Leon County 2025 Elementary School Carb Counts

Anytimers, Pepperoni Pizza Kit 1 serving 40 Anytimers, Turkey & Cheese Kit 1 reach 35 Apple, Fresh 1 reach 35 Apple, Fresh 1 reach 35 Apple, Fresh 1 serving 24 Chicken Pot Pie 1 serving 12 Apple Crisp 1 serving 24 Chicken Sandwich - Total 1 serving 12 Apple Stices, Fresh 1 serving 14 Applesauce, Cup Birthday Cake 1 serving 14 Applesauce, Cup Plain 1 serving 14 Applesauce, Cup Plain 1 serving 15 Bagel, Mini Strawberry 1 serving 15 Bagel, Mini Strawberry 1 serving 15 Baked Beans 1 serving 20 Gookes, Shortbread 1 serving 21 Baked Beans 1 serving 21 Blue Raspberry-Lemon Cup 1 seach 12 Shueberries, Fresh 1 serving 14 Courbead 1 seach 22 Blue Raspberry-Lemon Cup 1 seach 1 serving 14 Carotts, Fresh, Baby 1 serving 14 Carotts, Fresh, Baby 1 serving 22 Gereal, Cinnamon Toast Crunch 1 serving 24 Gereal, Lucky Charms 1 serving 25 Greeps Fresh 1 serving 46 Gereal, Lucky Charms 1 serving 27 Gereal, Ginnamon Toast Crunch 1 serving 28 Greeps Fresh 1 serving 40 Green Beans, Canned 1 servi	Item	Serving	Carbs (g)	Item	Serving	Carbs (g)
Anythmers, Turkey & Cheese Kit 1 each 35 Chicken Pot Pie 1 serving 8 Apple, Fersh 1 medium 22 Bapple Cinnamon Toast 1 each 44 Apple Cirisp 1 serving 24 Chicken Fersh 1 serving 15 Apple Slices, Fresh 1 serving 15 Chicken Rot Pie 1 serving 12 Applesauce, Canned 1 serving 15 Chicken Rot Pie 1 serving 12 Applesauce, Cup Brithday Cake 1 serving 14 Choixee Rotal Stramble 1 serving 4 Applesauce, Cup Sour Cherry 1 serving 14 Choixee Brast Stramble 1 serving 4 Applesauce, Cup Sur Cherry 1 package 42 Choixee Stramble 1 serving 9 Bagel, Mini Cinnamon 1 package 42 Cornbarries, Dried 1 serving 9 Banana, Pettle 1 each 12 Cornbarries, Dried 1 serving 1 Blue Baspberry-Lemon Cup 1 serving 1 4 4 4 4 4 </td <td>Anytimers, Pepperoni Pizza Kit</td> <td>-</td> <td></td> <td>Chicken Pot Pie- Total</td> <td>+</td> <td>1</td>	Anytimers, Pepperoni Pizza Kit	-		Chicken Pot Pie- Total	+	1
Apple Cinnamon Toast			35		_	
Apple Cirisp			+		_	
Apple Slices, Fresh			_	Chicken, Teriyaki	.	
Applesauce, Canned						
Applesauce, Canned						_
Applesauce, Cup Birthday Cake				•		
Applesauce, Cup Pain 1 serving 14 Applesauce, Cup Sour Cherry 1 serving 15 Collard Greens 1 serving 9 Cookles, Shortbread 1 bag 22 Combread 1 square 26 Cookles, Shortbread 1 square 26 Corndog 1 serving 28 Corndog 1 serving 17 Corndog 1 serving 17 Corndog 1 serving 17 Corndog 1 serving 18 Corndog 1 serving 17 Corndog 1 serving 17 Corndog 1 serving 18 Corndog 1 serving 17 Corndog 1 serving 18 Corndog 1 serving 18 Corndog 1 serving 19 Corndog 1 ser	,		+		.	
Applesauce, Cup Sour Cherry 1 serving 15			+			
Cookies, Shortbread			+	·		
Bagel, Mini Strawberry 1 package 42 Bagel, Mini Cinnamon 1 package 42 Baked Beans 1 serving 30 Banana, Petite 1 each 19 BBQ Sauce 1 each 12 Better Than Bagel Bites 6 each 25 Black-eyed Peas 1 serving 21 Black-eyed Peas 1 serving 13 Blue Raspberry-temon Cup 1 each 23 Blueberries, Fresh 1 serving 10 Boom Boom Sauce 1 each 25 Bread, Banana 1 each 25 Brocoli, Steamed 1 serving 4 California Blend Veggies 1 serving 7 California Blend Veggies 1 serving 7 California Blend Veggies 1 serving 7 Carrots, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 4 Cereal, Loney Chaerios 1 serving 47 Cereal, Honey Cheerios 1 serving 47 Cheese	Applesauce, cup sour enerry	1 3CI VIIIg	13			
Bagel, Mini Cinnamon	Bagel Mini Strawherry	1 nackage	42			
Baked Beans			+			
Banana, Petite						
