

**PALM BEACH COUNTY SCHOOL FOOD SERVICE GRAMS OF CARBOHYDRATES
AND DIETARY FIBER IN MENU ITEMS**

Category	Menu Item <small>FY 2008/2009 SFS ~ Nutrition & Wellness Promotion Team ~ Revised May 7, 2009</small>	Portion Size	CHO Grams	Fiber Grams
GRAINS/ BREADS	Biscuit, Buttermilk - 100% AB Breakfast	1 Each	29.09	1.00
	Biscuits, Buttermilk	1 Each	27.00	4.00
	Bread, Corn, Mix Recipe	1 Portion	25.21	1.89
	Bread, Corn, Scratch Recipe	1 Portion	25.34	1.26
	Breadsticks, Whole Wheat	1 Breadstick	19.40	2.89
	Crackers, Assorted	1 Packet/Bag	17.76	0.44
	Rice, Brown	$\frac{1}{2}$ Cup	33.78	0.97
	Rice, Mixed Black Beans	$\frac{2}{3}$ Cup	31.13	4.73
	Rice, Yellow	$\frac{1}{2}$ Cup	21.01	0.48
	Roll, Dinner, Whole Grain	1 Roll	12.00	2.00
	Spaghetti, Pasta	1 Cup	32.80	1.60
	Stuffing, Cornbread, Mix	$\frac{1}{2}$ Cup	12.87	0.64
	Stuffing, Traditional, Mix	$\frac{1}{2}$ Cup	9.25	0.44
	Turnover, Assorted, 2.0 oz	1 Each	27.46	1.38
BREAKFAST	Bagel Stick, Assorted	1 Each	35.33	3.00
	Bagel, Sausage Pizza, IW	1 Each	30.00	1.00
	Bagel, Cheese, Brk	$\frac{1}{2}$ Bagel	26.00	1.50
	Bagel, Ham & Cheese, Brk	$\frac{1}{2}$ Bagel	25.17	1.50
	Bagel, Multigrain	1 Each	47.00	3.00
	Bagel, w/Cream Cheese	1 Each	35.84	3.00
	Biscuit, Chicken	1 Each	33.80	4.00
	Biscuit, Egg & Cheese	1 Each	29.00	4.00
	Biscuit, Sausage & Cheese	1 Each	28.16	4.00
	Biscuit, Sausage Sandwich, IW	1 Each	27.00	1.00
	Breakfast Breaks Assorted	1 Entire Box	57.25	2.20
	Breakfast Breaks Thaw & Serve	1 Entire Box	53.00	2.00
	Breakfast Stick, Egg & Sausage	1 Each	17.00	1.00
	Burrito, Brk, Sausage & Egg	1 Burrito	26.90	1.18
	Burrito, Brk, Sausage & Potato	1 Burrito	28.70	1.38
	Burrito, Egg & Salsa	1 Each	27.60	2.07
	Canadian Bacon, Sliced	3 Slices	1.34	0.00
	Cereal, Assorted	1 Each	20.32	1.08
	Cereal, Hot, Assorted	$\frac{1}{2}$ Cup	28.49	0.74
	Cheddar Cheese, Portion	1 (1 oz.) Portion	0.00	0.00
	Cheese Fajita Roll	1 Each	17.01	1.00
	Cheese, Mozzarella, Portion	1 (1 oz.) Portion	0.50	0.00
	Cinnamon Bakes, Assorted	1 Each	40.50	3.00
	Cinnamon Roll, Apple, Whole Wheat, IW	1 Each	34.00	4.00
	Cinnamon Roll, Whole Wheat, IW	1 Each	34.00	4.00
	Donut, Honey Wheat	1 Each	39.00	2.00
	Egg Patty, Breakfast	1 Each	1.00	0.00
	Eggs, Scrambled	$\frac{1}{4}$ Cup	1.09	0.00
	French Toast Sticks Banana/Strawberry	3 Sticks	27.95	0.82

	French Toast Sticks	1 Stick	17.00	1.00
	French Toast, Cinnamon Glazed	1 Each	34.09	0.92
	Grits, Corn	$\frac{1}{2}$ Cup	32.01	0.86
