

How to use the Champ's Café Carbohydrate Calculator (below)

Use the Grams of Carbohydrates chart of food products to find the amount in each food eaten.

Example:

Jane ate only 1/2 her apple (1 apple = 21 grams)

go to the 50% or 1/2 or .5 line and enter the full amount of carbohydrates of 1 apple
10.5 grams or 1/2 the amount in one apple appears in the column to the right, indicating actual quantity of grams eaten

Jane ate almost, but not quite, all of her hamburger on a bun (1 hamburger on a bun = 29.42 grams)

go to the 88% or 7/8 or .88 line and enter the full amount of the carbohydrates of 1 hamburger on a bun
25.88 grams or almost all the amount in one hamburger on a bun appears in the column to the right, indicating actual quantity of grams eaten

There are 6 columns to allow for a customer to eat the same percentage of food for up to 6 foods (example: customer ate all his/her food = 100% of each!)

Jane ate all or 100% of her mixed vegetables (10 grams) and all or 100% of her relish cup (5.6)

Enter the 10 grams in column 1 and 5.6 grams in column 2.

The total of both foods appears in the actual quantity of grams eaten column: 15.6

The total carbohydrates indicates the actual quantity of grams eaten.

To enter data for a different meal or another person, clear the columns by using the clear or delete buttons and start again.

Enter FULL carb count from Grams of Carbohydrates chart next to amount of food item eaten:

Percentage	Fraction	Decimal	column 1 column 2	column 3 column 4	column 5 column 6	Subtotals:
25%	1/4	0.25				0.00 actual quantity of grams eaten
33%	1/3	0.33				0.00 actual quantity of grams eaten
50%	1/2	0.5	21			10.50 actual quantity of grams eaten
66%	2/3	0.66				0.00 actual quantity of grams eaten
75%	3/4	0.75				0.00 actual quantity of grams eaten
88%	7/8	0.88	29.42			25.89 actual quantity of grams eaten
100%	1	1	10	5.6		15.60 actual quantity of grams eaten

example: 52

TOTAL CARBOHYDRATES

CHAMP'S CAFÉ CARBOHYDRATE CALCULATOR
(scroll up to see example for "how to use" this calculator)

Enter FULL carb count from Grams of Carbohydrates chart next to amount of food item eaten:

Percentage	Fraction	Decimal	column 1 column 2	column 3 column 4	column 5 column 6	Subtotals:
25%	1/4	0.25				0 actual quantity of grams eaten
33%	1/3	0.33				0 actual quantity of grams eaten
50%	1/2	0.5				0 actual quantity of grams eaten
66%	2/3	0.66				0 actual quantity of grams eaten
75%	3/4	0.75				0 actual quantity of grams eaten
88%	7/8	0.88				0 actual quantity of grams eaten
100%	1	1				0 actual quantity of grams eaten

