

Nutritional & Carb Information Based on Manufacture Lables & Information Version 4	Carbs	Recipe									
Food Product			Gluten	Milk	Soy	Fish	Tree Nut	Peanut	Shell Fish	Wheat	Egg

Items listed below are from our purchasing order guide. Information is based off of the manufacture infromatoin provided. Always check with your physician.

POPULAR ENTRÉES & ITEMS	Grams										
Apple Crisp	25		X	X							
French Toast, Sausage Links & Syrup	73			X	X		X			X	X
Waffles	30			X	X		X			X	X
AJ Pancakes	42			X	X		X			X	X
Bacon Cheeseburger on White Roll w/ American Cheese	27			X						X	
Bacon Cheeseburger on Wheat Roll w/ American Cheese	33			X						X	
Burger Regular Hamburger on Wheat Roll	25			X						X	
Chicken Patty Sandwich on White Roll	42				X					X	
Chicken Popcorn Bowl w/ Mashed Potatoes, Gravy & Breadstick	53			X	X					X	
Chicken Popcorn w/ Bread Stick	33				X					X	
Chicken Popcorn w/ Garlic Knot	23				X					X	
Chicken Pot Pie High School	26			X	X					X	X
Chicken Tenders w/ Bread Stick 3PC	29				X					X	
Chickent Tenders Wrap w/ Mayo Packet, Lettuce and Tomato	48		X		X					X	X
Chicken Sticks w/ Breadstick	33			X	X					X	
Chicken Sticks w/ Texas Toast Garlic Bread Slice	31			X	X					X	
Chicken Nuggets w/ Breadstick 5PC	32				X					X	
Chicken Nuggets Tempura Batter w/ Roll 8PC	43				X					X	
Cheesesteak Sub on Club Roll w/ 2oz Cheese Sauce	43			X	X					X	
Cheeseburger on White Roll w/ American Cheese	27			X						X	
Cheeseburger on Wheat Roll w/ American Cheese	33			X						X	
Chilli High School	22										
Berks Hot Dog	25			X						X	
Chicken Filet Sandwich on White Hamburger Roll	20			X						X	
French Bread Pizza	44			X	X					X	
4x6 Pizza	22			X	X					X	
Elementary Popcorn Chicken Salad w/ Bread Stick	34				X					X	
Elementary Chef Salad with 2 Protiens, break stick, & 3PK Saltines	33				X					X	
Fish Sandwich on Wheat Roll	38			X		X				X	
Ham & American Cheese on Club Roll w/ Lettuce & Tomato Cup	38			X	X					X	

BAKERY MUFFIN MIX BASIC ADD WATER COMPLETE	42g Ser=31g			X	X					X	X
BAKERY SUGAR WHITE GRANULATED CANE	N/A										
BAKERY MARGARINE, SOLID TFF IW REF SALTED	N/A			X							
BAKERY VANILLA IMITATION	N/A										
BAKERY CHOCOLATE CHIP SEMI-SWEET BAKING	N/A										
BAKERY FLOUR BAKING ALL PURPOSE	N/A										
BAKERY SUGAR LIGHT BROWN	N/A										
BAKERY POWDER	N/A										
BAKERY BAKING SODA	N/A										
BAKERY SUGAR POWDERED CONFECTION	N/A										
BAKERY SUGAR POWDERED CONF.	N/A										
BAKERY ICING BETTERCREAM VANILLA FZ NON DAIRY WHIPPED	N/A			X	X						
