

Central York School District Food Services  
Carbohydrate Values For Diabetics  
AND GLUTEN FREE PRODUCTS

PLEASE NOTE CHANGES IN PORTION SIZES DUE TO CHANGES IN SCHOOL MEAL REQUIREMENTS

12/16/14

ITEMS THAT ARE OFFERED AT BREAKFAST WILL BE NOTED IN BLUE

FOOD ITEM	BRAND	PORTION SIZE	GRADE LEVEL	GRAMS OF CARBOHYDRATE	GLUTEN FREE
<b>Breads</b>					
Biscuit	Rich	1 biscuit	k-12	24gm	
Bread ,whole grain Dinner roll #7258	Stroehmann	1 ea	K-12	16 gm	
Bread English muffin, white #9624	Stroehmann	1 ea	K-12	28 gm	
Bread whole grain 100% # 5192	Stroehmann	1 slice	K-12	13 gm	
Bread, whole grain 6" steak roll # 2649	Stroehmann	1 ea	4-12	39 gm	
Bread, whole grain Hamburger roll # 5193	Stroehmann	1 ea	K-12	24 gm	
Bread, whole grain Hot dog roll # 5194	Stroehmann	1 ea	K-12	22 gm	
Bread, whole grain Kaiser roll # 3242	Stroehmann	1 ea	4-12	30 gm	
Bread, whole grain white # 3239	Stroehmann	1 slice	K-12	14 gm	
Calzone wg dough	richs	2 oz	k-12	26 gm	
Cheesy Bread Stick - Whole Grain	Bosco	1 stick	k-12	28 gm	
Croissant	Hadley Farms	1 each 2.2 oz	k-12	28.3 gm	
Crouton, School Recipe #SS Bread 1	School Recipe	1/4 Cup	k-12	9.23	
English Muffins	Bake Crafters	1 each	k-12	24 gm	
Filling Balls - Hoilday meal	School Recipe	3/8 Cup	k-6	40.18 gm	
Filling Balls - Hoilday meal	School Recipe	1/2 Cup	7-12	53.6 gm	
French Toast sticks	Grabitzer	4 sticks	4-12	38 gm	
French Toast sticks	Grabitzer	2 sticks	4-12	19 gm	
Mini Loaf Whole Wheat- Apple Cinnamon	Super Bakery	2 oz	4-12	30 gm	
Mini Loaf Whole Wheat- Blueberry	Super Bakery	2 oz	4-12	29 gm	
Rip Stick -Breadstick	Rich	2 Breadsticks	k-12	29gm	
Soft Pretzel Bun - 51% Whole Grain	J&J	1 Each	4-12	29 gm	
<b>Starches</b>					
