

Atlanta Public Schools 2016-2017 Carbohydrate Counts

Recipe Name	Serving Size	Carbohydrate
Apples Fresh - Small	1 Apple	25
Apple Slices	1 Package	7
Applesauce	1/2 Cup	14
Applesauce - Cinnamon	1/2 Cup	14
Applesauce Cup – Cherry	1 Each	15
Applesauce Cup – Peach	1 Each	15
Applesauce Cup – Plain	1 Each	15
Applesauce Cup – Strawberry	1 Each	40
Bagel - Mini w/ Cinnamon Cream Cheese	1 Pouch	41
Bananas - Small	1 Banana	23
Banana Bread - Regular	1 Loaf	44
Blueberry Mini Loaf	1 Each	39
Beans - Baked	1/2 Cup	25
Beans – Black	1/2 cup	19
Beans - Chipotle Black	1/2 Cup	22
Beans - Garbanzo	1/2 Cup	19
Beans - Green	1/2 Cup`	8
Beans - Green, Thai	1/2 Cup	7
Beans - Kidney	1/2 Cup	19
Beans – Pinto , Stewed	1/2 Cup	19
Beans - Refried	1/2 Cup	20
Biscuit – Cheese	1 Biscuit	23
Biscuit - Chicken	1 Biscuit	27
Biscuit – Ham	1 Biscuit	34
Biscuit – Ham & Cheese	1 Biscuit	34
Biscuit - Plain	1 Biscuit	23
Biscuit - Steak	1 Biscuit	32
Biscuit - Turkey & Cheese	1 Biscuit	33
Biscuit - Turkey Ham & Cheese	1 Biscuit	32
Biscuit - Turkey Sausage	1 Biscuit	32
Bread Whole Wheat	1 Slice	14
Bread – WW Roll w/ Oats	1 Each	16
Bun - Hamburger	1 Each	31
Broccoli (w/Ranch)	1/2 Cup	9
Broccoli, Steamed	1/2 Cup	5
Broccoli with Lemon Pepper	1/2 Cup	6
Broccoli Cheese & Rice Casserole - Side	1/2 Cup	17
Broccoli Cheese & Rice Casserole - Entrée	1 Cup	35
Cabbage - Sauteed	1/2 Cup	3
Carrots - Baby	1/2 Cup	5
Carrots – Baby (w/Ranch)	1/2 Cup	10
Carrots - Steamed	1/2 Cup	8
Carrots - Ginger	1/2 Cup	19
Celery Sticks (w/Ranch)	1/2 Cup	4
Cereal – Apple Jacks	1 Bowl Pack	24
Cereal - Cinnamon Toast Crunch	1 Bowl Pack	22
Cereal - Frosted Flakes	1 Bowl Pack	24
Cereal – Fruit Loops	1 Bowl Pack	24
Cereal - Golden Grahams	1 Bowl Pack	24
Cereal - Lucky Charms	1 Bowl Pack	23
Cereal - Raisin Bran	1 Bowl Pack	27
Cereal - Rice Krispies	1 Bowl Pack	23
Cheese Sauce	1 oz (2 tbsp)	20
Cheeseburger	1 Burger w/ Bun	36
Chicken Alfredo	½ cup chicken and ½ cup pasta	29
Chicken & Broccoli Casserole	1 Cup (8 oz)	56
Chicken BBQ Baked	1 Serving	14
Chicken BBQ on Bun	1 Sandwich	46

Chicken - Curry	1 Serving	8
Chicken - Jamaican Jerk	1 Serving	7
Chicken Fajitas	1 Fajita	36
Chicken - Lo Mein	1 Cup	35
Chicken Nuggets	5 Nuggets	17
Chicken Nuggets - Buffalo	5 Nuggets	19
Chicken - Oven Roasted	1 Serving	5
Chicken Fried Rice	1 Cup	32
Chicken - Parmesan	1 Serving	12
Chicken - Parmesan w/ Spaghetti	1 Chicken Patty + 1/2 Cup	52
Chicken Patty	1 Patty	16
Chicken Patty – Breakfast Patty	1 Patty	5
Chicken Sweet & Sour	1 Cup	12
Chicken - Southern Baked	1 Serving	7
Chicken Teriyaki	1/2 cup	13
Chili Dog	1 Turkey Dog with Chili	36
Chips and Salsa	1 Ounce Chips with 1/4 Cup Salsa	23
Coleslaw	1/2 Cup	13
Collard Greens	1/2 Cup	5
Condiments:		
Italian Dressing - Fat Free	1 Packet	2