OATMEAL ROLLED QUICK BOX SHELF STABLE REGULAR HOT	N/A										
STUFFING MIX TRADITIONAL (packaged in a facility that also packages TREE NUTS)	1/2c=20g			X	X					X	
BEANS											
BEAN SALAD 4 WAY (green bean wax bean kidney chick pea)	1/2c=23g										
BEAN, BAKED W/ BACON & BROWN SUGAR CANNED	1/2c=29g										
BEAN, BLACK FANCY CANNED	1/2c=16g										
BEAN, GARBANZO CANNED CHICKPEA	N/A										
BEAN, VEGETARIAN EXTRA FANCY IN SAUCE CANNED	1/2c=26g										
BEAN KIDNEY	1/2c =16g										
BEEF JERKY											
BEFF JERKY ORG	6g										
BEEF JERKY TERIYAKI	6g										
BEEF GLUTEN FREE											
BEEF SANDWICH SLICES FULLY COOKED* 2.20oz = a Serving	1g				X						
BEEF HAMBURGER PATTY No Soy* 1 Patty = a Serving	0g										
BEEF MEATBALLS LS GF W/ Soy* 4 Meatballs = a Serving	4g			X	X						
BEEF CRUMBLES* 2.2OZ = a Serving	2g				X						
BREAKFAST ITEMS											
BAGEL-FUL BROWN SUGAR NEW	32g			X	X					X	
BAGEL-FUL STRAWBERRY NEW	32g			X	X					X	
FRENCH TOAST, TRIPLE BERRY COOKED TFF FROZEN MINI	36			X	X					X	X
FRENCH TOAST, CINNAMON COOKED TFF FROZEN MINI	37			X	X					X	X
STRUDEL, APPLE FILLED 2.29 OZ STICK TFF FROZEN IW FRUDEL	36			X						X	
STRUDEL, CHERRY FILLED 2.29	37			X						X	
MINI CINNIS PILLSBURY	40			X						X	
FRENCH TOAST, STICK WW product is produced in a facility that has coconut	43			X	X					X	X
ROLL CINNAMON ICED	78			X	X					X	X
ROLL SWEET WHOLE WHEAT IW W/ ICING produced in a nut-free facility	39			X	X					X	X
PANCAKE, MAPLE WHOLE GRAIN	35			X	X					X	X

PANCAKE, BLUEBERRY COOKED WHOLE GRAIN	35			X	X					X	X
POP TART CINNAMON 2 COUNT	75				X					X	
POP TART STRAWBERRY 2 COUNT	75				X					X	
POP TART SMORE FROSTED 2 COUNT	72			X	X					X	X
MUFFIN, APPLE CINNAMON WHOLE GRAIN 2 OZ IW	31		X	X	X					X	X
MUFFIN, BANANA WHOLE GRAIN 2 OZ	31		X		X					X	X
MUFFIN, BLUEBERRY WHOLE GRAIN 2 OZ	30				X					X	X
MUFFIN CHOCOLATE CHIP WHOLE GRAIN	44			X	X					X	X
MUFFIN, APPLE CINNAMON WHOLE GRAIN 4 OZ	61		X	X	X					X	X
MUFFIN, BANANA WHOLE GRAIN 4 OZ IW	62		X	X	X					X	X
MUFFIN, BLUEBERRY WHOLE GRAIN 4 OZ IW	61		X	X	X					X	X
MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 4 OZ IW	64		X	X	X					X	X
WAFFLE DUTCH	43			X	X					X	X
BREADSTICKS											
BREAD SLICE GARLIC TEXAS TOAST Produced in nut free facility	15			X	X					X	
BREAD PULL APARTS MOZZARELLA GARLIC CHEESY PILLSBURY	35			X						X	
BREAD STICK MAX CHEESE STICKS* 3pc Serving	45			X	X					X	
BREADSTICK, WHOLE WHEAT 5.25" UNSLICED BAKED	17g				X					X	
CEREAL											
CEREAL CHEERIOS WHOLE GRAIN GLUTEN-FREE	20										
CEREAL CINNAMON TOAST CRUNCH WHOLE GRAIN	22				X					X	