	Grits, Corn with Cheese	$\frac{1}{2}$ Cup	32.65	0.86
	Mini Loafs, Assorted	1 Each	25.79	1.68
	Mozzarella Cheese Pocket	1 Each	14.00	0.00
	Muffin, Assorted	1 Each	25.33	2.00
	Muffin, Can. Bacon, Egg, Cheese	1 Each	28.44	1.00
	Muffin, Cheese	1 Each	15.00	0.50
	Muffin, Corn	1 Each	31.00	1.00
	Muffin, Eggspress	1 Each	28.00	1.00
	Muffin, Ham & Cheese	1 Each	27.17	1.00
	Muffin, Pork Sausage & Cheese	1 Each	28.00	1.00
	Muffin, Turkey Sausage & Cheese	1 Each	27.16	1.00
	Oatmeal, Milk	$\frac{1}{2}$ Cup	22.84	0.42
	Oatmeal, Peaches, Milk	$\frac{1}{2}$ Cup	25.95	0.48
	Oatmeal, Raisin, Milk	$\frac{1}{2}$ Cup	25.00	0.56
	Oatmeal, Spiced Apple, Milk	$\frac{1}{2}$ Cup	24.84	1.00
	Omelet, Cheese	1 Each	1.79	0.00
	Pancake & Sausage Stick	1 Each	23.00	1.00
	Pancake & Sausage, Stick IW	1 Each	23.41	1.02
	Pancake Sausage Sandwich, IW	1 Each	15.00	0.00
	Pancake, Blueberry	1 Each	16.39	1.06
	Pancake, Maple Chip, IW	1 Package	34.00	0.90
	Pancakes	1 Each	13.33	1.05
	Pizza, Breakfast, Ham	1 Slice	17.00	0.50
	Pizza, Breakfast, Sausage	1 Slice	16.00	0.50
	Pizza, School, Brk. (The Max)	1 Each	32.00	4.00
	Quesadilla, Cheese, Brk, IW	1 Each	29.48	0.92
	Sandwich, Café Fav. Mini-Breakfast	1 Each	20.80	3.00
	Sandwich, Chicken Tenders	1 Each	18.33	2.67
	Sandwich, P.B. & J. (2.8 oz.)	1 Each	35.25	3.60
	Sausage, Turkey Patty	1 Patty	0.16	0.00
	Toast, Cheese	1 Slice	12.00	2.00
	Toast, Cinnamon	1 Slice	12.53	2.03
	Toast, Whole Wheat	1 Slice	10.00	2.00
	Waffle, Whole Wheat	1 Each	11.08	1.85
	Yogurt, Upstate Farms	1 Each	22.00	0.00
ENTREES	Bagel, Ham & Cheese, Lunch	1 Each	33.42	5.00
	Bagel, Turkey & Cheese	1 Each	35.92	5.00
	Beefaroni w/Roll	1 Cup	43.53	6.74
	Beefaroni, Fiesta, w/Roll	1 Cup	44.00	5.00
	Beefaroni, Head Start, w/Roll	$\frac{3}{4}$ Cup	27.53	6.13
	Beefaroni, Mac N Beef w/Roll	1 Cup	43.00	5.00
	Beefaroni, Purchased Sauce w/Roll	1 Cup	41.30	6.12
	Burrito, Bean & Cheese	1 Each	53.63	6.13
	Burrito, Beef & Bean	1 Each	51.12	5.60
	Burrito, Beefy	1 Each - $\frac{1}{2}$ Cup	59.33	4.29
	Cheese, Fajita Rolls, Lunch	2 Each	34.02	2.00

Chicken, Barbecued	1 Portion	10.24	0.00
Chicken, Barbecued w/Roll	1 Portion	22.24	2.00
Chicken, Chili Fajita Strips w/Roll	8 oz.	32.56	6.11
Chicken, Dippers, Honey BBQ w/Roll	4 Pieces	20.00	3.13
Chicken, Fajita	$\frac{1}{2}$ Cup	28.52	2.58
Chicken, Nuggets, Elem., w/Roll	5 Each	23.28	2.00
Chicken, Nuggets, Sec., w/Roll	7 Each	27.92	2.00
Chicken, Nug., Honey BBQ, El, w/Roll	5 Each	22.97	2.00
