

**Brunswick County Schools****A la Carte Carb List**

\*For combination items please check the menu

	<b>Condiments</b>	<b>Portion Size</b>	<b>Calories cals</b>	<b>Carbs gm</b>	<b>Protein gm</b>	<b>Fat gm</b>	<b>Sodium mg</b>	<b>Sugar gm</b>	<b>Fiber gm</b>
900101	Catsup	Individual (9g)	10	2	0	0	85	2	0
900104	Dressing, Honey Mustard FF	1.5oz	60	13	1	0	400	8	1
900102	Dressing, Italian	1.5oz	100	1	0	11	470	0	0
900105	Dressing, Light Ranch	1.5oz	10	3	0	0	125	1	0
900107	Dressing,Ranch, Regular	12g	70	1	0	7	95	0	0
900229	Jelly Assortment	14 g	35	9	0	0	0	7	-
900108	Mayonnaise, Light	(Individual)12g	30	1	0	3	85	0	0
900169	Mayonnaise	15g	40	1	0	4	120	1	0
900109	Mustard	Individual (6g)	5	0	0	0	65	0	0
900495	Salsa, Pouch, LS	128g	40	8	0	0	140	4	4
900177	Sauce, BBQ	33g	35	8	1	0	380	7	0
900110	Sauce,BBQ	Individual(1oz)	40	10	0	0	270	8	0
900111	Sauce, Honey Mustard	Cup (30g)	130	9	0	10	90	7	0
900112	Sauce, Hot	Individual (7g)	0	1	0	0	190	0	0
900114	Sauce, Marinara	Individual (71g)	40	8	1	1	230	5	1
900292	Sauce, soy, low sodium	15g	10	1	1	0	575	0	0
900117	Sauce, Sweet & Sour	Cups (28g)	50	13	0	0	85	11	0
900118	Sauce, Taco	Individual(9g)	5	1	0	0	55	0	0
900120	Sauce, Tartar	Individual (12g)	45	2	0	4	85	2	0
900146	Sour Cream	Individual (28g)	50	1	0	5	20	1	0
900121	Syrup, Pancake	Individual (43g)	120	21	0	0	40	17	0
900147	Whipped Topping, In Bag	8g	25	2	0	2	0	2	0

	<b>Fruit</b>	<b>Portion Size</b>	<b>Calories cals</b>	<b>Carbs gm</b>	<b>Protein gm</b>	<b>Fat gm</b>	<b>Sodium mg</b>	<b>Sugar gm</b>	<b>Fiber gm</b>
900192	Apple, Raw with skin	11g	52	13.81	0.26	0.17	1	N/A	2.4
900088	Applesauce Cups, Unsweetened	113g	90	24	0	0	0	22	1
900190	Banana, Petite	100g	89	22.84	1.09	0.33	1	N/A	2.6
900457	Cherries, Dried	40g	133	32	1	0	5	27	1
900395	Craisins, Blueberry	139g	110	28	N/A	N/A	N/A	24	3
900488	Craisins, Orange	32.90g	110	28	0	0	0	24	3
900396	Craisins, Strawberry	32.90g	110	28	N/A	N/A	N/A	24	3
900489	Craisins, Watermelon	32.90g	110	28	0	0	0	24	3
900368	Cranberries, Dried	32.88g	110	28	0	0	5	24	3
900094	Fruit, Mixed, Light	126g	60	17	0	0	10	13	0
900433	Grapes, seedless	100g	67	17.15	0.63	0.35	2	N/A	0.9
900435	Honeydew, melons, fresh, -5/8 ct	100g	36g	9.09	0.54	0.14	18	N/A	0.8
900436	Kiwi Fruit	100g	61	14.66	1.14	0.52	3	N/A	3
900397	Mandarin Orange, Canned	126g	80	6	1	0	0	17	2
900460	Mixed Berry Cup	113g	90	20	0	0	0	16	2
900205	Peach Cup, Frozen	4.4oz	80	19	1	0	0	16	1
900113	Peaches, Diced, Canned	126g	60	14	0	0	5	13	1
900441	Peaches, Fresh - 20lbs	100g	39	9.54	0.91	0.25	0	N/A	1.5
900398	Peaches, Sliced, Canned	124g	60	14	0	0	10	11	1.3
900282	Pears, Diced, Canned	124g	80	19	0	0	15	15	1
900442	Pears, fresh -110 count	100g	58	15.46	0.3	0.12	1	N/A	3.1

900116	Pears, Sliced, Canned	124g	60	15	0	0	5	12	2
900044	Pineapple Tidbits in Juice	100g	80	19	1	0.08	1	18	1
900443	Plums, Fresh - 18lbs	100g	46	11.42	0.7	0.28	0	N/A	1.4
900491	Raisels, Lemon	38g	120	28	1	0	5	23	2
900490	Raisels, Pineapple	38g	120	28	1	0	5	23	2
900492	Raisels, Tropical	38g	120	28	1	0	5	23	2

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	<b>Milk</b>	<b>Portion Size</b>	<b>Calories calcs</b>	<b>Carbs gm</b>	<b>Protein gm</b>	<b>Fat gm</b>	<b>Sodium mg</b>	<b>Sugar gm</b>	<b>Fiber gm</b>
900461	Lactose Free Milk	226g	90	13	8	0	125	12	0
900188	Milk, 1%	250g	110	12	9	2	115	12	0
900187	Milk, Fat Free	250g	80	12	8	0	125	12	0
900186	Milk, Fat Free, Chocolate	250g	110	19	9	0	160	18	0
900185	Milk, Fat Free, Strawberry	250g	120	22	8	0	100	22	0