CEREAL COCOA PUFFS WHOLE GRAIN REDUCED SUGAR	25									X	
CEREAL LUCKY CHARMS WHOLE GRAIN	23									X	
CEREAL REESE'S WHOLE GRAIN	21							X		X	
CEREAL RICE CHEX GLUTEN-FREE	24										
CEREAL TRIX WHOLE GRAIN REDUCED SUGAR	24										
CEREAL CHEX CINNAMON GLUTEN-FREE	23										
CEREAL CHEX HONEY NUT WHOLE GRAIN GLUTEN-FREE	27						X				
CEREAL FROSTED FLAKES MULTIGRAIN REDUCED SUGAR	24				X					X	
CEREAL BARS											
CEREAL BAR BREAKFAST OATMEAL CHOCOLATE CHIP IW	47g			X	X					X	X
CEREAL BAR FRENCH TOAST WHOLE-GRAIN-RICH	47g			X	X					X	X
CEREAL BAR BREAKFAST WHOLE WHEAT produced in a nut-free facility	39g			X	X					X	X
CEREAL BAR CHEERIOS FRUIT IW	30				X					X	
CEREAL BAR CHEERIOS IW APPLE CINNAMON	30				X					X	
CEREAL BAR CHEERIOS IW STRAWBERRY	30				X					X	
CEREAL BAR CINNAMON TOAST CRUNCH IW	30				X					X	
CEREAL BAR GOLDEN GRAHAM IW	30				X					X	
CEREAL BAR COCOA PUFFS	30				X					X	
CEREAL BAR TRIX	30				X					X	

CEREAL BAR APPLE CINNAMON NUTRI-GRAIN		24			X	X					X	
CEREAL BAR RASPBERRY LOW FAT NUTRI-GRAIN		24			X	X					X	
CEREAL BAR STRAWBERRY LOW FAT NUTRI-GRAIN		24			X	X					X	
CEREAL BAR STRAWBERRY YOGURT NUTRI-GRAIN		25			X	X					X	
CEREAL BAR GRANOLA CHEWY APPLE CINNAMON TREAT		27			X	X						
CEREAL BAR RICE CRISPY BERRY IW KRISPIES TREAT		27			X	X						
CHEESE												
CHEESE ALFREDO SAUCE*	3oz Serving	3g			X	X						
CHEESE AMERICAN LOAF YELLOW*	2 Slice 1oz (28g)	1g			X							
CHEESE AMERICAN SHRED RF YELLOW*	1/4 cup (28g)	2g			X							
CHEESE CHEDDAR MILD SHRED YELLOW*	1/4 cup (28g)	1g			X							
CHEESE MOZZARELLA SHRED PART-SKIM POUCH*	1/4 cup (28g)	1g			X							
CHEESE MOZZARELLA STRING IW REF*		1g			X							
CHEESE SWISS SLICED .5 OZ RF*	2 Slices	1g			X							
CHEESE CHEDDAR SLICED 175 SLICES		0g			X							
CHEESE CREAM PLAIN SPREAD SS PLASTIC CUP		2g			X							
CHEESE CREAM STRAWBERRY SPREAD SS PLASTIC CUP		4g			X							
CHEESE SAUCE CHEDDAR CANNED	ser. Size 62 grams = 2oz (estimated)	7g			X							
CHEESE CREAM PLAIN LOAF BAG		N/A			X							
CHEESE PARMESAN		0g										
CHEESE PROVOLONE LOG	ser. Size 28 grams = .98oz (estimated)	1g			X							
CHEESE CHEDDAR MILD CUBE YELLOW	ser. Size 28 grams = .98oz (estimated)	1g			X							
CHEESE MUIENSTER		0g										
CHEESE BLUE CRUMBLE	ser. Size 100 grams = 3.52oz (estimated)	2.34g										
TYSON CHICKEN												
CHICKEN TENDERLOIN SHAPED WG*	3 PC SERVING	12g		X		X						X
CHICKEN NUGGET WG*	5PC SERVING	16g				X						X
CHICKEN POPCORN BREADED WG	12 PC SERVING	16g				X						X