Chicken, Nug., Honey BBQ, Sec, w/Roll	7 Each	19.85	2.00
Chicken, Oven Roast	1 Portion	5.70	0.00
Chicken, Oven Roast w/Roll	1 Portion	17.70	2.00
Chicken, Popcorn, w/Roll	1 Portion	22.39	2.00
Chicken, Tenders, w/Roll, Elementary	3 Pieces	28.00	4.00
Chicken, Tenders, w/Roll, Secondary	4 Pieces	33.33	2.00
Chicken, Teriyaki Strips w/Roll	$\frac{1}{2}$ Cup	15.36	2.12
Chicken, Teriyaki w/Rice and Veg	1 Portion	57.50	4.31
Chicken, Teriyaki w/Roll	1 Portion	19.81	2.12
Chili, w/Beef and Cornbread	1 Cup	54.97	9.10
Chili, w/Beef and Cornbread Mix	1 Cup	35.54	4.03
Chili, Vegetarian, Chips	8 oz. Serving w/15 Chips	54.44	9.79
Chili, Vegetarian, "Just Chili", and Cornbread	1 Cup	61.05	11.25
Corndog	1 Each	33.00	5.00
Fish Fillet w/Roll	1 Each	30.00	3.00
Fish Nuggets w/Roll	4 Nuggets	29.06	3.00
Fish Sticks w/Roll	4 Sticks	30.00	3.00
Fruit, Muffin, Cheese Entrée	1 Each	45.74	4.97
Fruit, Yogurt, Cheese Entrée	1 Each	41.95	3.29
Good To Go Gang - Tuna	1 Each	87.40	3.78
Hot Dog	1 Each	22.00	3.00
Lasagna, Meatless w/Roll	1 Each	47.17	5.93
Macaroni & Cheese - Scratch	$\frac{1}{2}$ Cup	24.61	1.04
Macaroni & Cheese - Boil in Bag w/Roll	6 oz.	44.40	2.68
Meatloaf w/Roll	1 Slice	16.20	2.89
Meatloaf w/Ketchup & Roll	1 Portion	20.20	2.90
Muffin, Yogurt, & Cheese	1 Each	51.82	2.01
Omelet, Cheese w/Toast, Lunch	1 Each	11.79	2.00
Pasta, Penne Frozen Sauce	$\frac{2}{3}$ Cup	42.96	5.18
Pasta, Penne, New Beef/Sauce w/Roll	$\frac{2}{3}$ Cup	44.28	6.16
Pasta, Penne, Scratch	$\frac{2}{3}$ Cup	43.12	5.17
Philly Cheese Steak, Fold-Up	1 Portion	49.00	2.00
Pizza, Domino's, Cheese	1 Slice	42.00	3.00
Pizza, Domino's, Pepperoni	1 Slice	42.00	3.00
Pizza, Mexican- Fiestada	1 Each	27.16	1.12
Pizza, Double Stuffed	1 Slice	27.75	3.00
Pizza, Papa John's, Cheese	1 Slice	41.00	2.00
Pizza, Papa John's, Pepperoni	1 Slice	41.00	2.00
Pizza, Passport, Cheese, Stuffed	1 Slice	41.00	2.00
Pizza, School, Cheese, (The Max)	1 Slice	32.00	4.00

Pizza, School, Pepperoni, (The Max)	1 Slice	32.00	4.00
Pork Roast, Shredded W/Roll	# 8 Scoop w/Roll	12.00	2.00
Pot Roast, Shredded Beef w/Roll	# 8 Scoop w/Roll	14.95	2.49
Quesadilla, Cheese	1 Each	32.40	3.32
Salad, Buffalo Chicken	1 Portion	14.17	5.28
Salad, Chef, Garden	1 Portion	4.63	1.46
Salad, Chef, Specialty	1 Portion	5.72	2.23
Salad, Chicken, BLT, Specialty	1 Portion	8.25	2.98
Salad, Chicken Caesar, Specialty	1 Portion	18.85	1.28
Salad, Chicken Popcorn, Specialty	1 Portion	11.51	2.82
Salad, Chicken Tenders, Specialty	1 Portion	20.66	4.25