BBQ Sauce 1 each 12 2 Eeter Than Bagel Bites 6 each 25 5 1 12 13 13 13 14 14 15 14 15 14 15 15						
Better Than Bagel Bites 1 serving 21			+		 	
Black Beans 1 serving 21 Black-eyed Peas 1 serving 13 1 serving 13 1 serving 13 1 serving 10 1 serving 25 1 serving 25 1 serving 25 1 serving 25 1 serving 26 1 serving 27 1 serving 28 1 serving 29 1 serving 20 1 serving 38 1 serving 38 1 serving 39 1 serving 38 1 serving 39 1 serving 39 1 serving 39 1 serving 30 30 30 30 30 30 30 3		+	+	Cucumbers, Silced	1 Serving	
Black-eyed Peas 1 serving 13 Blue Raspberry-Lemon Cup 1 each 23 Each 1 serving 10 Each 23 Each 1 serving 10 Each 23 Each 1 serving 10 Each 23 Each 1 serving 25 Each 1 serving 26 Each 1 serving 27 Each 1 serving 27 Each 26 Each 1 serving 27 Each 26			+	Descripe Banch	T 1	1
Blue Raspberry-Lemon Cup			_	Dressing, Ranch	1 serving	1
Blueberries, Fresh 1 serving 10 25 25 26 27 27 28 28 28 28 28 28			-	Fave Boons	1 has	10
Broom Boom Sauce 1 each 2 Bread, Banana 1 each 45 Bread, Banana 1 each 45 Broccoli, Steamed 1 serving 4 Teach 2 Ernit Juice, Assorted 4 oz 14-19 Ernit Juice, Assorted 5 oz 14-19 Ernit Juice, Assorted 1 serving 2 oz 6 oz 1 oz 14-19 Ernit Juice, Assorted 1 serving 5 oz 10 oz			+			
Bread, Banana 1 each 45 Broccoli, Steamed 1 serving 4						
Broccoli, Steamed					<u> </u>	
Garden Salad 1 serving 2	·		1	Fruit Juice, Assorted	4 OZ	14-19
California Blend Veggies 1 serving 7 Cantaloupe, Fresh 1 serving 7 Carrots, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 41 Cereal, Cinnamon Toast Crunch 1 serving 42 Cereal, Lucky Cherrios 1 serving 47 Cereal, Lucky Charms 1 serving 47 Cereal, Trix 1 serving 46 Cheddar Snack Mix 1 bag 20 Cheeseburger- Total 1 each 28 Burger & Cheese 1 each 28 Burger & Cheese 1 serving 38 Cheese Lasagna 1 serving 38 Cheese & Pretzel Fondue- Total 1 serving 39 Cheese & Pretzel Fondue- Total 1 serving 4 Cheese Grits (1/2 cup) 1 serving 4 Cheese Grits (1/2 cup) 1 serving 1 Cheese Slick 1 each 2 Cheesey Bites 4 each 28 <td>Broccoll, Steamed</td> <td>1 serving</td> <td>4</td> <td></td> <td></td> <td></td>	Broccoll, Steamed	1 serving	4			
Cantaloupe, Fresh 1 serving 7 Carrots, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 41 Cereal, Honey Cheerios 1 serving 42 Cereal, Honey Cheerios 1 serving 42 Cereal, Honey Cheerios 1 serving 47 Cereal, Honey Cheerios 1 serving 47 Cereal, Honey Cheerios 1 serving 42 Cheddar Snack Mix 1 bag 20 Cheese Buseer Cheese 1 each 28 Bun 1 bun 26 Cheese Lasagna 1 serving 39 Cheese Brits (1/2 cup) 1 serving 49 Cheese Stick 1 each 1 Cheesey Bread 2 sticks 32	To 115 1 21 1 1 1 1	T				
Carrots, Fresh, Baby 1 bag 5 Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 41 Cereal, Honey Cheerios 1 serving 42 Cereal, Lucky Charms 1 serving 47 Cereal, Trix 1 serving 47 Cheddar Snack Mix 1 bag 20 Cheeseburger- Total 1 each 28 Burger & Cheese 1 each 2 Bun 1 bun 26 Cheese Lasagna 1 serving 39 Cheese A Pretzel Fondue-Total 1 serving 39 Cheese Sauce 1 serving 9 Pretzel 1 each 30 Cheese Grits (1/2 cup) 1 serving 16 Cheese Stick 1 each 28 Cheese Breas 4 each 28 Cheese Breas 1 serving 4 Honey Mustard 1 serving 1 Hotdog- Total 1 serving 1 Hotosauce 1 packet 2			_			
Celery Sticks 1 serving 2 Cereal, Cinnamon Toast Crunch 1 serving 41 Cereal, Honey Cheerios 1 serving 42 Cereal, Honey Cheerios 1 serving 42 Cereal, Lucky Charms 1 serving 47 Cereal, Trix 1 serving 46 Cheddar Snack Mix 1 bag 20 Cheese Urger- Total 1 each 28 Burger & Cheese 1 each 2 Bun 1 bun 26 Cheese Lasagna 1 serving 38 Cheese & Pretzel Fondue- Total 1 serving 39 Cheese Sauce 1 serving 9 Pretzel 1 each 30 Cheese Stick 1 each 1 Cheese Stick 1 each 3	• •			-	<u> </u>	