Cheesey Mac & Cheese WG Reduced Fat	Land O Lakes	6 oz= 2 m + 1 bread	7-12	31 gm	
Cheesey Mac & Cheese WG Reduced Fat	Land O Lakes	3 oz = 1 m	k- 12	15.5 gm	
Flour Tortillas 12" Whole Grain	Abuelita	1 per serving	4-12	1 = 36 gm	
Flour Tortillas 6"	Catallia	2 per serving	k-12	26 gm	
Flout Tortillas 8" Whole Wheat	Abuelita	1 per serving	4-12	1= 36 gm	
French fries 3/8	Sysco, McCain	4 oz	k-12	29.2	
French Fries, Seasoned Curley	McCain	½ cup	4-12	30 gm	
French Fries, Tator Tot	Ore-Ida	8 tater tots = 1/2 cup	K-12	16 gm	
French Fries, Waffle	Ore-Ida	½ cup	4-12	21 gm	
Pasta, Penne Rigate	San Giorgio	1/2 C.	K-12	21 gm	
Pasta, Rotini	San Giorgio	1/2 C.	K-12	21 gm	
Pasta, Spaghetti	San Giorgio	1/2 C.	K-12	21 gm	
Pasta, Spaghetti Whole Grain	USDA	1/2 cup	K-12	41 gm	
Pasta, Whole Gran Rotini	USDA	1/2 cup	k-12	18.58 gm	
Potato, Baked	Norsun	1= 4 oz	4-12	24 gm	
Potato, Hash Brown Potato Pattie	Ore-Ida	1 each (2.25oz) 1= 1/4 cup veg	K-6	16.5 gm	
Potato, Hash Brown Potato Pattie	Ore-Ida	2 each ( = 4.5 oz ) 2= 1/2 cup veg	9-12	33 gm	
Potato, Mashed	Heartland	½ cup	K-12	16 gm	
Potato, Mashed	Idaho	1/2 cup	k-12	17gm	GF
Potato, Mini Pierogies	Mrs. T's	4 per student	K-6	4=14.28 gm	
Potato, Mini Pierogies	Mrs. T's	7 per student	7-12	7= 25 gm	
Potato, Scalloped	Nugget	½ cup	4-12	22 gm	
Potato, Seasoned Cubes, Redstone	McCain	1/2 cup	4-12	17 gm	
Potato, Seasoned Wedges, Redstone	McCain	3 oz = 6 wedges	4-12	17 gm	
Potatoes, Smiles	McCain	4 piece	k-6	20 g m	
Rice, Black Bean & Rice	cysd	1/2 cup	k-12	49.94	
Rice, Brown	Gov	1/2 cup	k-12	22 gm	
Rice, Brown Rice Pilaf	cysd	1/2 cup	k-12	26.12	
Rice, White	Uncle Ben's	½ cup	K-12	18 gm	
Saltines ( 4 pk)	Nabisco	4 crackers	K-12	9 gm	
Saltines ( 4 pk)	Keebler - Zesta	4 crackers	K-12	9 gm	



