

Carb Counts  
Food Service Port Townsend

Meal Type	Food	Carb Count-BH and SC	High School
Breakfast	Rice Krispies	23	46
	Cheerios	20	40
	Raising Bran	27	54
	Rice Chex	24	48
	Granola	25	50
	Granola with Yogurt	56	81
	Smoothie	10	15
	Pancakes	26	39
	Muffin	36	72
	Fruit Bake	58	87
	Eggs	1	2
	Eggs with cheese	1.5	3
	Egg bake	3.5	5
	Egg Sandwich	28	28
	Bagel	33	33
	Bagel with Cream Cheese	34	34
	Apple-whole	25	25
	Banana-whole	27	27
	Oranges-whole	11	11
	Lunch	Hamburger w/bun	23
Baked bean		30	30
Chix broccoli pasta		25	40
Pasta with Marinara		30	55
Pesto Pasta with Chicken		20	41
Grilled Cheese		25	35
Tomato Soup		10	15
Hot dog w/bun		28	56
Potato Leek Soup		20	30
Roll		13	19
Cornbread		22	30
Macaroni and Cheese		30	45
Chicken noodle soup		23	30
Taco		25	30
Chili		25	30
Chicken Alfredo Pasta		26	40
Minestrone soup		20	25
Pizza		33	40
Enchilada Bake		30	40
Powerhouse chili		35	47
Stir-Fry		28	50
Beef Stew		20	30
Arroz Con Pollo		28	53
Chicken Gyro	26	28	
Sloppy Joes	32	40	

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Salad	Bean Salad	25	25
	Slaw	14	14
	Pasta Salad	25	25
	Caesar Salad	10	10
	Ranch dressing	2	2
	Sunshine salad	10	10
	Black bean and Quinoa salad	20	20
	Medeterrean Salad	25	25