CHICKEN STICK .4 OZ BREADED WG*	8PC SERVING	16g				X						X
CHICKEN PATTY 3.49 OZ BREADED WG*		16g				X						X
CHICKEN PATTY 3.49 OZ BREADED WG HOT & SPICY*		17g				X						X
CHICKEN CHUNK BREADED BONELESS*	General Tso Chicken 4PC Ser.	17g				X						X
CHICKEN BREAST RED LABEL F/C GRILLED		1g				X						
CHICKEN NUGGET BATTERED TEMPURA SEASONED RAW*	8PC SERVING	17g										X
CHICKEN CRISPY FRITTERS RED LABEL BREADED & SEASONED	2 PC SERVING	16g										X
CHICKEN FILET CLUX DELUX BREADED		8g Ser=2g			X							X
CHIPS												
CHIP, POTATO CHIP RF 40%	Allergen Free	27g										
CHIP, POTATO BAKED SOUR CREAM & CHEDDAR SS BAG		17g			X	X						
CHIP, MULTIGRAIN CHEDDAR SS BAG		21g			X	X						

CONDIMENT JELLY, GRAPE #10 Can ser. size 20 grams = 4 teaspoons (estimated)	13g										
CONDIMENT KETCHUP, TOMATO FANCY 33%* Carb based on 1 packet	3g										
CONDIMENT KETCHUP DISPENSER POUCH* Carb based on 1 Tbsp	5g										
CONDIMENT MAYO LIGHT DISPENSER POUCH	0g				X					X	
CONDIMENT MUSTARD DISPENSER POUCH	0g										
CONDIMENT MAYO PACKET	1g									X	
CONDIMENT MAYONNAISE ser. Size 14 grams = 2.8 teaspoons (estimated)	1g									X	
CONDIMENT MUSTARD, YELLOW SS POUCH	0g										
CONDIMENT SAUCE, ORANGE ser. Size 100 grams = 20 teaspoons (estimated)	32.8g				X					X	
CONDIMENT SAUCE ORANGE MANDARIN LOW SODIUM	N/A										
CONDIMENT OLIVE GREEN W/ PIMIENTO ser. Size 15 grams = 3 teaspoons (estimated)	1g										
CONDIMENT PEANUT BUTTER, SS CUP	8g Ser=2g							X			
CONDIMENT PICKLE, DILL CRINKLE-CUT CHIP 300 COUNT 1/8" SHELF STABLE	0g										
CONDIMENT PICKLE, DILL KOSHER SPEAR 375-425 COUNT PAIL	0g										
CONDIMENT PROMIS MARGARINE CUPS	0g				X	X					
CONDIMENT SOUR CREAM, STICK	2g				X						
CONDIMENT SOUR CREAM TUB ser. Size 30 grams = 6 teaspoons (estimated)	2g				X						
CONDIMENT SYRUP PANCAKE MAPLE FLAVORED SS CUP	30g										
OIL CANOLA SALAD	0g										
GRAVY TURKEY ser. Size 61 grams = 12 teaspoons (estimated)	3g				X	X				X	
CRACKERS											
CRACKER SUNRISE BITES MAPLE	40g									X	
CRACKER SALTINE WHOLE GRAIN SALTED IW	10g									X	
CRACKER ANIMAL	21g					X				X	
CRACKER GRAHAM CINNAMON WHOLE GRAIN BUG SHAPED	21g					X				X	
CRACKER GRAHAM 3 COUNT PACK	16g									X	
CRACKER GRAHAM PEANUT BUTTER JELLY GRAPE WG SANDWICH	32g		X			X		X		X	
CRACKER WHOLE GRAIN CHEDDAR GOLDFISH SHAPED	14g					X				X	
CRACKER WHOLE GRAIN CHEESE SQUARE	14g					X	X			X	
DELI MEATS & HOT DOGS											
CORN DOG, TURKEY CHILD-NUTRITION COOKED	31g				X	X				X	X
HOT DOG, PORK BEEF 8:1 5.25" ROLLER GRILL COOKED ALL-MEAT	1g										