Mayonnaise	1 Packet	1
Ketchup	1 Packet	3
Mustard - Honey	1 Packet	9
Ranch Dressing - Regular	1 Packet	2
Ranch Dressing - Fat Free	1 Packet	4
Sesame Sauce	2 Tbsp	26
Corn Mexicali	1/2 Cup	23
Corn Chilled	1/2 Cup	20
Corn, Steamed	1/2 cup	23
Corbread Dressing	1/2 Cup	18
Corn on the Cob	1 Serving	26
Crackers Graham	3 Packages	17
Crackers Goldfish Pepperidge	1 Package	14
Crackers - Zesta	3 Packets	21
Cranberry Sauce	2 oz	22
Emergency Meal Kit – Banana Muffin	1 Kit	60
Emergency Meal Kit – Apple Muffin Top	1 Kit	59
Emergency Meal Kit - Tuna Salad	1 Kit	59
Emergency Meal Kit - Chicken Salad	1 Kit	66
Emergency Meal Kit - Hummus w/ Veg	1 Kit	84
Emergency Meal Kit - Cereal Cinn Toast Crunch	1 Kit	55
Fajita Bar - Chicken	1 Fajita	36
Fish & Grits	1 Serving	49
Fish & Grits with Toast	1 Serving	56
Fish- Nuggets	1 Serving	23
Fish Taco	1 Taco	45
Flatbread- Cheese	1 Flatbread	32
Flatbread- Vegetable	1 Flatbread	36
French Toast Stick (no syrup)	4 French Toast Sticks	37
Fruit - Tangerine	1 Each	17
Fruit Cocktail Light (Mixed Fruit)	1/2 cup	20
Grits	1/2 Cup	29
Grits w/ Cheese	1/2 Cup	35
Ham - Baked	1 serving	10
Ham – Hawaiian Baked	1 serving	51
Ham and Three Cheese Bake	1 serving (1 cup)	92
Hamburger on Bun	1 Burger w/ Bun	36
Hamburger Cajun	1 Burger w/ Bun	36
Hot Dog on Bun	1 Hotdog with Bun	34
Hummus w/ Toasted Flatbread	1 Serving	48
Jelly Assorted Fruit	1 Each	9
Juice, Apple	4 oz	14

Juice, Apple	6 oz	20
Juice, Fruit Punch	6 oz	25
Juice, Fruit Punch	4 oz	14
Juice, Grape	4 oz	19
Juice, Grape	6 oz	28
Juice, Orange	4 oz	14
Juice, Orange	6 oz	23
Kale – Sautéed	1/2 Cup	3
Loaded-Baked Potato w/ Chili	1/2 Cup	49
Macaroni & Cheese - Side	1/2 Cup	69
Macaroni & Cheese - Entrée	1 Cup	121
Milk - Vanilla Fat-Free	8 oz carton	12
Milk - Chocolate Fat Free	8 oz carton	19
Milk - Low Fat (1%)	8 oz carton	12
Milk - Soy - Chocolate	8 oz carton	19
Milk - Soy - Vanilla	8 oz carton	20
Milk – Emergency Chocolate Milk	8 oz carton	26
Milk – Emergency Plain Milk	8 oz carton	12
Milk, Lactaid	8 oz carton	13
Muffin, Blueberry	1 each	32
Nachos – Beef (ELEM)	1 Serving	40
Nachos – Beef (ELEM)	1 Serving	58
Nachos - Cheese	1 Serving	40
Nachos – Chicken (ELEM)	1 Serving	40
Nachos – Chicken (SEC)	1 Serving	58
Nachos – Ground Turkey (ELEM)	1 Serving	41
Nachos – Ground Turkey (SEC)	1 Serving	59
Oatmeal	1/2 Cup	27
Oatmeal - Cinnamon	1/2 Cup	29
Oranges, Fresh Slices	1 Orange	15
Pancakes – Mini , Maple	1 Pouch	30
Patty Melt - Hamburger	1 Sandwich	34
Pasta – Broccoli Alfredo Bake	1 Cup	101
Pasta Lo Mein-Chicken	1 Cup	55
Pasta Lo Mein-Vegetable	1 Cup	53
Pasta Primavera	1/2 Cup	19
Pasta Salad Italian	1 Cup	46
Pasta – Baked Penne Casserole (Vegetarian)	1 Cup	57
Pasta – Baked Penne Casserole (Ground Beef)	1 Cup	53
