

SACHEM CSD CARBOHYDRATE COUNTS SY 2024 - 2025

	Serving Size	Carbohydrate
BEEF		
100% Beef Patties	1	1 g
Beef Meatballs	3	3 g
Beef Taco Filling	3 oz	5 g

BREAD / GRAIN ITEMS

Bread Bowl	1	28 g
Bagel - large	1	59 g
Croutons	2 TBSP	5 g
Hamburger Bun	1	22 g
Kaiser Roll	1	38g
Panini Bread	2 pieces	30 g
Soft Taco Shells	2	25 g
Tostitos Scoops single serving bag	1	19 g
Whole Grain Rice	1/2 Cup	22.5g
Pasta - regular	1/2 Cup	21 g
Pasta - whole grain	1/2 Cup	24 g
Whole Wheat Bread	1 slice	12g

BREAKFAST

Confetti Pancakes	1 pkg	36g
French Toast Bites	3pcs	36g

29g

WG Cinnamon Pancakes	2pcs	36g
WG Donut	1pcs	30g
WG Cinni Minnis	1 pkg	40g

CHICKEN

Tyson Chicken Pattie, WG - 3857	1	13 g
Tyson Chicken Nuggets, WG - 15489-928	6	18 g
Pilgrim's Goldkist Chicken Nuggets -615300	5	13g
Tyson Chicken Pattie, Spicy, WG - 5567	1	12 g
GoldKist Chicken Smackers, WG (Popcorn Chicken) - 110452	11	22 g
Tyson Chicken Tender, WG - 3859	3	14 g

Teriyaki Chicken Bites	4 pcs	8 g
------------------------	-------	-----

CHEESE PRODUCTS

ConAgra Max Snax Taco Triangles	3	30 g
Max Stix	2	30 g
Rich Products WG Mozzarella Sticks - 65220	6	32 g
Tasty Brands Mini Cheese Ravioli	7	15 g
Tasty Brands Mini "Fried" Cheese Ravioli	7	29 g
Twisted Bread Stick 2 oz.	1	17 g
Grilled Cheese Sticks	2	38g

DAIRY

Yogurt, Trix	408 280(175Tw 1127092mRD 108 75s M2
Milk, white, fat free	8 oz13 g
Milk, white, 1%	8 oz13 g
Milk, chocolate, fat free	8 oz22 g
On the Border (d)-4 (s)2 (M)1aC /FMC 364(17 Tw 11.E (i)-4GGS(s)2 (M)1aC /F)-1.709d(20g)TjEMC /P 4MC004 T	

Nardone Brothers WG Bagel Pizza	1	33 g
Nardone Brothers WG French Bread	1	33 g
Sachem's Own Pizza		

Chicken Pot Pie	1	38 g
Grilled Cheese Sandwich	1	26 g
Gyro on a Pita	1	45 g
Ham & Cheese Melt on a Bagel	1	65 g
Meatball Hero - 3 meatballs and 2 oz roll	1	36g
Mini Corn Dogs	6 pcs	24g
Ribs & Cheese on a Bun	1	52g
Syrup	1 pc	21g
Tomato Sauce	2 oz	5 g
Whole Grain Carnival Cookie	1	17g
Whole Grain Chocolate Chip Cookie	1	17g
Whole Grain Pretzel - 3 ounce	1	38g
Whole Grain Pretzel - 6 ounce	1	98g

SOUPS

Minestrone Soup	6 oz	25.5 g
Chicken Noodle Soup	6 oz	16 g
Chicken Rice Soup	6 oz	16 g
Chicken Vegetable Soup	6 oz	8 g
Tomato Soup	4 oz	20 g