0
TOTAL CARBOHYDRATES

serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	Breakfast	Lunch	Food Description	Manufacturer/Champ Recipe
1 ea.	21	1 ea.	21	1 ea.	21	1 ea.	21			APPLE, FRESH	
1/2 c.	14	1/2 c.	14	1/2 c.	14	1/2 c.	14			APPLE SLICES, CINNAMON	Champ's Cafe recipe
1/2 c.	14	1/2 c.	14	1/2 c.	14	1/2 c.	14			APPLESAUCE - NATURAL	
1/2 c.	28	1/2 c.	28	1/2 c.	28	1/2 c.	28			APPLESAUCE - SWEETENED	
1/2	19	1 ea.	38	1ea.	38	1ea.	38			BAGEL , plain 3 1/2" dia. , 2.3 oz	Sara Lee
		1 ea.	46	1 ea.	46	1 ea.	46			BAGEL , plain 4" dia.	Sara Lee
1 ea.	31	1 ea.	31	1 ea.	31	1 ea.	31			BAGELERS	Bageler Co
		1 ea.	34	1 ea.	34	1 ea.	34			BAGEL-FULS CINNAMON	Kraft
		1 ea.	31	1 ea.	31	1 ea.	31			BAGEL-FULS WITH CREAM CHEESE	Kraft
1 ea.	28	1 ea.	28	1 ea.	28	1 ea.	28			BANANA, Fresh	
1/4 c.	13	1/4 c.	13	1/2 c.	29	1/2 c.	29			BEANS, BAKED	1 cup = 52 gm.
1/2 c.	15.46	1/2 c.	15.5	1/2 c.	15.5	1/2 c.	15.5			BEANS, BLACK WITH TOMATO	Champ's Cafe recipe
1/2 c.	18	1/2 c.	18	1/2 c.	18	1/2 c.	18			BEANS, GARBANZO	
3/4 c.	26.14	3/4 c.	26.1	1 c.	34.9	1c.	34.9			BEEFARONI	
		3 oz	5	3 oz	5	3 oz	5			BEEF, FLAME BROILED MEATBALLS (1ea=.5 oz)	Roselli
		1 oz	7	1 oz	7	1 oz	7			BEEF, STEAK NUGGETS (JERKY)	
1patty	15.4	1patty	15.4	1patty	15.4	1patty	15.4			BEEF PATTY, COUNTRY FRIED-BREADED	
2.5 oz	2	2.5 oz	2	2.5 oz	2	2.5 oz	2			BEEF, CRUMBLES (used in recipes)	Used in recipes
1patty	2.1	1patty	2.1	1patty	2.1	1patty	2.1			BEEF PATTY, FLAME BROILED	Pierre
4strips	6.5	4strips	6.5	4strips	6.5	4strips	6.5			BEEF PATTY STRIPS, with TERIYAKI SAUCE	
1/4 c.	4	1/4 c.	4	1/2 c.	8	1/2 c.	8			BETS, SLICED	
2.2 oz	23	2.2 oz	23	2.2 oz	23	2.2 oz	23			BISCUIT, DOUGH SOUTHERN STYLE (Pillsbury)	Pillsbury
2 ea	52	2 ea	52	2 ea	52	2 ea	52			BOSCO STICKS,STUFFED with MOZZARELLA CHEESE	
2 slice	28	2 slice	28	2 slice	28	2 slice	28			BREAD, HONEY WHEAT	Flowers
1 piece	25	1 piece	25	1 piece	25	1 piece	25			BREAD, LOCO (used for indiv. Pizza)	
1 ea.	30	1 ea.	30	1ea.	30	1ea.	30			BREAD STICK (Bakery Co.)	Flowers
1/4 c.	1.25	1/4 c.	1.25	1/2 c.	2.5	1/2 c.	2.5			BROCCOLI	
1 ea.	20	1 ea.	20	1 ea.	20	1 ea.	20			BUN, HOT DOG	Flowers
1 ea.	28	1 ea.	28	1 ea.	28	1 ea.	28			BUN, HAMBURGER, Whole Wheat	Flowers
1 ea.	30	1 ea.	30	1 ea.	30	1 ea.	30			BUN, HAMBURGER (Flowers Bakery)	Flowers
1/2	19.5	1 ea.	39	1 ea.	39	1 ea.	39			BUN, HOAGIE (seeded steak bun)	Flowers
1/4 c.	5	1/4 c.	5	1/2 c.	10	1/2 c.	10			CARROTS, COINS OR BABY	
1/4 c.	6	1/4 c.	6	1/4 c.	6	1/4 c.	6			CARROTS, With RANCH DIP	
1 oz	22	1 oz	22	1 oz	22	1 oz	22			CEREAL (average)	
7/8 oz	21	7/8 oz	21	7/8 oz	21	7/8 oz	21			CEREAL, COCOA PUFFS	General Mills
1.3 oz	28	1.3 oz	28	1.3 oz	28	1.3 oz	28			CEREAL BAR, CINN.TOAST CRUNCH	
1.3 oz	28	1.3 oz	28	1.3 oz	28	1.3 oz	28			CEREAL BAR, COCOA PUFFS	
1 bar	28	1 bar	28	1 bar	28	1 bar	28			CEREAL BAR, RICE KRISPIE TREAT	
1.4 oz	30	1.4 oz	30	1.4 oz	30	1.4 oz	30			CEREAL BAR, TEAM CHEERIOS	
1 sand.	27.96	1 sand.	28	1 sand.	27.96	1 sand.	28			CHEESEBURGER ON BUN	
1/4 c.	3	1/4 c.	3	1/4 c.	3	1/4 c.	3			CHEESE SAUCE, CHEDDAR	
		1/4 c.	3	1/4 c.	3	1/4 c.	3			CHEESE SAUCE, JALAPENO	
1 slice	1	1 slice	1	1 slice	1	1 slice	1			CHEESE, SLICE, REDUCED FAT AMERICAN	USDA Commodity
1 oz.	0	1 oz.	0	1 oz.	0	1 oz.	0			CHEESE, SNACK SIZE MILD CHEDDAR	
2 oz.	2.5	2 oz.	2.5	3 oz.	5	3 oz.	5			CHICKEN, BAKED (with breading)	
2 oz.	0	2 oz.	0	3 oz.	0	3 oz.	0			CHICKEN, BAKED (without breading)	
3 oz	1	3 oz	1	3 oz	1	3 oz	1			CHICKEN, FAJITA (chicken only)	Pilgrim's Pride
2 oz.	31	2 oz.	31	2 oz.	31	2 oz.	31			CHICKEN, FAJITA with Tortilla, One 6 -10 oz *see tortilla	
5 ea.	11.9	5 ea.	11.9	7 ea.	16.7	7 ea.	16.7			CHICKEN, NEW ORLEANS CAJUN	
5 ea.	10	5 ea.	10	7 ea.	14	7 ea.	14			CHICKEN, NUGGETS (2 oz.)	
1 patty	11.8	1 patty	11.8	1 patty	11.8	1 patty	11.8			CHICKEN PARMESAN (Breaded Patty w/Marinara Sauce)	Goldkist
1 sand.	44.41	1 sand.	44.4	1 sand.	44.4	1 sand.	44.4			CHICKEN PARMESAN on White Hamb. Bun	Champ's Cafe recipe
1	53.69	1	53.7	1	53.7	1	53.7			CHICKEN PARMESAN WITH SPAGHETTI	
1 patty	5.5	1 patty	5.5	1 patty	5.5	1 patty	5.5			CHICKEN, PATTY, BREADED (Tyson) (Breakfast Patty)	Tyson
1 patty	14	1 patty	14	1 patty	14	1 patty	14			CHICKEN, PATTY BREADED (Gold Kist)	Goldkist
3 oz.	13.58	3 oz.	13.6	3 oz.	13.6	3 oz.	13.6			CHICKEN, PATTY BREADED BUFFALO STYLE(PIERRE)	Pierre
1 sand.	31.27	1 sand.	31.3	1 sand.	31.27	1 sand.	31.3			CHICKEN PATTY on White Hamb. Bun	
1 sand.	39.38	1 sand.	39.4	1 sand.	39.38	1 sand.	39.4			CHICKEN PATTY, SPICY on White Hamb. Bun	
14 ea.	11.5	14 ea.	11.5	14 ea.	11.5	14 ea.	11.5			CHICKEN, POPCORN	