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FOOD ITEM	BRAND	PORTION SIZE	GRADE LEVEL	GRAMS OF CARBOHYDRATE	GLUTEN FREE
<b>VEGETABLES</b>	<b>COOKED VEGETABLES</b>	<b>PREPARED WITH MARGARINE AND PAN SPRAY</b>			
Bean, Pinto Bean	HANOVER	1/2 CUP	K-12	20GM	
Bean, Three Bean Salad	Hanover	½ cup	K-12	11 gm	
Beans, Baked Beans	Bush's	1/2 cup	K-12	29 gm	
Beans, Black Beans & Corn Salsa	School Recipe	1/2 Cup	k-12	23 .07 gram	
Beans, Black Beans & Salsa	SS Sauce 8	1/2 cup	4-12	19.8	
Broccoli	Hanover - Broccoli	½ C	K-12	4 gm	
Broccoli Salad	SS - Salad E-17	1/2 cup	K-12	31 gm	
Broccoli w/ cheese sauce	Trio cheese sauce	¼ cup = 2 oz .	4-12	6 gm = total 10 gm	
California blend veg	Hanover	½cup	K-12	4 gm	
Carrot and raison salad	USDA recipe	1/2 cup	K-12	31.8 gm	GF
Carrots, Baby Carrots & Red Pepper Strips	fresh	1/2 cup	k-12	5.85 gm	
Carrots, Baby raw	Bolthouse Farms	2 oz bag	k-12	8 gm	
Carrots, cooked	Hanover	1/2 cup	K-12	9 gm	
Carrots, Raw	Kegels	5 per student	K-12	9 gm	
Cauliflower	Hanover	½ cup	K-12	3 gm	
Celery sticks, fresh	fresh	3 sticks = 1/2 cup	K-12	1.5 gm	
Chef Blend Vegetables ( Chef Cut Veg of Day)	Hanover	1/2 cup	K-12	2 gm	
Cole Slaw creamy	USDA recipe	1/2 cup	K-12	8 gm	
Cole Slaw creamy	SS Salad 2-A	1/2 cup	K-12	23.4 gm	
Corn	Unipro/Seneca	½ cup.	K-12	15 gm	
Corn, Mexican	Hanover	½ cup	K-12	11 gm	
<b>Cowboy beans</b>	<b>School Recipe</b>	<b>1/2 cup</b>	<b>K-12</b>	<b>34.5</b>	
Green Beans	Hanover	½ C.	K-12	4 gm	
Lettuce & tomato blend ( for tacos)	fresh	1/2 cup	K-12	2.4 gm	
Lettuce, Iceberg	fresh	1/2 cup	K-12	1.1 gm	
Lettuce, Italian	Scheid's	1 cup	K-12	6.8 gm	
Lettuce, Romaine	fresh	1/2 cup	K-12	1.4 gn	
Lettuce, Tomato for Walk away Taco	School Recipe		k-12	1.8 gm	
Lima Beans	Hanover	½ cup	K-12	18 gm	
Mixed veg 5-way	Hanover	½ cup	K-12	10 gm	
Normandy blend veg	Flav-R-Pac	½ cup	K-12	2.5 gm	
Oriental veg blend	Hanover	1/2 cup	K-12	2.68 gm	
Peas	Hanover	½ C.	K-12	8.8 gm	
Peas and carrots	Hanover	½ cup.	K-12	12 gm	
Peas, Snow	Hanover	½ cup	K-12	8 gm	
Peas, Sugar	Hanover	½ cup	K-12	3.3 gm	
Red Beets, canned	Hanover	1/2 cup	K-12	8 gm	
Roasted Peppers & Onions	Simplot	3 oz	k-12	8 gm	
Sweet Potato Harvest Splendor fries	McCain	1/2 cup= 2.33 oz	4-12	19 gm	
Sweet Potato Mini tater Puffs	Lamb Weston	1/2 cup = 10 puffs	k-12	28.75	
Sweet potato wedges - Harvest Splendor	McCain	3 oz (weight) = ½ cup	k-12	22 gm	
<b>Sweet Potatoes Baked</b>	<b>School Recipe</b>	<b>1/2 cup</b>	<b>k-12</b>	<b>35.8 gm</b>	
Sweet potatoes, candied	School recipe	½ cup	7-12	74.4 gm	
tomatoes and cucumber, fresh	fresh	1/2 cup	k-12	.83 gm	
Tomatoes, stewed	School recipe	½ cup	K-12	7.5 gm	
Veggie cup ( fresh veg)	School recipe	1/2 cup	K-12	4.36 gm	
Winter blend veg, broccoli/cauliflower	Hanover	1/2 cup	K-12	1 gm	