Pasta- Spaghetti Casserole with Ground Turkey	1 Cup	57
Pasta- Spaghetti Casserole with Ground Beef	1 Cup	48
Peaches - Canned	1/2 Cup	22
Peaches - Fresh	1 Each	14
Pear, Fresh	1 Each	27
Pears – Canned	1/2 Cup	19
Peas and Carrots	1/2 Cup	11
Peas Black-eyed	1/2 Cup	11
Peas Green, Steamed	1/2 Cup	10
Pineapples - Diced	1/2 Cup	16
Pizza Cheese (ELEM)	1 Pizza	37
Pizza Cheese (SEC)	1 Slice	36
Pizza BBQ Chicken (ELEM)	1 Pizza	41
Pizza BBQ Chicken (SEC)	1 Slice	41
Pizza Buffalo Chicken (ELEM)	1 Pizza	38
Pizza Buffalo Chicken (SEC)	1 Slice	41
Pizza Garden Vegetable (ELEM)	1 Pizza	39
Pizza Garden Vegetable (SEC)	1 Slice	35
Pizza Hamburger (ELEM)	1 Pizza	37
Pizza Hamburger (SEC)	1 Slice	36
Pizza Hawaiian (ELEM)	1 Pizza	57
Pizza Hawaiian (SEC)	1 Slice	56
Pizza Meat Lovers (ELEM)	1 Pizza	35
Pizza Meat Lovers (SEC)	1 Slice	38

Pizza Pepperoni (ELEM)	1 Pizza	37
Pizza Pepperoni (SEC)	1 Slice	36
Plantain - Roasted	1 Serving (2 oz)	22
Potato - Baked Regular	1/2 baked potato	15
Potato - Sweet	1/2 Baked Potato (4 oz)	13
Potato - Mashed	1/2 Cup	18
Potato – French Fries	1/2 Cup	36
Potato – Sweet Potato Fries	1/2 Cup	31
Quesadilla - Cheese	1 Quesadilla	19
Rice - Brown	1/2 Cup	25
Rice - Pilaf	1/2 Cup	27
Rice - Vegetable Fried	3/4 Cup (6 oz)	22
Rice - Black Beans	3/4 cup (6 oz)	35
Rice - Red Beans	3/4 Cup (6 oz)	40
Rice - Spanish	1/2 Cup	30
Rice Bowl – Chicken	1 portion	51
Rice Bowl – Pork, Sweet & Sour	1 portion	80
Rice Bowl – Beef Teriyaki	1 portion	60
Rice Bowl – Mexican Beef	1 portion	50
Rice Bowl – Mexican Turkey	1 portion	62
Sauces:		
Classic BBQ	1 oz	7
Tangy Orange	1 oz	12
Salad Bowl - Black Beans	1/2 Cup	19
Salad Bowl - Black Bean & Corn	1/2 Cup	19
Salad Bowl – Broccoli & Cheese	1/2 Cup	10
Salad Bowl - Carrot & Raisin	1/2 Cup	23
Salad Bowl – Corn	1/2 Cup	15
Salad Bowl - Tomato, Cucumber & Red Onion	1/2 Cup	5
Salad Bowl – Garbanzo Beans	1/2 Cup	21
Salad Bowl – Kale & Apple	1/2 Cup	10
Salad Bowl – Kidney Beans	1/2 Cup	20
Salad Bowl – Romaine Lettuce	1 Cup	4
Salad Bowl – Peas	1/2 Cup	9
Salad Bowl – Pinto Beans	1/2 Cup	19
Salad Chef – Elementary/Middle	1 Salad + 1 Roll	26
Salad Chef – High	1 Salad + 2 Rolls	47
Salad Chicken Plate - Elementary/Middle	1 Salad + 1 Roll	23
Salad Chicken Plate - High	1 Salad + 2 Rolls	39
Salad Cobb – Elementary/Middle	1 Salad + 1 Roll	24
Salad Cobb - High	1 Salad + 2 Rolls	44
Salad Fajita Chicken - Elementary/Middle	1 Salad + 1 Roll	23
Salad Fajita Chicken - High	1 Salad + 2 Rolls	47
Salad Garden Vegetable – Elementary/Middle	1 Salad + 1 Roll	27
Salad Garden Vegetable – High	1 Salad + 2 Rolls	46
Salad Italian Vegetable – Elementary/Middle	1 Salad + 1 Roll	38
Salad Italian Vegetable – High	1 Salad + 2 Rolls	62
Salad Tuna Salad Plate - Elementary/Middle	1 Salad + 1 Roll	30