CHAMP'S CAFE

SCHOOL BREAKFAST/LUNCH CARBOHYDRATE COUNTS/SERVING/GRADE LEVEL

Use the Grams of Carbohydrates chart of food products to find the amount in each food eaten.

Example:

Jane ate only 1/2 her apple (1 apple = 21 grams)

3 oz	0	3 oz	0	3 oz	0	3 oz	0	L	CHICKEN, ROASTED	Goldkist
2 oz.	39	2 oz.	39	2 oz.	39	2 oz.	39	L	CHICKEN, SWEET & SOUR STIR FRY	

serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	Breakf	Lunc	Food Description	
Pre K	Pre K	ELEM.	ELEM.	MID.	MID.	HIGH	HIGH				
1/2 c.	10.68	1/2 c.	10.7	1/2 c.	10.7	1/2 c.	10.7		L	CHILI	
1 oz	18	1 oz	18	2 oz	36	2 oz	36		L	CHIPS, TORTILLA (bulk)	
1.5 oz	34	1.5 oz	34	1.5 oz	34	1.5 oz	34		L	CHIPS, TORTILLA WHITE CORN	
		2 oz.	37.2	2 oz.	37.24	4 oz.	75.5		B	CHIPS, TORTILLA YELLOW CORN (pre-packaged)	Champ's Cafe Recipe
1 Tbsp	4	1/4 c.	1.5	1/2 c.	3	1/2 c.	3		L	CINNAMON ROLL-Champ Yeast-Raised (Whole Wheat)	
1 Tbsp	4	1 Tbsp	4	1 Tbsp	4	1 Tbsp	4		L	COLESLAW	1 tbsp. = 2 gm. Packet
1 Tbsp	tr.	1 Tbsp	tr.	1 Tbsp	tr.	1 Tbsp	tr.		L	CONDIMENTS, KETCHUP	
1 Tbsp	tr.	1 Tbsp	tr.	1 Tbsp	tr.	1 Tbsp	tr.		L	CONDIMENTS, MAYONNAISE	
1 Tbsp	5	1 Tbsp	5	1 Tbsp	5	1 Tbsp	5		L	CONDIMENTS, MUSTARD	
1 oz.	19	1 oz.	19	1 oz.	19	1 oz.	19		L	CONDIMENTS, SWEET PICKLE RELISH	
1 oz.	17	1 oz.	17	1.33 oz	23	1.33 oz	23		L	COOKIE, CARNIVAL - reduced fat	Otis
1.33 oz	23	1.33 oz	23	1.33 oz	23	1.33 oz	23		L	COOKIE, CHOCOLATE CHIP	Otis
1.33 oz	24	1.33 oz	24	1.33 oz	24	1.33 oz	24		L	COOKIE, HOLIDAY JOY (Peppermint)	Otis
1 oz.	18	1 oz.	18	1 oz.	18	1 oz.	18		L	COOKIE, MAKE A WISH (Blue Stars)	Otis
1.33 oz	23	1.33 oz	23	1.33 oz	23	1.33 oz	23		L	COOKIE, OATMEAL RAISIN - reduced fat	Otis
1.33 oz	23	1.33 oz	23	1.33 oz	23	1.33 oz	23		L	COOKIE, PINK (choc cookie w/pink chip)	Otis
1/4 c.	7	1/4 c.	7	1/2 c.	14	1/2 c.	14		L	CORN (canned)	
4 oz.	40	4 oz.	40	4 oz.	40	4 oz.	40		L	CORN DOG	
3 oz.	13	3 oz.	13	3 oz.	13	3 oz.	13		L	COUNTRY STEAK	
3 oz.	32.16	3 oz.	32.2	3 oz.	32.16	3 oz.	32.2		L	COWBOY BREAD (recipe)	
9 oz	16	9 oz	16	9 oz	16	9 oz	16		L	CRACKERS, DOLPHINS & FRIENDS	
1 pkg.	17	1 pkg.	17	1 pkg.	17	1 pkg.	17		L	CRACKERS, GRAHAM	
4 pkg.	16	4 pkg.	16	4 pkg.	16	4 pkg.	16		L	CRACKERS, PREMIUM GOLD	
4 ea.	9	4 ea.	9	4 ea.	9	4 ea.	9		L	CRACKERS, SALTINE	
1.5oz	19.5	1.5oz	19.5	1.5oz	19.5	1.5oz	19.5		L	CRANBERRY SAUCE (jellied)	
1/4 c.	4	1/4 c.	4	1/4 c.	4	1/4 c.	4		L	CUCUMBERS WITH RANCH DRESSING	
2.2 oz	23	2.2 oz	23	2.2 oz	23	2.2 oz	23		B	DOUGH, BISCUIT SOUTHERN STYLE	Pillsbury
1 serv.	28	1 serv.	28	1 serv.	28	1 serv.	28		L	DOUGH, PIZZA-OVEN RISING	Rich's
1/4 c.	1.35	1/4 c.	1.35	1/4 c.	1.35	1/4 c.	1.35		B	EGG, SCRAMBLED	
1 serv.	39.65	1 serv.	39.7	1 serv.	39.65	1 serv.	39.7		B	EGG-HAM & CHEESE BAGEL SANDWICH	Champ's Cafe recipe 2.3 oz Bagel
