

Leon County 2025
Middle School Carb Counts

Item	Serving	Carbs (g)
Anytimers, Pepperoni Pizza Kit	1 serving	40
Anytimers, Turkey & Cheese Kit	1 each	35
Apple, Fresh	1 medium	22
Apple Cinnamon Toast	1 each	44
Apple Crisp	1 serving	24
Apple Slices, Fresh	1 serving	7
Applesauce, Canned	1 serving	15
Applesauce, Cup Birthday Cake	1 serving	14
Applesauce, Cup Plain	1 serving	14
Applesauce, Cup Sour Cherry	1 serving	15

Bagels, Mini (Both Flavors)	1 package	42
Baked Beans	1 serving	30
Banana, Petite	1 each	19
BBQ Pork Sandwich- Total	1 sandwich	40
BBQ Pork	1 serving	14
Bun	1 bun	26
BBQ Sauce	1 each	12
Better Than Bagel Bites	6 each	25
Biscuit	1 each	29
Black-Eyed Peas	1 serving	13
Blueberries, Fresh	1 serving	10
Boom Boom Sauce	1 each	2
Bread, Banana	1 each	45
Bread, Lemon	1 each	44
Broccoli & Cheese	1 serving	8
Broccoli, Steamed	1 serving	4

Cajun Chicken Pasta	1 serving	25
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, Honey Cheerios	1 serving	42
Cereal, Lucky Charms	1 serving	47
Cereal, Trix	1 serving	46
Cheeseburger- Total	1 each	28
Burger & Cheese	1 each	2
Bun	1 bun	26
Cheese Lasagna	1 serving	38
Cheesy Bites	4 each	28
Cheesy Bread	2 sticks	32
Cheesy Hots Chicken	5 each	22
Cheesy Potato Casserole	1 serving	11
Chicken Littles- Total		24
Chicken	2 each	8
Yeast Rolls	2 each	16
Chicken, Nuggets Shaped	1 serving	16
Chicken, Oven-Fried	1 each	6
Chicken, Popcorn	1 serving	14
Chicken, Potstickers	3 each	15

Item	Serving	Carbs (g)
Chicken Sandwich- Total	1 each	40
Chicken Patty	1 each	14
Hamburger Bun	1 each	26
Chicken, Tenders	1 serving	14
Coleslaw	1 serving	19
Collard Greens	1 serving	9
Cornbread	1 square	26
Corndog	1 serving	28
Corn, Seasoned	1 serving	17
Cranberries, Dried	1 package	28
Croissant	1 each	29
Cucumbers, Sliced	1 serving	2

Dressing, Ranch	1 serving	1
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Eggs, Scrambled	1 serving	4
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Fava Beans	1 bag	18
French Toast Bites	8	38
Fruit Juice, Assorted	4 oz	14-19

Garlic Bread	1 each	14
Grapefruit, Fresh	1 serving	9
Grapes, Fresh	1 serving	15
Green Beans, Canned	1 serving	4
Grilled Cheese Sandwich	1 each	33
Grits	1 serving	16

Ham & Cheese Croissant	1 sandwich	27
Hashbrowns	2 each	32
Honey Mustard	1 serving	4
Honeydew	1 serving	17
Hotdog- Total	1 serving	20
Hotdog Bun	1 each	18
Beef Frank	1 each	2
Hot Sauce	1 packet	0

Jelly	1 each	9
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Ketchup	1 packet	3
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Mac & Cheese	1 serving	23
Mango Sorbet	1 each	23
Marinara Sauce	1 each	7
Mayonnaise	1 packet	1
Meatballs, Italian- Supper	5 each	11
Meatballs, Sweet Chili	5 each	23
Mexican Corn	1 serving	18
Milk, Chocolate, Skim	1 each	24
Milk, Strawberry, Skim	1 each	23
Milk, Unflavored	1 each	12
Mini Cinnis	1 each	41

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Item	Serving	Carbs (g)
Mixed Berry Cup	1 each	20
Mixed Fruit	1 serving	17
Mixed Fruit Cup	1 cup	19
Muffin, Cinnamon Toast Crunch	1 each	50
Mustard	1 each	0
Nachos- Total	1 serving	21
Tortilla Chips	1 serving	19
Meat & Cheese	1 serving	2

Orange, Fresh	1 each	19
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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
Pizza, Buffalo	1 slice	33
Pizza, Cheese	1 slice	35
Pizza, Pepperoni	1 slice	33
Plum, Fresh	1 medium	8
Popcorn Chicken Bowl- Total	1 serving	44
Popcorn Chicken	1 serving	14
Corn	1 serving	8
Potatoes	1 serving	12
Cheese/Gravy	1 serving	10
Pop-Tart, Cinnamon	1 each	70
Pop-Tart, Strawberry	1 each	70
Pork Carnitas	1 serving	0
Potatoes, Mashed	1 serving	23
Potatoes, Sweet and Spicy	1 serving	31
Potatoes, Sweet Glazed	1 serving	28
Potatoes, Wedged	1 serving	20
Pupusa, Bean & Cheese	1 each	35
Ramen	1 cup	34
Rice, Veggie (1 cup)	1 serving	42

Sandwich, Turkey & Cheese	1 sandwich	30
Sandwich, Turkey & Cheese Hoagie	1 sandwich	28
Satsuma, Fresh	1 each	11
Sausage Biscuit- Total	1 sandwich	30
Sausage Patty	1 each	1
Biscuit	1 each	29
Sausage Pancake Sandwich	1 each	16
Shredded Lettuce & Diced Tomato	1 serving	2
Sour Cream	1 each	1

Item	Serving	Carbs (g)
Spicy Fish Po' Boy- Total	1 sandwich	60
Sub	1 each	32
Fish, Sauce & Cheese	1 serving	28
Strawberries, Fresh	6 med/3 lg	5
Strawberries, Frozen 4 Oz Cup	1 each	21
Strawberry Sorbet	1 each	17
Syrup	1 each	21

Tacos, Beef	2 each	24
Taco Totchos	1 serving	14
Tangerine, Fresh	1 small	10
Tartar Sauce	1 packet	4
Tater Tots	8 pieces	14

Veggie Juice	1 each	15
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Waffle, Vanilla	1 package	36
Waffles, Mini Maple	4 each	30
Watermelon, Fresh	1 serving	6

A la Carte

Cheddar Snack Mix	1 bag	20
Cheetos, Fantastix Chili Cheese	1 bag	19
Cheetos, Flamin' Hot	1 bag	20
Chips, Doritos Cool Ranch	1 bag	20
Chips, Doritos White Nacho	1 bag	20
Chips, Funyun	1 bag	14
Cinnamon Crisps	1 package	25
Cookies- Chocolate Chip & Sugar	1 each	34
Ice Cream, Birthday Cake Cone	1 each	29
Ice Cream, Cookies-N-Cream Cone	1 each	33
Ice Cream, Cookies-N-Cream Sandwich	1 each	31
Ice Cream, Sandwich	1 each	31
Ice Cream, Strawberry Éclair Bar	1 each	23
Juice, Apple	1 bottle	34
Juice, Orange	1 bottle	33
Muffin, Blueberry	1 each	30
Rice Krispies Treat	1 each	30