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Diet Southern Brew Sweet tea	Rutter's	16 oz.	7-12	0 gm	
Fruit juice Slushy 100%, All Flavors	Slush Puppy	4 oz	7 – 12	20 gm	GF
Fruit juice Slushy 100%, All Flavors	Ridgefield	5.5 oz	K-6	22 gm	GF
Fruit Juice Slushy, pouch 100% All Flavors	Cool Tropics	4 oz	4 – 6	28 gm	GF
Juice, Apple	Ardmore Farms	4 oz	K – 12	14 gm	GF
Juice, Apple	Suncup	4 oz	K – 12	15 gm	GF
Juice, Grape	Ardmore Farms	4 oz	K – 12	18 gm	GF
Juice, Grape	Suncup	4 oz	K – 12	19 gm	GF
Juice, Orange	Ardmore Farms	4 oz	K – 12	13 gm	GF
Juice, Orange	Suncup	4 oz	K – 12	15 gm	GF
Juice, Pineapple	Suncup	4 oz	K – 12	15.5 gm	GF
Propell Water, grape, strawberry, lemonade	Gatorade	16.9 oz	4-12	2 gm	
Water, Spring	Rutter's	16 oz.	7-12	0 gm	GF

**MEAT & CHEESE**

Beef Meatballs	Advance	5 each .5 oz	K-12	5 meatballs = 7 gm	
Beef Meatballs	Cortona	5 each .83 oz	K-12	5 meatballs = 4.15 gm	
Beef Meatballs	Maid Rite	.625 oz each CN 4 = 2 oz meat	K-12	4 meatballs = 6 gm	
Beef Patty	USDA	2.8 oz	K-12	0 gm	
Beef tips over noodles	School recipe (CG)	3oz beef over 1/2 cup noodles	4-12	19.47 gm	
Boneless BBQ Wings	School Recipe	3 1/2 oz	k-12	28 gm	
Boneless Buffalo wings	school recipe	3 1/2 oz	k-12	16.6 gm	
Cheese , Cheddar Shredded	USDA	1 oz	K-12	0 gm	
Cheese Nacho Sauce	Trio	2oz	k-3	8 gm	
Cheese Pizza Sticks	Gillardi (Max)	2 sticks per student	K-3	1+17 gm ( 2 = 34 gm)	
Cheese Pizza Sticks	Gillardi (Max)	3 sticks per student	7-12	1+17 gm (3 = 51 gm)	
Cheese sandwich toasted	School recipe		4 – 12	32 gm	
Cheese sandwich toasted	School recipe		K-3	31 gm	
Cheese White American	Land O Lakes	.5 oz slice	K-12	1 gm	
Cheese, American Sliced	Land-O-Lakes	1 slice = 1/2 oz	K-12	1 gm	
Cheese, American Sticks	Giorgio	2 sticks = 1meat,1 bread	K-3	13.5 gm for 2 sticks	
Cheese, American Sticks	Giorgio	4 sticks+2meat,2 bread	4-12	27.0 gm for 4 sticks	
Cheese, Mozzarella Sticks	Giorgio	3 sticks = 2 meat & 1 bread	K – 12	16 gm for 3 sticks	
Cheese, Nacho Sauce	Quick Cuisine	2 oz = ¼ cup	9 -12	7 gm	
Cheese, Nacho Sauce Low Fat	Lucky Leaf	2 oz	4-6	8 gm	
Cheese, Reduced Fat Cheddar Portions	Land O Lakes	1 – 1oz. portion	K - 6	0 gm	
Cheese, Shredded Cheddar	Land-O-Lakes	1oz	K-12	0 gm	
Cheese, String Mozzarella	Land-O-Lakes	1 oz	K-12	Less than 1 gm.	
Cheese, String Mozzarella Part Skin	Schreiber or American Heritage	1 oz	K-12	3.1 gm	
Cheeseburger on roll	maid rite	2.25 oz	K-12	26 gm	
Chicken " Fryz"	Pierre	8 per student = 2 oz meat	K-12	10.27gm	
Chicken Bar-Be-Que	Sc recipe SS main 16	3 oz serving	7-12	18 gm	
Chicken Bar-Be-Que Sandwich	BIMBO #5193	1 each	7-12	24 gm = Total 42 gm	
Chicken Fajita B-B-Que	School recipe	3/8 cup = #10 scoop	4-12	12 gm	
Chicken Fajita B-B-Que Sandwich	USDA Chicken Fajita		4-12	36 gm	
Chicken Fajita Meat	With USDA Chicken Fajita meat	2 oz	4-12	0 gm	
Chicken Fajita sub	w/ USDA Chicken	2 Oz	4-12	40 gm	
Chicken Grilled Breast Filet	Tyson	1 each 3 oz	K-12	1 gm	
Chicken Patty, Teriyaki	Pierre	1 each 3 oz patty	4-12	8 gm	
Chicken Sticks, Breaded	Tyson	8 pieces= 2meat +.75 bread	K-12	10 gm	
Chicken Strips, breaded	Tyson	3 pieces	K-12	17 gm	
Chicken, BBQ Maxsnax	the Max	1 piece	k-12	36 gm	
Chicken, fully cooked breaded chicken parts	Tyson	one serving = 3 oz portion	K-6	7 gm	
Chicken, fully cooked breaded chicken parts	Tyson	one serving = 4 oz portion	7-12	9.5 gm	
Chicken, New Orleans Cajun/Mandarin chicken	Asian Food Solutions	3 oz serving = CN 2 oz M/MA	4-12	15gm	
Chicken, Nuggets	Tyson	5 per student	K-3	12 gm per 5 piece	