1 serv.	40.5	1 serv.	40.5	1 serv.	40.5	1 serv.	40.5		B	EGG, SAUSAGE & CHEESE BAGEL SANDWICH	Champ's Cafe Recipe 2.3 oz Bagel
1 ea.	20	1 ea.	20	1 ea.	20	1 ea.	20		L	EGG ROLL, CHICKEN	
1 ea.	20	1 ea.	20	1 ea.	20	1 ea.	20		L	EGG ROLL, MINH VEGETABLE	
3.56 oz	16	3.56 oz	16	3.56 oz	16	3.56 oz	16		L	FISH FILLET (no bun, pollock fish, rectangle)	Seaside Seafood
4 oz.	17	4 oz.	17	4 oz.	17	4 oz.	17		L	FISH NUGGETS (Breaded Rainbow Trout)	Clear Springs Foods
3.95 oz	22	3.95 oz	22	3.95 oz	22	3.95 oz	22		L	FISH FILLET (no bun, sandwich style, Whiting fish)	Samband of Iceland
4.5 oz	23	4.5 oz	23	4.5 oz	23	4.5 oz	23		L	FISH SCRIBBLES (wavy)	
3 ea.	9	3 ea.	9	4 ea.	12	4 ea.	12		L	FISH STRIPS	
3 ea.	37	3 ea.	37	3 ea.	37	3 ea.	37		B	FRENCH TOAST STICKS	
1/2 c.	9	1/2 c.	9	1/2 c.	9	1/2 c.	9		B	FRUIT COCKTAIL, (canned)	
1/2 c.	21.14	1/2 c.	21.1	1/2 c.	21.1	1/2 c.	21.1		L	FRUIT CUP, PEACH (frozen)	Wawona Frozen Foods
1/2 c.	30.95	1/2 c.	31	1/2 c.	31	1/2 c.	31		L	GELATIN, WITH PEARS	
1.1 oz	23	1.1 oz	23	1.1 oz	23	1.1 oz	23		L	GRAHAM CRACKERS, BUG BITES	
1 oz	20	1 oz	20	1 oz	20	1 oz	20		L	GRAHAM CRACKER STICKS, SCOOPY-DOO	
1 bar	18	1 bar	18	1 bar	18	1 bar	18		L	GRANOLA BAR, CHOCOLATE CHIP	Quaker
1/2 c.	13.4	1/2 c.	13.4	1/2 c.	13.4	1/2 c.	13.4		B	GRAPES	
1/4 c.	5	1/4 c.	5	1/4 c.	5	1/4 c.	5		L	GRAVY, BROWN	
1/4 c.	1.45	1/4 c.	1.45	1/2 c.	2.9	1/2 c.	2.9		L	GREEN BEANS	
1 ea.	30	1 ea.	30	1 ea.	30	1 ea.	30		L	GRILLED CHEESE on Whole Wheat Bread	
1 ea.	35.3	1 ea.	35.3	1 ea.	35.3	1 ea.	35.3		L	HAM & CHEESE BAGEL SANDWICH	
1 ea.	31.3	1 ea.	31.3	1 ea.	31.3	1 ea.	31.3		L	HAM & CHEESE SANDWICH on Whole Wheat Bread(Deli)	
1/2 sub	20	1 serv	40	1 serv	40	1 serv	40		L	HAM, TURKEY, & CHEESE DELI SUB	
1 ea.	32.1	1 ea.	32.1	1 ea.	32.1	1 ea.	32.1		L	HAMBURGER on Bun	Pierre & Flowers Bread
1 oz	23	1 oz	23	1 oz	23	1 oz	23		L	HOT CHOCOLATE	Con Agra Foods
2 oz	1	2 oz	1	2 oz	1	2 oz	1		L	HOT DOG, TURKEY (no bun)	Walchris farms
1 ea.	21	1 ea.	21	1 ea.	21	1 ea.	21		L	HOT DOG on Bun	Foster Farms & Flowers Bread
									L	ICE CREAM, BAR-ORANGE CREAM (Blue Bell)	Blue Bell
									L	ICE CREAM, CHOCOLATE ECLAIR(Good Humor)	Good Humor
									L	ICE CREAM, CHOCO TACO (Breyers)	Breyers
									L	ICE CREAM, M&M COOKIE (M&M)	M&M
									L	ICE CREAM, REESE'S BAR (Good Humor)	Good Humor
						3.75 oz	27		L	ICE CREAM, RAINBOW, BAR (Blue Bell)	Blue Bell
						3 oz	22		L	ICE CREAM, LOW FAT SANDWICH (Blue Bell)	Blue Bell
						3 oz	26		L	ICE CREAM, SANDWICH, COOKIES&CREAM (Blue Bell)	Blue Bell
						1 ea.	30		L	ICE CREAM, SNICKERS (Mars)	Mars
						1 ea.	31		L	ICE CREAM, STRAWBERRY SHORTCAKE (Good Humor)	Good Humor
						1 ea.	31		L	ICE CREAM, TWIX (Mars)	Mars
