

Carb Counts
Food Service Port Townsend

Meal Type	Food	Carb Count	
Breakfast	Rice Krispies	23	
	Cheerios	20	
	Raising Bran	27	
	Rice Chex	24	
	Granola	25	
	Granola with Yogurt	56	
	Smoothie	10	
	Pancakes	26	
	Muffin	36	
	Fruit Bake	58	
	Eggs	1	
	Eggs with cheese	1.5	
	Egg bake	3.5	
	Egg Sandwich	28	
	Bagel	33	
	Bagel with Cream Cheese	34	
	Apple	25	
	Banana	27	
	Oranges	11	
	Lunch	Hamburger w/bun	23
Baked bean		30	
Chix broccoli pasta		25	
Pasta with Marinara		35	
Hot dog w/bun		28	
Potato Leek Soup		20	
Roll		13	
Cornbread		22	
Macaroni and Cheese		30	
Chicken noodle soup		23	
Taco		25	
Chili		25	
Chicken Alfredo Pasta		26	
Minestrone soup		20	
Pizza		33	
Enchilada Bake		30	
Powerhouse chili		35	
Stir-Fry		12	
Salad		Bean Salad	25
		Slaw	14
	Pasta Salad	25	
	Caesar Salad	10	
	Ranch dressing	2	
	Sunshine salad	10	
	Black bean and Quinoa salad	20	