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Cereal, Lucky Charms 1 serving 47 Cereal, Trix 1 serving 46 Cheddar Snack Mix 1 bag 20 Cheeseburger- Total 1 each 28 Burger & Cheese 1 each 2 Bun 1 bun 26 Cheese Lasagna 1 serving 38 Cheese & Pretzel Fondue- Total 1 serving 39 Cheese Sauce 1 serving 9 Pretzel 1 each 30 Cheese Grits (1/2 cup) 1 serving 16 Cheese Stick 1 each 1 Cheese Bites 4 each 28 Cheese Bites 4 each 28 Cheese Biscuit- Total 1 each 35 Chicken Biscuit- Total 1 each 6 Biscuit 1 each 29 Chicken, Nuggets 1 serving 15 Chicken, Nuggets Shaped 1 serving 16 Chicken, Oven-Fried 1 each 6 Millk, Chocolate, Skim 1 each 24	·		+			
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Cheeseburger-Total 1 each 28 Honey Mustard 1 serving 4 Burger & Cheese 1 each 2 Honey Mustard 1 serving 1 Bun 1 bun 26 Hotdog- Total 1 serving 20 Cheese Lasagna 1 serving 39 Hotdog Bun 1 each 18 Cheese Sauce 1 serving 9 Hot Sauce 1 packet 0 Pretzel 1 each 30 Jelly 1 each 9 Cheese Grits (1/2 cup) 1 serving 16 Jelly 1 each 9 Cheese Stick 1 each 1 Ketchup 1 packet 3 Cheesy Bread 2 sticks 32 Ketchup 1 packet 3 Chicken Biscuit- Total 1 each 35 Marinara Sauce 1 serving 23 Chicken Patty 1 each 29 Mayonnaise 1 packet 1 Chicken, Nuggets 1 serving 15 Meatballs- Supper 5 each 11						
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Cheese Stick 1 each 1 Cheesy Bites 4 each 28 Cheesy Bread 2 sticks 32 Chicken Biscuit- Total 1 each 35 Chicken Patty 1 each 6 Biscuit 1 each 29 Chicken, Nuggets 1 serving 15 Chicken, Nuggets Shaped 1 serving 16 Chicken, Oven-Fried 1 each 6 Milk, Strawberry, Skim 1 each 23			30		_	
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Cheesy Bread2 sticks32Chicken Biscuit- Total1 each35Chicken Patty1 each6Biscuit1 each29Chicken, Nuggets1 serving15Chicken, Nuggets Shaped1 serving16Chicken, Oven-Fried1 each6 Mac & Cheese 1 serving Marinara Sauce 1 packet 1 packet 1 Meatballs- Supper Milk, Chocolate, Skim 1 each 24 Milk, Strawberry, Skim 1 each 23	Cheese Stick	1 each	1			
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Chicken Patty1 each6Marinara Sauce1 each7Biscuit1 each29Chicken, Nuggets1 serving15Chicken, Nuggets Shaped1 serving16Chicken, Oven-Fried1 each6 Marinara Sauce1 each7Mayonnaise1 packet1Meatballs- Supper5 each11Milk, Chocolate, Skim1 each24Milk, Strawberry, Skim1 each23	Cheesy Bread	2 sticks	32			
Biscuit 1 each 29 Chicken, Nuggets 1 serving 15 Chicken, Nuggets Shaped 1 serving 16 Chicken, Oven-Fried 1 each 6	Chicken Biscuit- Total	1 each	35	Mac & Cheese	1 serving	23
Chicken, Nuggets1 serving15Meatballs- Supper5 each11Chicken, Nuggets Shaped1 serving16Milk, Chocolate, Skim1 each24Chicken, Oven-Fried1 each6Milk, Strawberry, Skim1 each23	Chicken Patty	1 each	6	Marinara Sauce	1 each	7
Chicken, Nuggets Shaped1 serving16Milk, Chocolate, Skim1 each24Chicken, Oven-Fried1 each6Milk, Strawberry, Skim1 each23	Biscuit	1 each	29	Mayonnaise	1 packet	1
Chicken, Oven-Fried 1 each 6 Milk, Strawberry, Skim 1 each 23	Chicken, Nuggets	1 serving	15	Meatballs- Supper	5 each	11
	Chicken, Nuggets Shaped	1 serving	16	Milk, Chocolate, Skim	1 each	24
Chicken, Popcorn 1 serving 14 Milk, Unflavored 1 each 12	Chicken, Oven-Fried	1 each	6	Milk, Strawberry, Skim	1 each	23
	Chicken, Popcorn	1 serving	14	Milk, Unflavored	1 each	12