3 oz.	19	3 oz.	19	3 oz.	19	3 oz.	19		L	ICE CREAM, CUP-VANILLA (Blue Bell)	Blue Bell
2 oz	15	2 oz	15	2 oz	15	2 oz	15		L	ICE CREAM, FUDGY BAR (Blue Bell)	Blue Bell
1.25 oz	9	1.25 oz	9	1.25 oz	9	1.25 oz	9		L	ICE CREAM, RAINBOW, MINI BAR (Blue Bell)	Blue Bell
2.3 oz	14	2.3 oz	14	2.3 oz	14	2.3 oz	14		L	ICE CREAM, SANDWICH, MINI (Blue Bell)	Blue Bell
4 oz.	19.5	4 oz.	19.5	4 oz.	19.5	4 oz.	19.5		B	JUICE, ORANGE 4 oz.	
6 oz.	22	6 oz.	22	6 oz.	22	6 oz.	22		B	JUICE, ORANGE 6 oz.	
8 oz.	29	8 oz.	29	8 oz.	29	8 oz.	29		B	JUICE, ORANGE 8 oz.	
3.1 oz.	17	3.1 oz.	17	3.1 oz.	17	3.1 oz.	17		L	JUICE, BAR FROZEN, CHERRY APPLE	
3.1 oz.	17	3.1 oz.	17	3.1 oz.	17	3.1 oz.	17		L	JUICE, BAR FROZEN, FRUIT PUNCH	
3.1 oz.	17	3.1 oz.	17	3.1 oz.	17	3.1 oz.	17		L	JUICE, BAR FROZEN, GRAPE	
3.8 oz	21	3.8 oz	21	3.8 oz	21	3.8 oz	21		L	JUICE, BAR FROZEN, ORANGE	
6.75 oz	25	6.75 oz	25	6.75 oz	25	6.75 oz	25		L	JUICE, CAPRI SUN	
3/4 c.	21.26	3/4 c.	21.3	1 c.	28.4	1 c.	28.4		L	LASAGNA	
1/4 c.	0.25	1/4 c.	0.25	1/4 c.	0.25	1/4 c.	0.25		L	LETTUCE	
1/4 c.	1.5	1/4 c.	1.5	1/4 c.	1.5	1/4 c.	1.5		L	LETTUCE, TOMATO, & PICKLE	
1/2 c.	27.44	1/2 c.	27.4	1/2 c.	27.4	1/2 c.	27.4		L	MACARONI & CHEESE	
1/4 c.	19	1/2 c.	36	1/2 c.	36	1/2 c.	36		B	MANDARIN ORANGE SECTIONS	
				1 ea.	50.4	1 ea.	50.4		L	MEATBALL SUB (6 meatballs & hoagie bun)	Champ's Cafe recipe
3 oz.	8.21	3 oz.	8.21	3 oz.	8.21	3 oz.	8.21		L	MEATLOAF, TOPPED WITH KETCHUP	
8 oz.	13	8 oz.	13	8 oz.	13	8 oz.	13		B	MILK, 1 % LOW FAT WHITE	McArthurs Dairy
8 oz.	29	8 oz.	29	8 oz.	29	8 oz.	29		L	MILK, LOW FAT CHOCOLATE	McArthurs Dairy
				1 pt.	27	1 pt.	27		L	MILK, CHOCOLATE CHUG	McArthurs Dairy
				1 pt.	27	1 pt.	27		L	MILK, STRAWBERRY CHUG	McArthurs Dairy
1.8oz.	27	1.8oz.	27	1.8oz.	27	1.8 oz	27		B	MUFFIN, Reduced Fat APPLE CINNAMON	New Essentials
1.8oz.	27	1.8oz.	27	1.8oz.	27	1.8 oz	27		B	MUFFIN, Reduced Fat BLUEBERRY	New Essentials
1.8oz.	28	1.8oz.	28	1.8oz.	28	1.8 oz	28		B	MUFFIN, Reduced Fat BANANA	New Essentials
1.8oz.	29	1.8oz.	29	1.8oz.	29	1.8 oz	29		B	MUFFIN, Reduced Fat CHOC CHOC CHIP	New Essentials
						4 oz.	52		B	MUFFIN, BLUEBERRY	Otis
						4 oz.	62		B	MUFFIN, CHEESE STREUSEL	Otis
						4 oz.	56		B	MUFFIN, CHOCOLATE CHIP	Otis
						4 oz.	56		B	MUFFIN, CHOC CHOC CHIP	Otis
serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	serv size	Carb Count	Breakf	Lunc	Food Description	
Pre K	Pre K	ELEM.	ELEM.	MID.	MID.	HIGH	HIGH				
1 serv.	32.73	1 serv.	32.7	1 serv.	32.73	1 serv.	32.7		L	NACHOS, MEAT ,CHEESE, & TORTILLA CHIPS	Champ's Café recipe
1.31 oz	26	1.31 oz	26	1.31 oz	26	1.31 oz	26		B	NUTRI-GRAIN BAR, APPLE CINNAMON	Kelloggs
1.31 oz	26	1.31 oz	26	1.31 oz	26	1.31 oz	26		B	NUTRI-GRAIN BAR, BLUEBERRY	Kelloggs

