, Fresh	1/4 Cup	2.75
Spinach, Frozen, Steamed	1/4 Cup	2.28
Succotash	1/4 Cup	8.57
Tomatoes, Fresh Red Ripe	Each	5.71
Tomatoes, Stewed	1/4 Cup	8.10
Zucchini, Fresh	1/4 Cup	1.01

Condiments	Serving	Carbohydrate Grams
Dressing, French, Lowfat	2 Tbsp	1.00
Dressing, Italian Fat Free	2 Tbsp	3.00
Dressing, Ranch, Lowfat	2 Tbsp	2.00
Dressing, Coleslaw	2 Tbsp	7.00
Honey	1 oz	23.36
Jelly, PC	.5 oz	9.94
Ketchup	2 Tbsp	8.00
Mayonnaise, Reduced Calories	.5 oz	3.54
Mustard, Yellow Prepared	.5 oz	0.96
Salsa	1/4 Cup	4.40
Sauce, Barbeque	1 oz	6.10
Syrup, Pancake	1.5 oz	26.14

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Fruit	Serving	Carbohydrate Grams
Apple Juice	4 Fl. Ounce	14.01
Apple, Fresh	Each	19.06
Apple, Sliced (Bag)	2 Ounce	7.00
Apple, Slices, Spiced	1/4 Serving	8.92
Applesauce	1/4 Cup	6.87
Apricots, Light Syrup	1/4 Cup	10.43
Bananas	Each	23.07
Blueberries, Fresh	1/4 Cup	5.36
Cherries, Tart, Red	1/4 Cup	14.55
Cranberry Sauce	1/4 Cup	21.00
Fruit Cocktail, Lt. Syrup	1/4 Cup	9.03
Grapes, Fresh	Cup	15.78
Melons, Cantaloupe, Fresh	1/2 Cup	13.06
Melons, Honeydew, Fresh	1/2 Cup	8.04
Orange	Each	11.28
Orange Juice	4 Fl. Ounce	11.56
Peaches, 4.4 oz, Single Serve	Each	29.98
Peaches, Canned, Light Syrup	1/4 Cup	9.13
Peaches, Fresh	Each	8.30
Pears, Canned, Light Syrup	1/4 Cup	9.52
Pears, Fresh	Each	25.66
Pineapple Chunks, Lt Syrup	1/4 Cup	8.47
Raisins	1/4 Cup	28.70
Strawberries, 4.5 oz, Single Service	Each	32.94
Strawberries, Fresh	1/4 Cup	2.76
Watermelon, Chunks	1/4 Cup	3.02

Entrée	Serving	Carbohydrate Grams	Carbo Grams Include:
Beef Patty, 3 oz, Comm	Each	5.37	Cheese, corn, noodles
Beef Patty, 3.2 oz	Each	0.00	
Beef Noodle Bowl	1 Cup	18.67	
Chicken, Grilled	Each	1.00	
Chicken, Hoagie	Each	16.00	
Chicken Parmesan	Each	15.36	
Chicken Patty	Each	15.00	
Chicken Patty, Spicy	Each	17.00	
Chicken, Pot Pie	2/3 Cup	14.20	

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Entrée	Serving	Carbohydrate Grams	Carbo Grams Include:	
Chicken Tenders	Serving	16.00	Meat & Cheese	
Chicken Salad	1/2 Cup	7.10		
Chicken Popcorn	Serving	14.00		
Chili	1/2 Cup	12.40		
Cold Cut Sub	Each	1.10		
Eggs, Pasteurized, Whole, USDA	1/4 Cup	1.48		
Fish Shapes	Serving	22.00		
Fish Filet, Natural Shape	Each	16.00		
Ham, Deli turkey based	2 Ounce	2.00		
Lasagna	Serving	23.93		
Macaroni & Cheese	2/3 Cup	33.00		
Mashed Potato Bowl w/Beef	1 Cup	33.80		Potato, Corn, Cheese
Mashed Potato Bowl w/Chicken	1 Cup	20.66		Potato, Corn, Cheese
Mashed Potato Bowl w/Turkey	1 Cup	22.50		Potato, Corn, Cheese
Meatballs/Marinara	Serving	6.50		Pasta
Pasta w/Meat Sauce, Whole Grain	2/3 Cup	31.72		
Pizza, Cheese, WG	Each	37.00		
Pizza, French Bread, WG	Each	34.00		
Pizza, French Bread, Pepperoni, WG	Each	34.00		
Pizza, Pepperoni, WG	Each	36.00		
Pizza, Stuffed Crust	Each	39.00		
Quesadilla, Veg & Cheese	Each	38.20		
Ribique	Each	10.50	BBQ Sauce	
Shrimp Poppers	Serving	21.00		
Sloppy Joe	1/3 Cup	13.00		
Spaghetti with Meat Sauce	1/4 Cup	3.90		
Stir Fry, Chicken	1/2 Cup	4.60		
Stir Fry, Turkey	1/2 Cup	6.10		
Tacos	1/4 Cup	6.47		
Taco Rice Bowl	1 Cup	34.98		Rice, Cheese, Corn
Toasted Cheese	Each	27.03		Bread
Toasted Cheese & Ham	Each	29.24		Bread
Toasted Cheese & Turkey	Each	28.26	Bread	
Toasted Cheese Club	Each	32.03	Bread	
Tuna Salad	1/2 Cup	7.67		
Turkey, Roast	2 ounces	1.00		
Turkey, Deli	2 ounces	2.00		
Veggie Burger, Teriyaki	Each	12.00		
Vegetable & Cheese Sub	Each	32.94		
Entrée	Serving	Carbohydrate Grams	Carbo Grams Include:	
Wafer Steak 2.5 oz	Each	1.00		
Ziti, Baked	2/3 Cup	38.00		