



Bayport-Blue Point Schools
Carbohydrate Counts – Common Menu Items
August 2010

IMPORTANT NOTICE PERTAINING TO NUTRITION INFORMATION

The nutrition information provided herein is as complete and as accurate as possible. Some menu items may not be available at all schools. While the information is based on standard product ingredient formulations, variations may occur depending on the manufacturer, supplier, area/region of the country and the season of the year. Product formulations change periodically.

If additional or more detailed information is needed, or if there are special sensitivities or dietary concerns regarding menu items, please contact the Food Service Department at 631-687-6525. Ingredient and nutrition information is continuously updated in an effort to provide the most current information as it pertains to our menu items, and this information may vary from printed materials.

**Menu substitutions may be made in the event a vendor does not deliver a food item*

Key
E Elementary
M Middle School
H High School
T tablespoon
t teaspoon
cup volume measure
ounce (oz) weigh or liquid measure

FOOD ITEM/STANDARD SERVING	Carbohydrate Content, grams (g)
Beverages	
Juice apple E-4oz M-6oz H-8oz	15g/23g/30g
Juice cranberry E-4oz M-6oz H-8oz	17g/26g/34g
Juice grape E-4oz M-6oz H-8oz	18g/27g/36g
Juice orange E-4oz M-6oz H-8oz	12g/18g/24g
Juice slushy E-4oz M-6oz H-8oz	14g/21g/28g
Milk chocolate 1% 8oz	21g
Milk plain 1% 8oz	12g
Milk strawberry 1% 8oz	22g
Breads/Grains/Sides	
Bagel 3" E	28g
Bagel 4" M,H	37g

FOOD ITEM/STANDARD SERVING	Carbohydrate Content, grams (g)
Bread wheat 1 slice E,M, H	10g
Breadstick E-3", M, H-6"	3g/6g
Cornbread 1.5x1.5" 2oz	25g
Crackers Oyster	11g
Crackers Ritz 2 crackers	4g
Crackers saltine 2 crackers	4g
English muffin whole	26g
Hot Dog/Hamburger bun wheat	26g
Pasta no sauce ½ cup	20g
Pasta salad E-½ cup, E, H-¾ cup	20g/30g
Ravioli <i>meat/cheese no sc. E-½ cup M,H-¾ cup</i>	24g/36g
Refried beans ½ cup	20g
Rice brown/white ½ cup	23g
Roll wheat large 1.5oz H	21g
Roll wheat small 1oz E, M	14g
Taco shell corn 5"	8g
Tortilla chips 1oz ~15 chips	14g
Tortilla flour 10" H	38g
Tortilla flour 6" E	15g
Tortilla flour 8" M	24g
Breakfast Foods	
Cheerios ½ cup	11g
French Toast Sticks w/1 T syrup – 2 sticks	27g
Rice Krispies ½ cup	12g
Wheaties ½ cup	12 g
Muffin, Blueberry 2 oz	28g
Oatmeal, plain ½ cup	11g
Pancakes w/1 T syrup 1-4" pancake	16g
Waffle sticks w/1 T syrup 2 sticks	32g
Condiments	
BBQ Sauce 1 oz	10g
Cottage Cheese ½ cup	4g
Cream Cheese 1 oz	1g
Crunchy Noodles 2 T	7g
Gravy 2 oz	3g
Honey 1 t pkg	10g
Jam/Jelly 1 t pkg	8g
Ketchup 1 t pkg	4g
Mayonnaise 1 T	1g
Mustard 1 t pkg	0

FOOD ITEM/STANDARD SERVING	Carbohydrate Content, grams (g)
Nacho cheese sauce ¼ cup	6g
Peanut butter 2 T	8g
Pickle slices	0
Ranch dressing 1 T	1g
Salsa 2 T	2g
Spaghetti sauce E-1oz, M, H-2 oz	4g/8g
Sweet & sour sauce E-1oz, M, H-2 oz	10g/20g
Syrup 1 T	13g
Teriyaki sauce E-1 T, M, H – 2 T	3g/6g
ENTREES (served most frequently)	
BBQ rib sandwich (boneless) w/bread	38g
BBQ rib sandwich (boneless), no bread	6 g
Beef hamburger, plain	3g
Burrito – bean & cheese 4 oz	52g
Burrito – made to order H	
Tortilla 10”	38g
Beans, refried ¼ c	10g
Meat/cheese/veg toppings	4g
Cheese	<1g
Cheeseburger	32g
Chicken noodle soup E-4 oz, M-6oz, H-8oz	8g/12g/16/g
Chicken nuggets or patty ½ cup	10g
Chicken plain unbreaded	1g
Chicken sandwich	38g
Chili w/beef & beans E-4oz, M, H – 6 oz	10g/15g
Cheese quesadilla 4.22 oz	30.6g
Chicken nuggets 5 nuggets	26g
Chicken patty – grilled 1 patty	1.5g
Chicken patty – spicy 1 patty	7.9g
Chicken patty breaded 1 patty	10g
Cream based soup E-4 oz, M-6 oz, H-8 oz	10g/15g/20g
Egg rolls 1.5 oz 2 each	26g
Eggs 1 egg	1g
Enchiladas, cheese E-1, M, H – 2	15g/30g
Fajita chicken w/8” tortilla	26g
Fish sticks, breaded 3 oz	15g
Gardenburger	43g
Hamburger	30g
Hot dog beef on bun	14g
Hot dog turkey on bun	33g
Lasagna E, M-4oz, H-6 oz	18g/27g
Macaroni & Cheese E-4 oz, M-6oz, H-8 oz	16g/24g/32g

FOOD ITEM/STANDARD SERVING	Carbohydrate Content, grams (g)
Mozzarella Sticks – 5 sticks	32.5g
Nachos (chips 1 oz) with cheese	15g
Pasta ½ cup	20g
Pizza 6 oz H	45g
Pizza cheese square 4 oz E, M	30g
Pizza meat & veg 4 oz E, M	30g
Pizza or Taco Hot Pocket	40g
Pizza pepperoni 4 oz E, M	30g
Ravioli w/1 oz sauce E-4oz, M, H-6 oz	28g/40g
Salad entrée	31g
Salad entrée Caesar	19g
Salad entrée Taco	31g
Sloppy Joe	32g
Spaghetti & meatballs	26g
Spaghetti ½ cup	20g
Spaghetti sauce 1 oz	4g
Meatballs 2 oz	2g
Taco chicken or beef	17g
Tomato soup E-4oz, H-6 oz, H-8oz	17g/26g/34g
Uncrustable PBJ 3 oz	33g
Vegetable soup E-4oz, M-6oz, H-8 oz	8g/12g/16g
Yogurt w/fruit (parfait) & granola M, H-8 oz	55g
Yogurt w/fruit (parfait) E-6 oz	36g
Fruits	
Apple slices 2.5 oz pkg or 1 small	8g
Applesauce ½ cup	14g
Banana fresh small	23g
Berries lightly sweetened ½ cup	23g
Cranberry sauce 1 oz	14g
Fruit cocktail ½ cup	20g
Mandarin oranges ½ cup	20g
Melon 1/3 cup	8g
Orange fresh small	11g
Peaches canned ½ cup	20g
Pears canned ½ cup	18g
Pineapple canned ½ cup	17g
Raisins 1.5 oz box	34g
Potatoes	
Baked fries E, M-4 oz, H-6oz	15g/23g
Baked potato entrée “stuffed”	26g
Baked potato small ½ cup	14g

