

Hart County Schools 2017-2018
 UPDATED December 21, 2017

FOOD ITEM	APPROXIMATE CARBOHYDRATE	APPROXIMATE CALORIES	FOOD ITEM	APPROXIMATE CARBOHYDRATE	APPROXIMATE CALORIES	FOOD ITEM	APPROXIMATE CARBOHYDRATE	APPROXIMATE CALORIES
Apple	25g	95	Deli Sub on Goldfish Bread	24g	265	Pear Cup (1/2 cup)	14g	60
Apples, Baked (1/2 cup)	30g	288	Deli Sub on Hoagie	31g	315	Peas (1/2 cup)	11g	70
Apples, Sliced (1 pkg)	7g	30	Donuts (Powdered) (6 count)	42g	280	Pickle Relish 9g Pkt	3g	10
Applesauce (1/2 cup)	13g	50	Donuts (Chocolate) (6 count)	39g	300	Pineapple Tidbits Cup (1/2 Cup)	10g	40
Bagels, Mini Cream Cheese (1 pkg)	54g	230	Donut Holes (6 count)	30g	280	Pizza Hut, Cheese	39g	414
Banana	27g	105	Dressing, French 1.5 oz LARGE PKT	12g	45	Pizza Hut, Pepperoni	39g	417
BBQ Pork (4 oz)	13g	170	Dressing, French 12g SMALL PKT	2g	48	Pizza Hut, Sausage	39g	430
BBQ Pork (4 oz) on Hamburger Bun	40g	310	Dressing, Ranch 1.5 oz LARGE PKT	2g	230	Pizza, 4X6 Cheese	34g	290
Beans, Baked (1/2 cup)	29g	140	Dressing, Ranch 12g SMALL PKT	2g	48	Pizza, 4x6 Pepperoni	36g	300
Beans, Black (1/2 cup)	20g	110	Dressing, Salad 12g Pkt	2g	41	Pizza, Big Daddy's	34g	370
Beans, Green (1/2 cup)	4g	29	Eggs, Scrambled (3 tbsps)	0g	70	Pizza, Breakfast	27g	210
Beans, Pinto (1/2 cup)	19g	100	Fajita, Grande Special	45g	534	Pizza, Pepperoni, personal round	36g	330
Beans, Refried (1/2 cup)	24g	140	Fries, Crinkle Cut (1/2 cup)	26g	180	Pop Tarts, Brown Sugar Cinnamon (1)	37g	180
Biscuit (pillsbury 2.2oz)	24g	190	Fries, Waffle Cut, Seasoned (1/2 cup)	14g	120	Pop Tarts, Strawberry (1)	38g	180
Blueberry cup	9g	40	Fries, Regular Cut with Skin (1/2 cup)	19g	120	Pork Riblet on Sub Bun	36g	310
Bread, Hamburger Bun only	27g	140	Fries, Potato Smiles (1/2 cup)	20g	130	Potato, Baked (Whole Large Potato)	51g	198
Bread, Hot Dog Bun only	21g	100	Frudel, Apple (prepackaged)	36g	210	Potato, Baked (Whole Small Potato)	36g	154
Bread, Sliced (1 slice)	20g	100	Frudel, Cherry (prepackaged)	37g	210	Potatoes, Breakfast	15g	90
Bread, Sub Bun only	28g	150	Fruit & Yogurt Parfait (1 cup)	29g	135	Potatoes, Deli Roasted (1/2 cup)	25g	140
Breadstick 1.31 oz	23g	110	Fruit Cocktail (1/2 cup)	18g	70	Potatoes, Mashed (1/2 cup)	15g	67
Breadstick, Cheesy (2 sticks)	30g	280	Gourmet Wrap	31g	353	Potatoes, Scalloped (1/2 cup)	22g	110
Broccoli & Cauliflower Florets, Fresh (1/2 cup)	3g	14	Granoia Pkt (1 oz.)	20g	120	Quesadilla, Chicken & Cheese	33g	280
Broccoli, Fresh (1/2 cup)	3g	15	Gravy, White (2 oz.)	4g	45	Ravioli, Beef (1 cup)	30g	260
Broccoli, Steamed	3g	15	Greens, Mixed (1/2 cup)	4g	46	Roll (2 oz.)	32g	140
Calzone, Pepperoni	35g	340	Ham, Baked (3 oz. Slice)	4g	110	Salad, Boxed Chef with 8 crackers-no dressing	28g	523
Carrots, Fresh Baby (1/2 cup)	6g	26	Ham & Cheese, Toasted on Sub (2oz ham,1 slice cheese)	30g	278	Salad, Small-no dressing	5g	30
Carrots, Steamed (1/2 cup)	6g	30	Hamburger on Bun	29g	280	Salisbury Steak w/ Gravy	6g	165
Cereal (1 pkg. bowl)-Lucky Charms	23g	110	Hamburger on Bun with Cheese Slice	30g	335	Salsa Cup (1/2 cup)	9g	40
