



CARB COUNTS

Thursday Lunch

Thursday, July 7, 2022

FOOD	PORTION SIZE	CARBS
Chicken Noodle Soup	1 ladle	11
GF Chicken Noodle Soup	1 ladle	15
Springtime Pasta and Fresh Tomatoes	2oz	14
GF Pasta Salad and Fresh Tomatoes	2oz	18
Red Skinned Potato Salad	2oz	9
Green Salad with tomatoes and cucumbers	1/2 cup	5
Ranch Dressing (GF and Regular)	1 ladle	3
White Balsamic Vinaigrette (GF and Regular)	1 ladle	5
Individual bags of Potato Chips	individually packaged	see label
GF Potato Chips	individually packaged	see label
Deli Meats: Roast Beef, Ham, Chicken Breast, Salami	—	0
Sliced Swiss, Cheddar, American Cheese	—	0
Tuna Salad (no onions)	1 scoop	4
Chicken Salad (no onions)	1 scoop	3
Lettuce, Pickles	—	0
Tomato, Onion	1 slice	1
Mustard and Mayo	1 Tbsp	0
Ketchup	1 packet	2
Bread: Honey Wheat	1	13
Bread: White	1	13
Bread: Dinner Roll	1	22
6" Tortilla Wrap	1	14
GF Bread: White	1	24
GF 6" Tortilla Wrap	1	12
GF Dinner Roll	1	22
Chocolate Sheet Cake	1	32
GF Chocolate Sheet Cake	1	18
Sliced Fruit Display	Pineapple Cube: 2g, Cantaloupe Cube: 1g, Strawberry: 2g, 2 Grapes: 1g, 1 Blackberry: 1g, 1/4 cup Blueberries: 5g	
Coffee/Decaf/Hot Tea	—	0
1% Milk	individually packaged	see label
Unsweetened Iced Tea	8oz	0
Sugar Free Red Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16