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**DESSERT**

Apple Crisp	USDA recipe C-02	# 6 scoop = ½ cup fruit serving	K-12	63.5 gm	
Cry Baby Ital Ice & Swee'Heart Cherry	Rosati	4 oz = ½ cup fruit	K-12	24.5 gm	
Fortune cookie	La Choy	1 cookie	K-12	6.5 gm	
Fruit Churro Apple	J&J Tio Pepe's	1.76 oz	K-12	27 gm	
Fruit Churro Raspberry	J&J Tio Pepe's	1.76 oz	K-12	28 gm	
Funnel Cake	J&J	1 cake	k-12	43gm	
Italian Ice/ cherry	Luigi's	4 oz	K-12	21 gm	
Jello	Jello brand	½ cup	K-12	17 gm	
Peach Crisp	Carol Gilbert Consulting	#6 scoop = 1/2 cup fruit	K-12	72.8 gm	
Polish water Ice Revised March 2009	Polish water ice	4 oz cup = 3/8 cup fruit equiv	K-12	28 gm	
SideKicks frozen ice - Holiday Party	Ridgefields	4 oz	K-6	20 gm	
Van & Choc ice cream	Hershey	4 oz cup	k-6	15 gm	

**SNACKS**

Bagels plain	lender	1 ea	6-12	30 gm	
chocolate chip cookie	Otis	1 – 1 oz	4-12	18 gm	
Cookie Animal Crackers , Mini Treat	Bake Crafters	0.9 oz	4-12	18gm	
Cookie, Chocolate chips mini treat	Bake Crafters	1.16 oz	4-12	24gm	
Cookie, Sugar	Otis	1 – 1 oz	K-12	17gm	
Cookie,Alphabet mini treat	Bake Crafters	1.1oz	4-12	22 gm	
Doritos Cool Ranch Tortill chips	Doritos	1oz	4-12	19 gm	
Doritos Nacho Cheese Tortilla Chips	Doritos	1oz	4-12	20gm	
Doritos Spicy Sweet Chile Chips	Doritos	1oz	4-12	20 gm	
Honey Maid Lil' Squares	Honey Maid	1 bag	4-12	24 gm	
Honey Maid Teddy Grahams	Honey Maid	1 bag	4-12	21 gm	
Ice cream bar – Banjo bar	Hershey	1 – 2 oz	4- 12	15 gm	
Ice cream bar – Fudjo bar	Hershey	1 – 2 oz	4-12	16 gm	
Ice cream bar- Orange Blossom	Hershey	1 = 2 oz	4-12	10 gm	
Ice Cream Sandwich	Hersehey	1 -4oz	4-12	33gm	
Ice cream sandwich Mini	hershey	1- 2,5	4-12	12 gm	
Ice Cream Straberry Scooter crunch	Hershey	1- 2.75	4-12	22 gm	
Ice Cream, Crazy Cone	Hershey	1 cone	4-12	25gm	
Ice Cream, Sundae Crunch	hershey	1- 2.75	4-12	22 gm	
Ice Cream, Van/Choc. 4oz Cup	Hershey's	1 cup = 4 oz	K-12	15 gm	
Kid's Snack mix	Frito Lay	.875 oz bag	k-12	17gm	GF
Popcorn, White Cheddar	Smartfood	.5oz	k-12	9gm	
Pretzels Heartzels,	Roldgold	1 bag = .70 oz	K-12	15gm	
Rice Krispie, Mini	Kelloggs	1 ea.	4-12	8.5 gm	
Sunchips -Garden Salsa Snack Mix	Sunchips		4-12	15gm	
Sunchips -Harvest Cheddar Snack Mix	Sunchips		4-12	15gm	
switch black cherry	switch	8 oz	4-12	30gm	
switch fruit punch	switch	8oz	4-12	30gm	
switch grape	switch	8oz	4-12	30gm	
switch lemon lime	switch	8oz	4-12	29gm	