Salad, Mandarin Chicken, Specialty	1 Portion	20.05	2.25
Salad, Simply, Specialty	1 Portion	6.80	2.86
Salad, Turkey BLT	1 Portion	9.07	2.59
Salisbury Steak w/Roll	1 Slice	14.30	2.45
Sandwich, Café Fav, Ham & Cheese	1 Each	32.24	2.00
Sandwich, Café Fav, Turkey & Cheese	1 Each	34.00	2.00
Sandwich, Café Fav, Cold Cut	1 Each	33.90	2.00
Sandwich, Café Fav, Grilled Cheese	1 Each	34.00	4.00
Sandwich, Café Fav, Hoagie	1 Each	33.70	2.00
Sandwich, Cheese	1 Each	24.00	4.00
Sandwich, Cheese & Canadian Bacon	1 Each	23.34	4.00
Sandwich, Cheeseburger	1 Each	25.80	4.62
Sandwich, Chicken Parmesan Sub	1 Each	52.81	5.67
Sandwich, Chicken Patty	1 Each	37.00	5.00
Sandwich, Chicken Tender Parmesan Sub	1 Each	54.68	6.65
Sandwich, Fish Fillet	1 Each	41.00	5.00
Sandwich, Fish & Cheese Fillet	1 Each	42.00	5.00
Sandwich, Ham & Cheese, Bread	1 Each	21.42	4.00
Sandwich, Ham & Cheese, Bun	1 Each	24.42	4.00
Sandwich, Ham & Cheese, Sub	1 Each	38.26	4.60
Sandwich, Ham, Bread	1 Each	20.59	4.00
Sandwich, Ham, Bun	1 Each	23.59	4.00
Sandwich, Ham, Sub	1 Each	37.43	4.60
Sandwich, Hamburger	1 Each	24.80	4.62
Sandwich, Meatball Sub, Elementary	1 Each (4 Balls)	23.55	4.24
Sandwich, Meatball Sub, Secondary	1 Each (5 Balls)	40.68	5.48
Sandwich, PB & J w/Cheese Stick	1 Each	34.50	3.40
Sandwich, Pork BBQ	$\frac{1}{2}$ Cup	39.70	6.09
Sandwich, Sloppy Joe, Boil-N-Bag	$\frac{1}{2}$ Cup	32.92	5.10
Sandwich, Steak Sub	1 Each	38.98	4.75
Sandwich, Submarine	1 Each	38.85	4.08
Sandwich, Submarine, Veggie	1 Each	38.86	4.88
Sandwich, Southwest Chicken Sub	$\frac{1}{2}$ Cup	40.10	4.65
Sandwich, Toasted Cheese	1 Each	24.00	4.00
Sandwich, Tuna Salad Sub	1 Each	36.17	4.28
Sandwich, Turkey & Cheese, Bread	1 Each	23.92	4.00
Sandwich, Turkey & Cheese, Bun	1 Each	26.88	4.00
Sandwich, Turkey & Cheese, Sub	1 Each	40.72	4.60

	Sandwich, Turkey, Bread	1 Each	23.36	4.00
	Sandwich, Turkey, Bun	1 Each	26.36	4.00
	Sandwich, Turkey, Hot	1 Each	10.85	2.00
	Sandwich, Turkey Sub	1 Each	40.20	4.60
	Sandwich, Wrap, Beef, Mexican	1 Each (1/3 Cup)	38.32	1.35
	Sandwich, Wrap, Ham	½ Wrap	29.40	3.02
	Sandwich, Wrap, SW Chicken	1 Each	39.45	3.40
	Sandwich, Wrap, Tuna	½ Wrap	28.47	3.24
	Sandwich, Wrap, Turkey	½ Wrap	29.88	3.02
	Sandwich, Wrap, Veggie Cheese	½ Wrap	32.68	3.28
	Spaghetti Frozen Beef Sauce - Roll	1 Cup Pasta + 6 oz. Sauce	54.44	5.74
	Spaghetti w/Beef Sauce - Purchased, Roll	1 Cup Pasta + 6 oz. Sauce	55.76	6.72
	Spaghetti w/Beef Sauce - Scratch, Roll	1 Cup Pasta + 6 oz. Sauce	54.69	5.73
