

Kanawha County Schools
Product Information/Grams of Carbohydrates*
Updated August 2016

	Grams		Grams
ITEM	CHO	ITEM	CHO
BEVERAGES		Watermelon, 1/2 c.	5
MILK		Fresh Apple	22
		Fresh Grapes, green	16
United Valley Bell		Fresh Orange	15
White, skim, 8 oz	13	Fresh Banana	27
White, 1%, 8 oz	13	Fresh Kiwi, 1 ea.	13
Non-fat, Choco, 8 oz	24	Strawberries & Bananas, 1/2 c.	19
Non-fat, Straw, 8 oz	24	Fresh Cantaloupe, 1/2 c.	8
		Berries, frozen, 1/2 c.	17
JUICE		Strawberries w/syrup, frozen, 1/2 c.	38
Apple, 4 oz	14	Strawberries, whole, frozen, 1/2 c.	10
Grape, 4 oz	18	Apple, slices, canned, 1/2 c.	12
Orange, 4 oz	13	Apple, slices, spiced	7
Capri Sun, 6 oz	11	Cherry, marichrin	2
		Cherry, pie filling, 1/2 c.	25
YOGURT - 4 oz		Pears, sliced, canned	19
Yogurt, cherry	20		
Yogurt, straw/banana	20	CEREAL: BOWL	
Yogurt, raspberry	20	Frosted Flakes, sugar	25
Yogurt, watermelon	20	Kix	15
		Golden Grahams	24
Smoothie, 100% juice, cherry	18	Cheerios	18
Smoothie, 100% juice, strawberry	18	Honey Nut Cheerios	22
Smoothie, 100% juice, orange/pine	19	Frosted Mini Wheats	23
		Wheaties	19
Juice Bar, cherry, 4 oz	18	Rice Crunchins	16
Juice Bar, fruit punch, 4 oz	15	Cinnamon Toast Crunch	22
Juice Bar, grape, 4 oz	15	Trix, reduced sugar	18
Juice Bar, orange, 4 oz	16	Fruit Loops, reduced sugar	16
		Corn Flakes	10
FRUIT			
Strawberry cup, USDA, 4 oz	22	BREADS/GRAINS	
Peach cup, USDA, 4 oz	29	Nutrigrain bar, strawberry	24
Apricot cup, USDA, 4 oz	25	Nutrigrain bar, blueberry	24
Applesauce, USDA, 1/2 c.	14	Graham Crackers, plain	16
Cherry Applesauce cup	23	Graham Crackers, honey	17
Cinnamon Applesauce cup	30	Graham Crackers, shapes	21
Mixed fruit, 1/2 c.	18	Graham Crackers, shapes, chocolate	20
Mandarin Oranges	28	Graham Crackers, bug shapes	23
Peach, sliced, USDA	18	Graham Crackers, crunch mania	37
Pineapple, 1/2 c.	19	Pita Pocket, wg	8
Citrus Fruit cup, 1/2 c.	19	Baked Chips, individual	19
	Grams		Grams
ITEM	CHO	ITEM	CHO
Rice Krispie treat	9	Bread, white wheat, 2 slice	26
Poptart, strawberry	37	Biscuit, wg, 2 oz	22
Dorito, Nacho	19	Bread, stick, 1.5 oz	19
Dorito, Cool Ranch	18	Croissants, wg, sl.	22
Pretzel, soft	22	Cracker, saltines, unsalted, ind pkg	9
		Cracker, oyster, ind pkg	9
FROZEN		Doughnut, MVP	43
Sherbert, raspberry	21	Cereal bar, Cheerios, wg	28
Sherbert, orange	20	Cereal bar, Trix, wg	28
Sherbert, lime	23	Cereal bars, Cinn Toast Crunch, wg	27
Ice cream, vanilla	15	Tart shells, graham, ind	15
Ice cream, strawberry	16	Animal Crackers	21
Ice cream, chocolate	18	Cheez Its	14
		Pancakes, wg	41
INDIVIDUAL PACKETS		Pancakes, mini berry, iw	34
French, lite, .44 oz	4	Waffles, mini, iw	
Italian, lite, 12 g	1	Waffles, Belgium, iw	28
Ranch, lite, .44 oz	4	French Toast, iw	45
California French, 1.5 oz	11	French Toast, iw	
Italian, FF, 1.5 oz	5	English Muffin	27
Ranch, FF, tub, 1 oz	7	French Bread, 12"	43
Syrup, maple, 1 oz	20	Apple pie, sliced	43
Grape Jelly	9	Pumpkin pie, sliced	46
Ketchup, 9 gms	2		
Gravy, country, 2 TBS	5	Bagel, plain	32
BBQ sauce	4	Bagel, blueberry	35
Taco sauce	1	Bagel, cin/raisin	33
Tater sauce	2	Tortilla, wg, 8"	20
Nacho cheese, 1 oz	2	Tortilla, wg 10"	31
		Tortilla, corn, bulk, wg	18
POTATOES		Banana Bread	
3/8", FF, 1/2 c.	18	Zucchini Bread	22
Mashed, 1/2 c.	15	Rice, 1/2 c.	21
Rounds, 1/2 c.	14	Rice, Spanish, 1/2 c.	19
Waffle fries, SW, 1/2 c.	22	Rotini, wg, 3/4 c.	28
Wedges, 1/2 c.	14	Texas Toast, 1 sl.	18
Roll, school made	29		
Spaghetti noodle, 3/4 c.	28		
Bun, hamburger	28		
Bun, hoagie	20		
Bun, hot dog	21		

*List is to be used as a guideline. Information taken from product information sheets. Ingredients and weights of individual packages are subject to change or substitution without notice from manufacturer.