Cereal (1pkg. Bowl)-Fruity Cheerios	26g	120	Hot Dog on Bun	23g	280	Sandwich, Ham	42g	300
Cereal (1pkg. Bowl)-Cocoa Puffs	25g	110	Jonny Pops, Strawberry Banana	10g	50	Sandwich, Toasted Cheese (2 slices of cheese)	42g	310
Cereal, (1pkg/bowl)-Trix	24g	110	Jonny Pops, Mixed Berry	11g	50	Sandwich, Toasted Ham & Cheese	42g	328
Cereal Bar, Cinnamon Toast Crunch	30g	150	Juice, Apple (1/2 cup)	13g	50	Sandwich, Turkey	42g	300
Cereal Bar, Cocoa Puffs	30g	150	Juice, Grape (1/2 cup)	19g	80	Sausage Biscuit	29g	400
Cereal Bar, Trix	30g	150	Juice, Orange (1/2 cup)	13g	60	Sausage Patty (1)	1g	180
Cheese Slice	1g	55	Juice, Pineapple (1/2 cup)	16g	60	Sherbet (1/2 cup)	23g	110
Cheesy Chicken Rice Bowl	43g	410	Lasagna Roll-Up	27g	230	Sidekicks Frozen Treat (StrawberryMango)	22g	90
Chicken Biscuit	32g	300	Lettuce & Tomato Cup (1/2 cup)	1g	6	Sidekicks Frozen Treat (Blueraspberrylemon)	22g	90
Chicken Fillet on Bun	42g	370	Mac & Cheese Bowl (6 oz)	31g	285	Sidekicks Frozen Treat (Sunbelievable)	26g	110
Chicken Wings, Boneless (4 pcs.)	17g	230	Manwich on Bun	35g	285	Sidekicks Frozen Treat (Cherry Smooth)	25g	100
Chicken Wings, Boneless Spicy (4 pcs.)	18g	190	Marinara (1/2 cup)	10g	67	Soup, Broccoli & Cheese (3/4 cup)	13g	230
Chicken Pot Pie	33g	341	Meatloaf	8g	216	Spaghetti, Baked	47g	400
Chicken Rings (5)	11g	216	Milk, 1% White (1 cup)	11g	100	Squash, Cooked (1/2 cup)	2g	17
Chicken Strips Lunch (3)	16g	280	Milk, Fat Free Chocolate (1 cup)	20g	110	Strawberry Cup (1/2 cup)	33g	122
Chili, Bowl of (3/4 cup)	11g	210	Milk, Fat Free Strawberry (1 cup)	22g	120	Tacos, Beefy (Meat and 2 soft shells)	36g	400
Chili Cheese Fries	36g	460	Milk, Skim (1 cup)	11g	80	Toast (1 slice)	20g	100
Chili Dog Sauce (1/4 cup)	6g	60	Muffin, Banana	31g	190	Toast, Texas (1 slice)	11g	80
Cookie, Strawberry Delight	27g	160	Muffin, Blueberry	29g	170	Vegetables, Mixed Cooked (1/2 cup)	12g	59
Cookie, Chocolate Chip	26g	160	Mustard 5.5g Pkt	0g	4	WOW Butter (1.12oz cup)	8g	200
Cooke, Animal Cracker (1 pkgs)	21g	130	Nachos w/ Meat & Cheese Sauce	38g	320	Yogurt, Trix (1/2 cup)	20	100
Corn (1/2 cup)	18g	82	Nutri-Grain Bar, Blueberry	30g	160			
Corn Dog, Mini (6)	27g	375	Nutri-Grain Bar, Strawberry	29g	160			
Crackers, Graham (1 pkg - 3 crackers)	17g	90	Orange	15g	59			
Crackers, Salad Wheat (1 pkg-2 crackers)	5g	35	Oranges, Mandarin (1/2 cup)	13g	52			
Crackers, Square, ZESTA (1pkg-2 crackers)	5g	25	Pancakes, Mini-Pre pkg-Maple or Strawberry	40g	230			
Cranberry Sauce (1/4 cup)	25g	110	Peach Cup (1/2 cup)	14g	60			
Deli Ham & Cheese Wrap	17g	240	Peach Cup (1/2 cup)-Pre-pkg.	30g	118			

The list of "Carbohydrate Counts" is for nutritional purposes and is not intended to provide medical advice.

Every effort has been made to check the accuracy of these numbers; however, because of numerous variables, the nutritive values listed should be considered approximate. These values may vary based on portion size, brand, and preparation method, etc.