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Bar-B-Que sauce	Heinz	1 Tablespoon	K-12	9 gm	
BBQ Package	Heinz	12 gm packet	k-12	4 gm	
Catsup	Heniz	1 Tablespoon	K-12	5gm	
Catsup	Red Gold	1 Tablespoon	K-12	4 gm	
Catsup	Red Gold	9 gm packet	k-12	3 gm	
Cranberry sauce	Ocean Spray	¼ cup #16 scoop	7-12	25 gm	
Cranberry sauce	Ocean Spray	1 oz #30 scoop	4-6	12.5 gm	
Cream Cheese light	Kraft	1 cup	K-12	1gm	
Cream Cheese Strawberry	Kraft	1 cup 28 g	K-12	4 gm	
Dressing , Honey Mustard	Smucker	14gm	K-12	11 gm	
Dressing , Ranch	Heinz	12 gm packet	k-12	1 gm	
Dressing, Blue Cheese	Ken's	1.5 packet	K-12	2 gm	
Dressing, Country French	Ken's	1.5 oz packet	k-12	13 gm	
Dressing, Creamy Italian	Ken's	1.5 packet	K-12	4gm	
Dressing, Fat Free Italian	Ken's	1.5 packet	k-12	5 gm	
Dressing, French Fat Free	Ken's	1 pack	7-12	12 gm	
Dressing, Good Season Italian Dressing mix	Good Seasons	1 Envelope	k-12	1gm	GF
Dressing, Honey Mustard	Hidden Valley	1.5 packet	K-12	10gm	
Dressing, Honey Mustard	Heinz	2 Tbsp	k-12	6gm	
Dressing, Italian	Heinz	12 gm packet	k-12	1 gm	
Dressing, Parmesan & Peppercorn	Ken's	1.5 packet	K-12	3 gm	
Dressing, Pixie	School recipe	2 tablespoons	K-12	8.96 gm	
Dressing, Ranch Fat free	Ken's	1.5 packet	K-12	11 gm	
Dressing, Ranch Original	Hidden Valley	1.5 packet	K-12	2 gm	
Dressing, Raspberry Vinagrette	Ken's	1.5 oz packet	K-12	12 gm	
Gravy, Beef	Le Gout	2 oz	k-12	4 gm	
Gravy, Chicken	Le Gout	2 oz	k-12	4 gm	
Hot Sauce	Heinz	1 tsp	K-12	0	
Jelly, Apple	Smuckers	1/2 oz	k-12	9gm	
Jelly, Grape	Smucker	1/2 oz	k-12	9 gm	
Jelly, Strawberry	smuckers	1/2 oz	K-12	9 gm	
Margerine	smart balance	1 pack	k-12	2gm	GF
Mayonnaise	Heinz	12 gm packet	K-12	1 gm	GF
Mayonnaise	Heinz	1 tbsp	k-12	0	
Mayonnaise - Lite	Blue Mountain Valley	1 Tablespoon	K-12	1 gm	
Mayonnaise - Lite	Heinz	1 Tbsp	K-12	4 gm	
Mustard	French's	1 Teaspoon	K-12	0 gm	
Mustard -Honey	Heinz	2 Tbsp	k-12	5gm	
Mustard -yellow	Heinz	1Tsp	k-12	0	
Pancake syrup	PPI_Portion Pac	1 oz pk	K-12	1oz=13 gm	
Pancake syrup	Madrid	1.5 oz pk	K-12	30 gm	
Pepper relish, hot	Gielow	1 oz	4-12	.95 gm	
Pickle relish, sweet	B&G	1 Tablespoon	K-12	4 gm	
Pickles, Dill chips, hamburger	Heinz	1 oz	K-12	0 gm	
Ranch	Heinz	2 Tbsp	K-12	1 gm	
Ranch dip	HiddenValley mix	.75 oz = 1 tablespoon dip	K-12	2.5 gm	
Ranch- lite	Heinz	2 Tbsp	K-12	8 gm	
Salsa	Red Gold (Jose Pedro)	2 Tablespoons	K-12	2 gm	
Sauce, Duck		1 Tablespoon/pack	4 - 12	6.9 gm	
Sauce, Hot Sauce Cayenne Pepper	Frank's	1 tsp	7-12	0 gm	
Sauce, Marinara	Red Gold	1 oz packet	K-12	3 gm	
Sauce, Marinara	Heinz	2 oz	k-12	7 gm	
Sauce, Nacho Cheese	Lucky Leaf	1/4 cup	K-12	7 gm	
Sauce, Soy	Kikkoman	1 Tablespoon/pack	4 - 12	0 gm	
Sauce, Spaghetti	Red Gold	2 oz	k-12	5.5 gm	
Sauce, Tartar	School recipe	1 tablespoon	K-12	2 gm	GF