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	<b>Snacks</b>	<b>Portion Size</b>	<b>Calories calcs</b>	<b>Carbs gm</b>	<b>Protein gm</b>	<b>Fat gm</b>	<b>Sodium mg</b>	<b>Sugar gm</b>	<b>Fiber gm</b>
900305	Baked Cheetos, Crunchy	24.8g	120	17	2	4.5	200	1	1
900306	Baked, Cheetos, Flamin' Hot	24.8g	120	17	2	4.5	200	1	1
900458	Brownie Choc Chip	57g	189	34	2	5	199	19.8	2
900252	Cheddar Cheese Sticks	26g	110	0	7	9	200	0	0
900137	Cheese, String, Mozz Lite	28.35g	60	1	8	2.5	210	0	0
900304	Cinnamon Bug Bites	28g	120	21	2	3.5	115	8	1
900370	Chip, Corn chips	28g	160	15	2	10	170	1	1
900311	Chips, Baked, BBQ	24.8g	110	19	2	2.5	170	3	2
900309	Chips, Baked, Plain	31.80g	130	26	2	2	150	2	2
900310	Chips, Baked, Cheedar Sour Cream	28g	120	21	2	25	240	2	1
900307	Chips, SS, Doritos Cooler Ranch	28g	130	19	2	5	160	1	2
900204	Chips, SS, Doritos, nacho Cheese	28g	130	20	2	5	200	0	2
900210	Chips, SS, Munchie Kids Snack Mix	0.88oz	110	17	2	3	150	2	2
900126	Cookie Dgh, Candy 1oz	28g	103.77	18.54	1.6	3.15	100	12	2
900127	Cookie Dgh, Chchip 1.5 oz	41g	160	26	2	5	100	12	2
900128	Cookie Dgh, Sugar, 1.5oz	41g	160	27	2	5	115	13	2
900131	Cupcakes, Chocolate	43g	140	27	2	2.5	170	8	6
900130	Cupcakes, Happy B'Day	43g	140	27	2	2.5	170	7	6
900132	Cupcakes, Vanilla	43g	140	27	2	2.5	170	6	6
900221	Cracker, Animal	29g	130	21	2	4	110	8	2
900222	Cheeze Its	21g	100	14	2	3.5	150	0	1
900253	Goldfish Cinnamon	26g	120	19	1	4	110	6	1
900224	Goldfish, Cheddar	21g	100	14	2	4	170	0	1
900348	Ice Cream, Cup, Chocolate	4 oz	70	6	4	0	65	5	4
900416	Ice Cream, Cup, Rainbow Push -Up	63g	80	6	0	0.5	15	15	0
900349	Ice Cream, Cup, Strawberry	4 oz	70	17	3	0	55	5	17
900347	Ice Cream, Cup, Vanilla	4oz	80	20	4	0	65	5	5
900344	Ice Cream, Fudge Bar	92g	130	26	4	1.5	65	21	1
900413	Ice Cream, Sandwich, Vanilla	69g	130	27	4	3.5	100	4	3
900301	Marshmallow Rice Treats	40g	160	31	2	4	150	11	0
900302	Popcorn, White Cheddar	14g	70	9	2	2.5	110	0	2
900379	Pop Tarts, 2pack Blueberry	100g	360	76	4	5	360	30	6
900233	Pop Tarts, 2pack, Strawberry	100g	360	76	4	5	370	30	6
900039	Pop Tart, Frosted Cinnamon, WG	50g	180	37	2	2.5	190	15	3

900312	Pretzels	19.80g	80	15	2	1.5	200	0	2
900409	Snack, Goldfish, Colors	25g	140	20	3	5	240	1	1
900501	Snack, Graham Crackers, Bug Shape	28g	120	21	2	3.5	115	8	1
900410	Snack, marshmallow treat, choc, chip	45g	190	34	2	5	150	14	1
900183	Tortilla Chips	28g	130	18	2	6	115	0	2
900062	Unrustables	76g	300	32	9	16	280	15	4
900148	Yogurt, Cherry/Vanilla	113g	90	19	3	0	55	15	0
900249	Yogurt, Stawberry	113g	90	19	3	0	50	15	0
900149	Yogurt, Stawberry/Banana	113g	90	19	3	0	50	14	0

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	<b>Drinks</b>	<b>Portion Size</b>	<b>Calories cals</b>	<b>Carbs gm</b>	<b>Protein gm</b>	<b>Fat gm</b>	<b>Sodium mg</b>	<b>Sugar gm</b>	<b>Fiber gm</b>
900325	Gatorade, Grape	340g	30	7	0	0	160	7	0
900326	Gatorade, Orange	340g	30	7	0	0	160	7	0
900327	Gatorade, Raspberry	340g	30	7	0	0	160	7	0
900335	Nestle Splash - Grape	237g	0	0	0	0	0	0	0
900337	Nestle Splash - Orange	237g	0	0	0	0	0	0	0
900338	Switch, Black Cherry	237g	120	30	0	0	5	29	0
900339	Switch, Grape	237g	120	30	0	0	5	28	0
900340	Switch, Orange Tangerine	237g	120	30	0	0	5	29	0
900341	Strawberry Blend	237g	120	29	0	0	5	28	0

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