CHAMP'S CAFE
SCHOOL BREAKFAST/LUNCH CARBOHYDRATE COUNTS/SERVING/GRADE LEVEL

Use the Grams of Carbohydrates chart of food products to find the amount in each food eaten.

Example:

Jane ate only 1/2 her apple (1 apple = 21 grams)

1.31 oz	26	1.31 oz	26	1.31 oz	26	1.31 oz	26	B	L	NUTRI-GRAIN BAR, STRAWBERRY	Kelloggs
1/2 c.	12	1/2 c.	12	1/2 c.	12	1/2 c.	12	B	L	OATMEAL, (old fashioned oats)	
1 ea.	12.9	1 ea.	12.9	1 ea.	12.9	1 ea.	12.9	B	L	ORANGE, Fresh	
1 serv.	22	1 serv.	22	1 serv.	22	1 serv.	22	B	L	PANCAKE WRAP (sausage)	
2.67 oz	18	2.67 oz	18	2.67 oz	18	2.67 oz	18	B	L	PANCAKE ON A STICK	Foster Farms
1/2 c.	17.8	1/2 c.	17.8	1/2 c.	17.8	1/2 c.	17.8	B	L	PEACHES (canned)	
1/2 c.	15	1/2 c.	15	1/2 c.	15	1/2 c.	15	B	L	PEARS (canned)	
1/4 c.	3.25	1/4 c.	3.25	1/2 c.	6.5	1/2 c.	6.5	L	L	PEAS	
1/4 c.	5	1/4 c.	5	1/2 c.	10	1/2 c.	10	L	L	PEAS & CARROTS	
4 slices	0	4 slices	0	4 slices	0	4 slices	0	L	L	PEPPERONI, Sliced	Roseli
1/2 c.	36.82	1/2 c.	36.8	1/2 c.	36.8	1/2 c.	36.8	L	L	PIE, SWEET POTATO	
1/2 c.	15	1/2 c.	15	1/2 c.	15	1/2 c.	15	B	L	PINEAPPLE (canned)	
6.14 oz	43	6.14 oz	43	6.14 oz	43	6.14 oz	43	L	L	PIZZA, BOSCO STICK	Bosco's Pizza Co.
1 serv.	42	1 serv.	42	1 serv.	42	1 serv.	42	L	L	PIZZA, CHEESE (Champ's recipe) homemade, Slice	Mountain Harvest Crust
1 serv.	45	1 serv.	45	1 serv.	45	1 serv.	45	L	L	PIZZA, CHEESE, (Champ's recipe, homemade Riches Crust)	Riches crust
1 slice	43	1 slice	43	1 slice	43	1 slice	43	L	L	PIZZA, BOSCO STUFFED CRUST	Bosco's Pizza Co.
1 serv.	25	1 serv.	25	1 serv.	25	1 serv.	25	L	L	PIZZA, FRENCH BREAD-WHOLE GRAIN	
1 serv.	30.48	1 serv.	30.5	1 serv.	30.5	1 serv.	30.5	L	L	PIZZA, LOCO BREAD (individual round)/w/cheese & sauce	Champ's Café recipe
1 serv.	45	1 serv.	45	1 serv.	45	1 serv.	45	L	L	PIZZA, PEPPERONI (Champ's recipe, homemade)	Riches crust
2 sticks	32	2 sticks	32	2 sticks	32	2 sticks	32	L	L	PIZZA, MAXSTIX STICKS, WHOLE GRAIN, 2 sticks	Gitardi
1 stick	16	1 stick	16	1 stick	16	1 stick	16	L	L	PIZZA, MAXSTIX STICKS, WHOLE GRAIN, 1 stick	Gitardi
1 serv.	33	1 serv.	33	1 serv.	33	1 serv.	33	L	L	PIZZA, SOUTHWEST (Mexican), Slice	Gitardi
1 slice	43	1 slice	43	1 slice	43	1 slice	43	L	L	PIZZA, STUFFED CRUST	Bosco's Pizza Co.
1 serv.	46	1 serv.	46	1 serv.	46	1 serv.	46	L	L	PIZZA, WHOLE GRAIN STUFFED CRUST CHEESE (slice)	ConAgra Foods, Inc
1 serv.	28	1 serv.	28	1 serv.	28	1 serv.	28	L	L	PIZZA, WHOLE GRAIN DOUBLE STUFF (rectangle)	ConAgra Foods, Inc
1 serv.	35	1 serv.	35	1 serv.	35	1 serv.	35	B	L	POP TART, WHOLE GRAIN FROSTED STRAWBERRY	Kelloggs
1/2 c.	22	1/2 c.	22	1/2 c.	22	1/2 c.	22	L	L	PORK, BAR B QUE (no bun)	
1/2 c.	22.48	1/2 c.	22.5	1/2 c.	22.5	1/2 c.	22.5	L	L	POTATOES, AU GRATIN	
								L	L	POTATOES, BAKED	
		1 ea.	31.3	1 ea.	31.3	1 ea.	31.3	L	L	POTATOES, BAKED W/CHEESE SAUCE	Champ's Café recipe