Leon County 2025 chool Carb Counts

Elementary S		
Item	Serving	Carbs (g)
Mixed Berry Cup	1 each	20
Mixed Fruit	1 serving	17
Mixed Fruit Cup	1 cup	19
Muffin, Blueberry	1 each	30
Muffin, Cinnamon Toast Crunch	1 each	50
Mustard	1 each	0
Nachos, Cheese- Total	1 serving	29
Tortilla Chips	1 serving	19
Cheese Sauce	1 serving	10
Nachos, Meat- Total	1 serving	21

Nachos, Cheese- Total	1 serving	29
Tortilla Chips	1 serving	19
Cheese Sauce	1 serving	10
Nachos, Meat- Total	1 serving	21
Tortilla Chips	1 serving	19
Meat & Cheese	1 serving	2
Orange, Fresh	1 each	19

Pastry, Guava	1 each	16
Peach, Diced, Frozen Cup	1 each	21
Peach, Fresh	1 serving	14
Peanut Butter & Jelly Sandwiches- All	1 package	32
Pear Cup	1 each	19
Pear, Fresh	1 med	27
Pears, Diced	1 serving	16
Pepperoni Pizza Breadsticks	1 serving	29
Pineapple Tidbits	1 cup	19
Pizza, Breakfast	1 each	14
Plum, Fresh	1 medium	8
Pop-Tart, Cinnamon	1 each	37
Pop-Tart, Strawberry	1 each	36
Pork, BBQ	1 serving	14
Pork, Carnitas	1 serving	0
Potatoes, Mashed	1 serving	23
Potatoes, Sweet and Spicy	1 serving	31
Pupusa, Bean & Cheese	1 each	35
Potatoes, Sweet Glazed	1 serving	28

Rice, Brown (1 cup)	1 serving	40
Roll	1 each	27

Sandwich, Turkey & Cheese Bun	1 sandwich	30
Sandwich, Turkey & Cheese Hoagie	1 sandwich	28
Satsuma, Fresh	1 each	11
Sausage Patties	1 each	1
Sausage Pancake Sandwich	1 each	16
Shredded Lettuce & Diced Tomato	1 serving	2
Sour Cream	1 each	1
Soybutter & Jelly Sandwich	1 each	28
Smile Fries	1 serving	20
Strawberries, Fresh	6 med/3 lg	5
Strawberries, Frozen 4 Oz Cup	1 each	21
Strawberry Kiwi Cup	1 each	23
Syrup	1 each	21

Item	Serving	Carbs (g)
Taco, Beef	2 each	24
Tangerine, Fresh	1 small	10
Tartar Sauce	1 packet	4
Tater Tots	8 pieces	14
Tomatoes & Cucumbers	1 serving	3
Veggie Juice	1 each	15

Waffle, Vanilla	1 package	36
Waffles, Mini Maple	4 each	30
Watermelon, Fresh	1 serving	6

Yogurt & Cheese Plate- Total	1 each	49
Yogurt- All Flavors	1 each	20
Cheese Stick	1 each	1
Granola	1 serving	28