	Spaghetti w/Meatballs - Elementary Purchased w/Roll	1 Cup Pasta + 4 Meatballs + 8 oz. Sauce	56.58	5.55
	Spaghetti w/Meatballs - Secondary Purchased w/Roll	1 Cup Pasta + 5 Meatballs + 8 oz. Sauce	55.62	6.16
	Spaghetti, w/Meatballs - Elementary Scratch w/Roll	1 Cup Pasta + 4 Meatballs + 8 oz. Sauce	55.83	6.14
	Spaghetti w/Meatballs - Secondary Scratch w/Roll	1 Cup Pasta + 5 Meatballs + 8 oz. Sauce	57.88	6.34
	Spaghetti w/Turkey Meat Sauce w/Roll	1 Cup Pasta + 8 oz. Sauce	38.12	1.60
	Taco Pie, Bean w/Chips	½ Cup	33.46	3.77
	Taco Pie, Beef Crumbles w/Chips	1/3 Cup	28.00	3.19
	Taco Pie, Turkey w/Chips	1/3 Cup	26.05	2.03
	Taco, Soft, Beef Crumbles & Cheese	1 Each (1/3 Cup)	27.87	3.15
	Taco, Soft, Turkey, Jennie-O	1 Each (1/3 Cup)	25.34	1.99
	Taco, Chicken, Santa Fe	1 Each	74.34	4.65
	Taco, Chicken, Santa Fe w/Beans	1 Each	79.31	6.44
	Turkey, Roast w/Roll	2 oz.	14.65	2.00
	Turkey, Roast, Jennie-O w/Roll	2.5 oz.	12.85	2.00
	Turkey, Roast Pre-Sliced w/Roll	3.1 oz.	12.39	2.00
	Turkey, Ham Steak w/Roll	3.1 oz.	22.89	2.43
	Yogurt Parfait	1 Each	91.66	1.12
	Yogurt Parfait, Elementary	1 Each	63.48	1.04
FRUITS & VEGETABLES	Apples, Spiced	½ Cup	21.31	1.06
	Beans, Baked	½ Cup	32.96	6.38
	Beans, Black, Scratch	½ Cup	22.14	7.60
	Beans, Black Seasoned	½ Cup	25.52	8.93
	Beans, Chili	½ Cup	26.83	6.49
	Beans, Green	½ Cup	5.37	2.07
	Beans, Green, Commodity	½ Cup	3.39	1.13
	Beans, Green, Fresh	12-15 Pieces	17.00	1.00
	Beans, Green, French	½ Cup	5.40	2.14
	Beans, Green, Italian	½ Cup	5.99	3.54
	Broccoli & Cauliflower	½ Cup	6.16	2.46
	Broccoli, Frozen	½ Cup	4.02	2.23
	Cabbage	½ Cup	6.31	2.06
	Caribbean Blend, Frozen	½ Cup	7.68	2.54

	Carrot & Bean Medley	$\frac{1}{2}$ Cup	7.16	3.54
	Carrot & Celery Sticks	$\frac{1}{2}$ Cup	6.68	1.88
	Carrot Sticks	$\frac{1}{2}$ Cup	9.68	2.48
	Carrot, Cauliflower, Broccoli	$\frac{1}{2}$ Cup	5.99	3.54
	Carrots, Baby	$\frac{1}{2}$ Cup	7.48	2.14
	Carrots, Sliced	$\frac{1}{2}$ Cup	7.45	2.49
	Celery, Sticks	$\frac{1}{2}$ Cup	3.11	1.02
	Corn, Frozen	$\frac{1}{2}$ Cup	17.72	2.22
	Corn on the Cob	1 Each	16.00	1.00
	Fruit, Canned, Assorted	$\frac{1}{2}$ Cup	20.53	1.23
	Fruit, Cupped, Assorted	$\frac{1}{2}$ Cup	17.86	0.99
	Fruit, Cupped, Strawberry	$\frac{1}{2}$ Cup	19.20	0.00
	Fruit, Fresh, Assorted	1 Each	19.95	3.29
	Fruit, Juice Assorted	$\frac{1}{2}$ Cup	14.43	0.00
	Fruit, Pre-Cupped, Assorted	$\frac{1}{2}$ Cup	17.80	0.94
	Greens, Collard	$\frac{1}{2}$ Cup	6.70	3.38