DELI CAPICOLA HOT COOKED ser. Size 56 grams = 1.97oz (estimated)	3g						X				
DELI ROAST BEEF TOP ROUND COOKED ser. Size 56 grams = 1.97oz (estimated)	1g						X				
DELI PEPPERONI, PORK BEEF COOKED	0g										
DELI HAM COOKED ser. Size 56 grams = 1.97oz (estimated)	1g										
DELI HAM SLICED ser. Size 56 grams = 1.97oz (estimated)	1g										
DELI BOLOGNA MINCED SLICED GLUTEN FREE	3g/4slice										
DELI SALAMI SLICED GLUTEN FREE	2g/4slice										
DELI ITALIAN STYLE COMBO GLUTEN FREE	2g/9slice										
DRESSING SALAD											

JUICE SMOOTHIE, BLAST BERRY NO-SUGAR-ADDED	37g									
JUICE SMOOTHIE, GREEN MACHINE NO-SUGAR-ADDED	41g									
JUICE SMOOTHIE, MIGHTY MANGO NO-SUGAR-ADDED	43g		X							
JUICE SMOOTHIE, STRAWBERRY BANANA NON-DAIRY	38g		X							
JUICE, ACAI BERRY 100% SPARKLING CAN SHELF STABLE CARBONATED	30g									
JUICE, APPLE FUJI 100% SPARKLING CAN SHELF STABLE CARBONATED	29g									
JUICE, FRUIT PUNCH 100% CAN SHELF STABLE	N/A									
JUICE, ORANGE 100% SPARKLING CAN SHELF STABLE TROPIC CARB	30g									
JUICE, STRAWBERRY KIWI 100% SPARKLING CAN SHELF STABLE CARB	29g									
JUICE, ORANGE PINEAPPLE 100% CAN SHELF STABLE	N/A									
JUICE, FRUIT PUNCH 100% SPARKLING CAN SHELF STABLE CARBONATED	29g									
JUICE, APPLE CHERRY 100% CAN SHELF STABLE	N/A									
JUICE, POMEGRANATE BLUEBERRY 100% CAN	25g									
JUICE, STRAWBERRY BANANA 100% CAN	28g									
JUICE, GRAPE CONCORD RASPBERRY 100% CAN	33g									
JUICE, FRUIT PUNCH 100% CARTON FROZEN	33g									
JUICE, APPLE 100% VITAMIN C ADDED SS CUP FROZEN	13g									
JUICE, FRUIT PUNCH 100% SS CUP FROZEN	14g									
JUICE, GRAPE 100% VITAMIN C ADDED SS CUP FROZEN	19g									
JUICE, ORANGE 100% SS CUP FROZEN	13g									
JUICE, CRANBERRY APPLE 100% VITAMIN C ADDED SS CUP FROZEN	13g									
JUICE TOMATO 100%	5g									
JUICE, FRUIT VEGETABLE PUNCH 100%	14g									
	For Field Trip Lunches									
HOMEMADE PARFAIT										
CEREAL, GRANOLA CINNAMON BULK	1/4c=17g				X					X
STRAWBERRY WHOLE & PIECE FROZEN FOR PARFAIT USE ONLY	4oz=38g									
BLUEBERRY DOMESTIC CULTIVATED FROZEN FOR PARFAIT USE ONLY	4oz=19g									
YOGURT YOPLAIT PARFAIT PRO (SQUEEZABLE LOW FAT VANILLA BULK YOGURT)	4oz ser=20g				X					
YOGURT YOPLAIT PARFAIT PRO (SQUEEZABLE STRAWBERRY BULK YOGURT)	4oz ser=20g				X					
YOGURT FOR High School PARFAIT PROGRAM	4oz ser=21g				X					
PASTA										
PASTA MACARONI ELBOW SMALL HEAVY WALL WG SHELF STABLE	2oz=39g								X	X
PASTA MACARONI & CHEESE RF*	6oz=31g			X					X	X
PASTA SPAGHETTI 9.88-10.19" WHOLE GRAIN SHELF STABLE	2oz=39g								X	X