Salad Tuna Salad Plate - High	1 Salad + 2 Rolls	52
Salad Turkey - Elementary/Middle	1 Salad + 1 Roll	26
Salad Turkey - Secondary	1 Salad + 2 Rolls	46
Salisbury Steak	1 Each	2
Salisbury Steak w/Onion Sauce	1 Each + 2 tbspc Sauce	15
Sandwich - BBQ Pork	1 Sandwich	58
Sandwich - BBQ Chicken	1 Sandwich	50
Sandwich - Buffalo Chicken	1 Sandwich	35
Sandwich - Chicken Patty	1 Chicken Patty with Bun	38
Sandwich - Chicken Salad	1 Sandwich	31
Sandwich - Club	1 Sandwich	34
Sandwich – Fish Fillet	1 Sandwich	46
Sandwich - Grilled Cheese	1 Sandwich	28
Sandwich - Grilled Ham and Cheese	1 Sandwich	30
Sandwich - Grilled Turkey & Cheese	1 Sandwich	29

Sandwich - Grilled Turkey Ham & Cheese	1 Sandwich	28
Sandwich - Ham & Cheese	1 Sandwich	33
Sandwich - Italian Sub	1 Sandwich	40
Sandwich - Italian Sub - Toasted	1 Sandwich	40
Sandwich - Meatball Sub	1 Sandwich	41
Sandwich - Patty Melt	1 Sandwich	34
Sandwich - Philly Cheese Steak	1 Sandwich	36
Sandwich - Sloppy Joe	1 Sandwich	40
Sandwich - Tuna	1 Sandwich	28
Sandwich - Turkey & Cheese	1 Sandwich	33
Sandwich - Turkey Ham & Cheese	1 Sandwich	33
Sandwich - Veggie Burger	1 Sandwich	48
Smoothie - Fruit	10 oz	50
Soup - Chicken Noodle	1 Cup	26
Soup Tomato Homemade	1 Cup	34
Soup Creamy Potato	1 Cup	24
Soup- Minestrone	1 Cup	12
Spinach - Sauteed	1/2 Cup	5
Spinach Dip & Tortilla Chips (ELEM)	1/2 Cup w/ 2 oz Chips	70
Spinach Dip & Tortilla Chips (SEC)	1/2 Cup w/ 2 oz Chips	89
Taco Bar - Beef	1 Taco	33
Taco Bar - Chicken	1 Taco	33
Taco Bar - Pork Carnita	1 Taco	33
Toast	1 Slice	23
Toast + Jelly	1 Slice	23
Tortilla Whole Wheat 8" (Elementary)	1 Tortilla	24
Tortilla Whole Wheat 10" (Sec)	1 Tortilla	29
Vegetables - California Blend	1/2 Cup	3
Waffles - Mini , Blueberry	1 Pouch	37
Waffles - Mini , Maple	1 Pouch	38
Wrap - Chicken Caesar	1 Wrap	37
Wrap - Spicy Black Bean (ELEM)	1 Wrap	37
Wrap - Spicy Black Bean (SEC)	1 Wrap	47
Wrap - Tuna (ELEM)	1 Wrap	30
Wrap - Tuna (SEC)	1 Wrap	36
Wrap - Turkey (ELEM)	1 Wrap	28
Wrap - Turkey (SEC)	1 Wrap	34
Wrap - Turkey & Cheese (ELEM)	1 Wrap	26
Wrap - Turkey & Cheese (SEC)	1 Wrap	32
Wrap - Turkey Ham (ELEM)	1 Wrap	27
Wrap - Turkey Ham (SEC)	1 Wrap	33
Wrap - Garden Vegetable (ELEM)	1 Wrap	30
Wrap - Garden Vegetable (SEC)	1 Wrap	36
Wrap - Italian Vegetable (ELEM)	1 Wrap	38
Wrap - Italian Vegetable (SEC)	1 Wrap	43
Wrap - Ham & Cheese (ELEM)	1 Wrap	28
Wrap - Ham & Cheese (SEC)	1 Wrap	34
Yogurt Fun Lunch	1 Serving	33
Yogurt - Cherry	4 oz	20
Yogurt - Raspberry	4 oz	20
Yogurt - Strawberry	4 oz	16
Yogurt - Strawberry Banana	4 oz	20
Yogurt - Vanilla	4 oz	14
Yogurt w/ 1/2 Turkey Sandwich	1 Serving	31
Yogurt w. Whole Turkey Sandwich (High)	1 Serving	45
Ziti -Baked	1 Serving	52
Updated: July, 2016		
Resources:	Edison, American Diabetes Association; USDA Database	