



## West Linn – Wilsonville Schools

### Carbohydrate Counts – Breakfast and Lunch

This list focuses on items that are highest in carbohydrates & those served most frequently.

Key	
P	Preschool & Primary school
M	Middle school
H	High school
ounce (oz)	weight or liquid measure
t	teaspoon
T	tablespoon
cup	volume measure
WG	whole grain

<u>FOOD ITEM/STANDARD SERVING</u>	<u>CARBOHYDRATE CONTENT, grams (g)</u>	
<b>Beverages</b>		
Juice, apple	4oz	14g
Juice, cranberry	4oz	17g
Juice, orange	4oz	14g
Milk, white	8oz	10g
Milk, chocolate	8oz	20g
<b>Breads/Grains</b>		
Bagel, P	2oz	30g
Bagel, MH	3oz	40g
Bagelful (Field Trip Item)	each	28g
Breadstick	each	14g
Biscuit	2oz	27g
Bread, sandwich, P	2 slices	26g
Bread, deli, MH	2 slices	42g
Cornbread Star	1.5oz	23g
Crackers	each	5g
Flatbread	each	26g
Graham crackers, 2pk, P	each	11g
Graham crackers, 3pk, M/H	each	22g
Hoagie, small, P	each	33g
Hoagie, regular size, M/H	each	42g
Hot Dog/Hamburger bun	each	33g
Pasta, no sauce, P	4oz	20g
Pasta, no sauce, M/H	6oz	30g
Roll	1oz	14g
Soft Pretzel	each	30g
Rice brown	4oz	23g
Tortilla, flour, (PK-2)	6"	14g
Tortilla, flour, (P-3, 4, 5)	6"x2	28g
Tortilla, flour, M	10"	29g
Tortilla, flour, H	12"	54g
Zucchini bread	each	43g
<b>Breakfast Type Items</b>		
Biscuit	2oz	27g
Breakfast Bar, cc/apple/oats	2.5oz	48g
Cereal, Cheerios, apple cinnamon	1oz	23g
Cereal, Cheerios,	1oz	20g
Cereal, Cinnamon Toast, low sugar	1oz	22g
Cereal, Golden Grahams,	1oz	24g
Cereal, low sugar Trix	1oz	24g
Cereal, Raisin Bran	1oz	27g
Cinnamon Roll, small	each	17g



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Muffin, blueberry	2oz	40g
Muffin, homemade	2oz	28g
Pancakes MH	2	27g
Syrup MH	each	30g
UBR (ultimate breakfast round)	each	43g
Condiments		
BBQ sauce	1T	4g
Gravy, made with flour	1T	4g
Honey mustard dressing	1T	4g
Jam or Jelly	1T	13g
Ketchup	1T	5g
Ranch or Caesar dressing	1T	1g
Salsa or Enchilada sauce	¼ cup	4g
Spaghetti dipping sauce, P	1oz	2g
Spaghetti dipping sauce, M/H	2oz	5g
Spaghetti sauce with beef, for pasta, P	2oz	6g
Spaghetti sauce with beef, for pasta, M/H	3oz	9g
Teriyaki sauce	1T	9g
Dairy		
Cheese, sliced or shred	2oz	1g
Cottage cheese, 1%	2oz	3g
Yogurt, Yoplait original, P	4oz	20g
Yogurt, Yoplait light, MH	6oz	16g
Yogurt Parfait (with dried fruit & oats)	8oz	53g
Desserts/Snacks		
Brownie, MH	2oz	36g
Cheez-its	.75oz	14g
Cinnamon Roll, small	1	36g
Cookie, low sugar & fat	1oz	17g
Doritos, cool ranch	1oz	19g
Frudel	each	37g
Fruit juice bar 100%	4oz	18g
Graham crackers, 2pk, P	each	11g
Graham crackers, 3pk, M/H	each	22g
Potato chips, original	.5oz	8g
Scooby Doo cinnamon crackers	1oz	22g
Sheet cake, no frosting	1.5oz	27g
Strawberry shortcake	each	47g
Teddy Grahams, cinnamon	.75oz	17g
Teddy Grahams, mini cubs	.5oz	11g
Tortilla chips, as a side	14ea	14g



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FOOD ITEM/STANDARD SERVING

CARBOHYDRATE CONTENT, grams (g)

Entrees (those highest in carbohydrates or served most frequently)