PASTA ROTINI SHELF STABLE SMALL	1.97oz=42g								X	X
PASTA PENNE RIGATE	1.97oz=42g								X	X
PIE										
PIE, PUMPKIN 10" UNSLICED BAKED FROZEN	4oz= 47g									
PIZZA CRUST										
PIZZA CRUST WW SELF RISING 12X16	40					X				X
	8 Serving Per Crust									
PIZZA Carbs Based By The Slice										
PIZZA BIG DADDY*	43			X	X					X

SPICE CILANTRO FREEZE DRIED SHELF STABLE SEASONING	0g										
SPICE DILL, FRESH HERB	N/A										
SUPER BAKERY PRODUCTS											
DONUT CHOCOLATE WHOLE GRAIN THAW & SERVE	41g			X	X					X	X
DOUNT POWDERED SUGAR WHOLE GRAIN THAW & SERVE	41g			X	X					X	X
TORTILLA											
TORTILLA FLOUR GARLIC HERB 12" PRESSED SHELF STABLE	52g									X	
TORTILLA FLOUR SPINACH HERB 12" PRESSED SHELF STABLE	51g									X	
TORTILLA FLOUR TOMATO BASIL 12" PRESSED SHELF STABLE	52g									X	
TORTILLA FLOUR WHOLE WHEAT 10" PRESSED FROZEN	31g									X	
TORTILLA FLOUR WHOLE WHEAT 8" TFF PRESSED FZ Taco Bar Use	20g									X	
TURKEY & TUNA											
TUNA, LIGHT SKIPJACK CHUNK IN WATER CAN IMPORTED SHELF STABLE	N/A										
TURKEY, BREAST DELI FAVORITES SKINLESS OVEN ROASTED REF*	2g										
TURKEY BREAST & THIGH ROAST No Allergens or Gluten	0g										
TURKEY, WHITE & DARK MEAT W/ GRAVY COOKED BOIL IN BAG FROZEN*	4oz=2g										
VEGETABLES FROZEN											
FROZEN VEGETABLE BLEND ORIENTAL	5g										
FROZEN VEGETABLE BLEND WINTER MIX	5g										
FROZEN VEGETABLE CORN	21g										
FROZEN VEGETABLE CARROT COIN CUT	7.6g										
FROZEN VEGETABLE CAULIFLOWER	3g										
FROZEN VEGETABLE BROCCOLI FLORET	5.35g										
FROZEN VEGETABLE PEA	N/A										
FROZEN VEGETABLE GREEN BEAN	7.54g										
YOGURT											
YOGURT CHERRY BLENDED LOW FAT RBST FREE SS CUP	20g			X							
YOGURT RASPBERRY BLENDED LOW FAT RBST FREE SS CUP	20g			X							
YOGURT, STRAWBERRY BANANA BLENDED LOW FAT RBST FREE SS CUP	20g			X							
YOGURT, STRAWBERRY BLENDED RBST FREE SS CUP	15g			X							
YOGURT, VANILLA BLENDED ALL NATURAL RBST FREE TUB	N/A			X							
YOGURT, VANILLA BLENDED LOW FAT RBST FREE TUB	N/A			X							
YOGURT BLUEBERRY GREEK FAT-FREE SS CUP	22g			X							
YOGURT, STRAWBERRY RASPBERRY GREEK FAT-FREE SS CUP	22g			X							
Morabito Baking Company											
Morabito Baking Company in Norristown PA is under stick Orthodox supervision, certificate on file in the Food Service Office per request.											
Spoletini Dinner Roll Whole Wheat	26g									X	
Hamburger Roll White Flour	26g									X	
Hot Dog Roll Whole Wheat	29g									X	
Club Roll 5" White Flour	35g			X						X	