	Peas, Black Eyed	$\frac{1}{2}$ Cup	18.71	4.60
	Peas, Green, Frozen	$\frac{1}{2}$ Cup	13.14	4.78
	Plantains, Sliced	5 oz.	48.90	0.80
	Potato, Sweet, Crinkle Cut	3.0 oz.	24.24	3.88
	Potato, Sweet, Bake	$\frac{1}{2}$ Cup	56.38	1.99
	Potato, Wedges (Roasted)	$\frac{1}{2}$ Cup	26.39	3.30
	Potatoes, Mashed	$\frac{1}{2}$ Cup	16.66	1.44
	Raisins	$\frac{1}{2}$ Cup	57.46	2.69
	Raisins, California	2 Boxes	62.00	2.00
	Salad, Cup	$\frac{1}{2}$ Cup	1.80	0.57
	Salad, Cup, Coleslaw	$\frac{1}{2}$ Cup	10.14	0.85
	Salad, Garden	1 Portion	4.40	1.73
	Soup, Minestrone	1 Cup	12.91	2.77
	Soup, Tomato	1 Cup	18.23	1.92
	Soup, Vegetable	1 Cup	9.68	1.76
	Spinach	$\frac{1}{2}$ Cup	6.17	2.01
	Spinach, with Cheese	$\frac{1}{2}$ Cup	6.33	2.01
	Yucca, Canned	$\frac{1}{2}$ Cup	69.40	3.33
	Yucca, Frozen	$\frac{1}{2}$ Cup	29.54	1.07
	Zucchini	$\frac{1}{2}$ Cup	2.69	1.11
	Zucchini & Yellow Squash	$\frac{1}{2}$ Cup	3.69	1.14
	Zucchini & Diced Tomatoes	$\frac{1}{2}$ Cup	7.03	1.99
MILK	Milk, Velda, 1%	Half Pint (8 oz.)	11.00	0.00
	Milk, Velda, Skim	Half Pint (8 oz.)	11.00	0.00
	Milk, Velda, $\frac{1}{2}$ %, Chocolate	Half Pint (8 oz.)	26.00	0.00
MISC.	Gravy, Beef	2 oz.	4.69	0.15
	Gravy, Beef, Ready-Made	2 oz.	0.38	0.00
	Gravy, Chicken, Ready-Made	2 oz.	0.39	0.00
	Gravy, Chicken/Turkey	2 oz.	4.59	0.15
	Gravy, Turkey, Ready-Made	2 oz.	0.39	0.00
	Sauce, Spaghetti, Meatless	1 Portion	10.72	1.93
	BBQ Sauce	1 oz. Portion	8.00	0
	Catsup	1 oz. Portion	3.00	0

Honey Mustard Sauce	1 oz. Portion	8.00	0
Sweet & Sour Sauce	1 oz. Portion	12.00	0
Salad Dressing- Buttermilk Ranch	1 Portion (12 grams)	1.00	0
Salad Dressing- Italian	1 Portion (12 grams)	1.00	0
Salad Dressing- Red French	1 Portion (12 grams)	2.00	0
Salad Dressing- Thousand Island	1 Portion (12 grams)	2.00	0
Salad Dressing- Italian	1 Portion (1.5 oz)	4.00	0
Salad Dressing- French	1 Portion (1.5 oz)	13.00	0
Salad Dressing- Ranch	1 Portion (1.5 oz)	2.00	0
Salad Dressing- Honey Mustard	1 Portion (1.5 oz)	11.00	0
Salad Dressing- Caesar	1 Portion (1.5 oz)	2.00	0
Salad Dressing- Blue Cheese	1 Portion (1.5 oz)	4.00	0
Salad Dressing- Oriental	1 Portion (1.5 oz)	13.00	0
Jelly- Assorted	1 Portion (0.5 oz.)	9.00	0
Mayonnaise- reduced calorie	1 Portion (12 grams)	2.00	0
Mustard	1 Portion (5.5 grams)	0.50	0
Relish	1 Portion (0.9 grams)	2.00	0
Pancake Syrup	1 Portion (1.5 oz.)	31.00	0
Taco Sauce	1 Portion (9 grams)	1.00	0
Tartar Sauce	1 Portion (9 grams)	1.00	0
Cream Cheese	1 Portion (21 grams)	1.00	0