1/2 c.	8	1/2 c.	8	5/8 c.	10	5/8 c.	10	L	L	POTATOES, GEMS (tator tots)	
1/2 c.	14	1/2 c.	14	1/2 c.	14	1/2 c.	14	L	L	POTATOES, MASHED	
1/2 c.	16	1/2 c.	16	1/2 c.	16	1/2 c.	16	L	L	POTATOES, OVEN FRIES	
1/2 c.	21	1/2 c.	21	1/2 c.	21	1/2 c.	21	L	L	POTATOES, ROASTED	
1/2 c.	23	1/2 c.	23	1/2 c.	23	5/8 c.	23	L	L	POTATOES, SMILES (5 = 1/2 cup, 6 = 5/8 cup)	
1/2 c.	20	1/2 c.	20	1/2 c.	20	1/2 c.	20	L	L	POTATOES, STARZ (13 = 1/2 cup)	
1/2 c.	29	1/2 c.	29	1/2 c.	29	1/2 c.	29	L	L	POTATOES, SWEET	
1/2 cup	37.41	1/2 cup	37.4	1/2 cup	37.4	1/2 cup	37.4	L	L	POTATOES, SWEET CASSEROLE	Champ's Café recipe
1/2 c.	22	1/2 c.	22	1/2 c.	22	1/2 c.	22	L	L	POTATOES, SWEET CRINKLE CUT FRIES	
1/2 c.	20	1/2 c.	20	1/2 c.	20	1/2 c.	20	L	L	POTATOES, WEDGES (8 = 1/2 cup)	
1 ea.	1	1 ea.	1	1 ea.	1	1 ea.	1	B	L	PORK, SAUSAGE PATTY	Jimmy Dean
9 oz	22	9 oz	22	9 oz	22	9 oz	22	L	L	PRETZLES, MINI	Snyders
1 ea.	21	1 ea.	21	1 ea.	21	1 ea.	21	L	L	PUDDING, HUNT'S SNACK PACK CHOCOLATE	
4.22 oz	32.4	4.22 oz	32.4	4.22 oz	32.4	4.22 oz	32.4	L	L	QUESADILLA, CHEESE	East Side Entrees
4.28 oz	31.8	4.28 oz	31.8	4.28 oz	31.8	4.28 oz	31.8	L	L	QUESADILLA, CHICKEN & CHEESE	East Side Entrees
1 oz.	20	1 oz.	20	1 oz.	20	1 oz.	20	B	L	RAISINS	
1/4 c.	5.6	1/4 c.	5.6	1/4 c.	5.6	1/4 c.	5.6	L	L	RAISH CUP (without dressing)	
1 serv.	35.98	1 serv.	35.9	1 serv.	35.88	1 serv.	35.9	L	L	RIB E QUE ON BUN	Champ's Café recipe
1/2 c.	22	1/2 c.	22	1/2 c.	22	1/2 c.	22	L	L	RICE, PILAF	1 cup = 43 g.
1/2 c.	21.5	1/2 c.	21.5	1/2 c.	21.5	1/2 c.	21.5	L	L	RICE, WHITE Parboiled	
2 oz.	30	2 oz.	30	2 oz.	30	2 oz.	30	L	L	ROLL, Champ, Yeast-Raised	
1 serv.	29.29	1 serv.	29.3	1 serv.	29.3	1 serv.	29.3	L	L	ROLL, Champ, Yeast-Raised, Wheat	Champ's Café recipe
1/2 c.	1.5	1/2 c.	1.5	1/2 c.	1.5	1/2 c.	1.5	L	L	SALAD, TOSSED	
1 serv.	6	1 serv.	6	1 serv.	6	1 serv.	6	L	L	SALAD, CHEF	
1 serv.	10.2	1 serv.	10.2	1 serv.	10.2	1 serv.	10.2	L	L	SALAD, WITH 1/2 BREADED CHICKEN PATTY	
1.5 oz	2	1.5 oz	2	1.5 oz	2	1.5 oz	2	L	L	SALAD DRESSING - CAESAR	
1.5 oz	13	1.5 oz	13	1.5 oz	13	1.5 oz	13	L	L	SALAD DRESSING - COUNTRY FRENCH	
1.5 oz	7	1.5 oz	7	1.5 oz	7	1.5 oz	7	L	L	SALAD DRESSING - HONEY MUSTARD	
1.5 oz	3	1.5 oz	3	1.5 oz	3	1.5 oz	3	L	L	SALAD DRESSING - LITE ITALIAN	
1.5 oz	2	1.5 oz	2	1.5 oz	2	1.5 oz	2	L	L	SALAD DRESSING - RANCH	
1.5 oz	12	1.5 oz	12	1.5 oz	12	1.5 oz	12	L	L	SALAD DRESSING - RASPBERRY VINAIGRETTE	
2 oz.	3.8	2 oz.	3.8	2 oz.	3.8	2 oz.	3.8	L	L	SALSA	
1 oz.	2	1 oz.	2	1 oz.	2	1 oz.	2	L	L	SAUCE, DIPPING-BBO/TACO	
1 oz.	tr.	1 oz.	tr.	1 oz.	tr.	1 oz.	tr.	L	L	SAUCE, DIPPING-HOT SAUCE	
2 oz.	8	2 oz.	8	2 oz.	8	2 oz.	8	L	L	SAUCE, MARINARA CUP	
1 oz.	11	1 oz.	11	1 oz.	11	1 oz.	11	L	L	SAUCE, DIPPING-SWEET & SOUR	Ken's
1 patty	1	1 patty	1	1 patty	1	1 patty	1	L	L	SAUSAGE PATTY, PORK (Jimmy Dean)	