Beef patty or deli meat & cheese	2oz	3g
Burrito, bean & cheese	each	44g
Chicken bites, P	4	11g
Chicken bites, M/H	5	14g
Chicken patty	each	15g
Chicken Burger, patty and bun	each	48g
Chicken, biscuit, gravy and veggies, P	4oz	25g
Chicken, biscuit, gravy and veggies, MH	6oz	40g
Chicken, rice (4oz) beef or chicken & cheese, P	6oz	32g
Chicken, rice (4oz) beef or chicken & cheese, MH	8oz	34g
Chicken Parmigiana, no bread	each	20g
Chicken Salad, no bread		7g
Chili, beef, bean & vegetables	4oz	25g
Chili, beef, bean & vegetables	6oz	35g
Chili Dog		45g
Corndog, mini P	4 each	20g
Corndog M	4oz	30g
Enchilada	each	13g
Fish, breaded, P	3oz	15g
Fish, breaded, MH	4oz	20g
Grilled cheese sandwich	each	30g
Ham Pita sandwich with honey mustard, P	half	20g
Ham Pita sandwich with honey mustard, MH	whole	40g
Hamburger or cheeseburger on bun	2+oz	35g
Hot Dog on a bun, turkey	each	33g
Hummus and flatbread	each	40g
Macaroni and cheese, P	4oz	20g
Macaroni and cheese, MH	6oz	30g
Meatball Sandwich (hoagie roll), P	each	37g
Meatball Sandwich (hoagie roll), MH	each	49g
Meatballs in brown gravy	each	7g
Meatballs in marinara sauce	each	7g
Mozzarella cheese sticks with marinara, P	1	20g
Mozzarella cheese sticks with marinara, MH	2	40g
Nachos with beef, cheese, lettuce, salsa, P	18 chips	20g
Nachos with beef, cheese, lettuce, salsa, MH	25 chips	27g
Peanut butter, M	2T	7g
PBJ, on deli bread, MH	each	55g
Pizza, PM (grain & protein)	4oz	35g
Pizza, H (grain & protein)	6oz	40g
Quesadilla, cheese	each	30g
Sloppy Joe on a bun	2oz filling	40g



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Spaghetti with meat marinara sauce, PM	6oz	26g
Spaghetti with meat marinara sauce, H	8oz	39g
Sunflower seed butter, P	1T	7g
Sun Butter&Jelly Sandwich	each	39g
Taquitos	each	10g
Teriyaki or sweet seasoned chicken & brown rice, P	5oz	27g
Teriyaki or sweet seasoned chicken & brown rice, MH	6oz	32g
Tuna salad, no bread		7g

Entrees (see above or combine the following ingredients to make a variety of entrees with the description on the menu such as: burrito, nachos, quesadilla, tacos, enchiladas, etc.)

Beans, Refried, Garbanzo, Kidney, P	¼ cup	10g
Beans, Refried, Garbanzo, Kidney, MH	½ cup	20g
Beef, seasoned	2-3oz	4g
Cheese, sliced or shred	1-2oz	1g
Chicken, seasoned	2-3oz	1g
Ravioli, beef	1 cup	27g
Salsa or Enchilada sauce	¼ cup	4g
Tortilla, flour, burrito or soft taco, PK-2	6"	14g
Tortilla, flour, burrito or soft taco, (P-3, 4, 5)	6"x2	28g
Tortilla, flour, burrito or soft taco, M	10"	29g
Tortilla, flour, burrito or soft taco, H	12"	54g

### Fruits – Self Serve

**(Student's have the option of obtaining a smaller or larger portion than the standard serving listed below)**

Apple, whole or fresh slices	½ cup	7g
Apple slices, canned	½ cup	10g
Applesauce	½ cup	15g
Banana	small	27g
Blueberries	¼ cup	4g
Fruit cocktail	½ cup	18g
Kiwi	¼ cup	7g
Mandarin oranges	½ cup	9g
Melon	½ cup	10g
Orange, fresh, wedges	½ cup	10g
Peaches, canned	½ cup	15g
Peach cup, with sugar	½ cup	30g
Pears, canned	½ cup	15g
Pineapple, canned	½ cup	10g
Raisins	¼ cup	30g
Strawberry cup, with sugar	½ cup	20g

### Potatoes

Baked potatoe	¾ cup	40g
Baked sweet potato fries	½ cup	25g
Mashed potatoes	½ cup	20g



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Potato salad	½ cup	28g
Sweet potatoes, with brown sugar	½ cup	25g
Tator tots or “Smiles”, baked	½ cup	18g
Vegetables (average serving)		
Baked or canned beans, P	¼ cup	10g
Baked or canned beans, MH	½cup	20g
Carrots, baby, raw	½ cup	10g
Coleslaw	¼ cup	7g
Corn	½ cup	17g
Peas	½ cup	11g
Refried beans	½ cup	20g
Salsa	¼ cup	4g
Tomato soup, low sodium, low fat	½ cup	9g

If additional information is needed, please contact the school nurse or the central nutrition office.

**DISCLAIMER**

It is not the intent of the West Linn – Wilsonville School District nutrition department to provide data that replaces educational materials provided by a physician. This data can be used as supplemental information. Nutrient values are useful but should be considered estimates. The nutrient content of food items varies slightly based on processing, preparation, serving variations, manufacturing changes or wholesaler substitutions. This information was obtained from the USDA National Nutrient Database, product packaging & manufacturer websites, and the Bowes & Church Healthcare Food Values Handbook, 19<sup>th</sup> Edition. This information will be continually updated for accuracy and when new food items are added to the menu.