1 patty	0	1 patty	0	1 patty	0	1 patty	0	B	L	TURKEY, SAUSAGE PATTY	Jeanne-O
1 serv	27	1 serv	27	1 serv	27	1 serv	27	B	L	SAUSAGE BISCUIT SANDWICH	
1/2 C.	7	1/2 C.	7	1/2 c.	7	1/2 c.	7	L	L	SOUP, CHICKEN NOODLE	
1/2 c.	19	1/2 c.	19	1/2 c.	19	1/2 c.	19	L	L	SOUP, TOMATO	
3/4 c.	9	1/2 c.	11	1/2 c.	11	1/2 c.	11	L	L	SPAGHETTI (SIDE DISH) FOR CHICKEN PARMESAN	
3/4 c.	14.8	3/4 c.	14.8	1 c.	19.8	1 c.	19.8	L	L	SPAGHETTI With MEAT SAUCE	
1/4 c.	0.15	1/4 c.	0.15	1/2 c.	0.3	1/2 c.	0.3	B	L	SPINACH	
1.5 oz	21.09	1.5 oz	21.1	1.5 oz	21.1	1.5 oz	21.1	L	L	SUNSHINE BAR (with Sweet Potatoes)	
1 oz.	12	1 oz.	12	1 oz.	12	1 oz.	12	B	L	SYRUP, INDIVIDUAL	
1 ea.	17.7	1 ea.	17.7	1 ea.	17.7	1 ea.	17.7	L	L	TACO SHELL	
2 shells	23	2 shells	23	2 shells	23	2 shells	23	L	L	TACO SHELL, 6" YELLOW	
1 serv.	53	1 serv.	53	1 serv.	53	1 serv.	53	L	L	TACO, SOFT With BEEF, CHEESE & TORTILLA (1-10")	
1 ea.	12	1 ea.	12	1 ea.	12	1 ea.	12	L	L	TORTILLA 6" SOFT	Mission Brand
1 ea.	36	1 ea.	36	1 ea.	36	1 ea.	36	L	L	TORTILLA 10" SOFT	Mission Brand
1 serv	31	1 serv	31	1 serv	31	1 serv	31	L	L	TURKEY DELI SANDWICH on Whole Wheat Bread	
2 oz.	0	2 oz.	0	3 oz.	0	3 oz.	0	L	L	TURKEY, ROASTED	
1 ea.	44	1 ea.	44	1 ea.	44	1 ea.	44	B	L	UBR	
1/4 c.	3.5	1/4 c.	3.5	1/2 c.	7	1/2 c.	7	L	L	VEGETABLES, CALIFORNIA BLEND	
1/4 c.	5	1/4 c.	5	1/2 c.	10	1/2 c.	10	L	L	VEGETABLES, MIXED	
1/2 c.	4.69	1/2 c.	4.69	1/2 c.	4.69	1/2 c.	4.69	L	L	VEGETABLES, SOUTH WEST MEDLEY	
1 ea.	4	1 ea.	4	1 ea.	4	1 ea.	4	L	L	VEGGIE BURGER, GRILLER (Boca Brand)	Boca
4 ea.	18	4 ea.	18	4 ea.	18	4 ea.	18	L	L	VEGGIE CHICKEN NUGGETS (Morningstar Brand)	Morning Star
1 ea.	16	1 ea.	16	1 ea.	16	1 ea.	16	L	L	VEGGIE CHICKEN PATTIES (Morningstar Brand)	Morning Star
5.5 oz	7	5.5 oz	7	5.5 oz	7	5.5 oz	7	L	L	V8 VEGETABLE JUICE	
								L	L	V8 VEGETABLE JUICE	
								L	L	V8 V-FUSION, PEACH MANGO	
								L	L	V-8 V-FUSION POMEGRANATE BLUEBERRY	
								L	L	V-8 FUSION STRAWBERRY BANANA	
		3.98 oz	22	3.98 oz	22	3.98 oz	22	B	L	YOGURT, LOW FAT STRAWBERRY	Bryers
		3.98 oz	21	3.98 oz	21	3.98 oz	21	B	L	YOGURT, LOW FAT STRAWBERRY BANANA	Bryers
		6 oz.	33	6 oz.	33	6 oz.	33	L	L	YOGURT, YOP/LAIT, Asst.Flavors. (see container for exact Carb.C)	Yoplait
3/4 c.	34.17	3/4 c.	34.2	3/4 c.	34.2	3/4 c.	34.2	L	L	ZITI With CHEESE	
3/4 c.	36.16	3/4 c.	36.2	3/4 c.	36.2	3/4 c.	36.2	L	L	ZITI, Baked With MEAT SAUCE & CHEESE (3/4 cup)	
		1 c.	45.8	1 c.	45.8	1 c.	45.8	L	L	ZITI, Baked With MEAT SAUCE & CHEESE (1 cup)	Champ's Café recipe

**** The carbohydrate counts listed are approximate amounts. Information was obtained from product nutrient fact sheets, product labels, the USDA Guide for Nutritive Value of Foods, and Calorie-Count.com.**

If you have questions or suggestions about this Carbohydrate Counts chart, please contact Helen Birner at Champ's Café at Helen_Birner@ccps.k12.fl.us