

## Carbohydrate Counts- Secondary Menu

Updated 10/20/2011

### **Build Own Subs and Wraps:**

Whole Grain White Bread (Franz) (2 slices) -28g  
Wheat Hoagie Roll (Rich's) (1 each) -38g  
Wheat Kaiser Roll (Rich's) (1 each) - 35g  
Wheat Hoagie Roll (Franz) (1 each) -37g  
Whole Wheat Tortillas (1 each)- 34g  
Tomato Basil Wrap (1 each)- 52g  
Spinach Herb Wrap (1 each) -51g  
American Cheese (2 slices) -1g  
Swiss Cheese (2 slices) -<1g  
Shredded Cheddar ( 1 oz) -<1g  
Shredded Mozzarella (1 oz) -1g  
Tuna (1/4 c) -7g  
Turkey Pepperoni (2 slices) -0g  
Turkey Breast (4 slices) -2 g  
Turkey Ham (4 slices) -1 g

### **Soups, Salads, and Grab & Gos**

American Sub (each)- 40 g  
Ham Sub (each)- 40 g  
3 Cheese Sub (each)- 39 g  
Turkey Sub (each)- 40 g  
Chicken Caesar Salad (each) -10g  
Classic Chef Salad (each) - 9g  
Mandarin Chicken Salad (each) -11g  
Romaine Garden Salad (each) -4g  
Taco Salad (each) - 19g  
Chicken Fajita Salad (each) - 14g

### **Burger**

Hamburger Bun (Franz) (1 each)- 25g  
Chicken Patty (1 each)- 9 g  
Breaded Chicken Burger (each) -34 g  
Grilled Chicken Breast (each)- 2 g  
Grilled Chicken Sandwich (each)- 27 g  
Turkey Patty (each)- 0 g  
Turkey Burger (each)- 25 g  
Beef Patty (each)- 2 g  
Hamburger (each) -27g  
Cheeseburger (each) -28g  
Garden Burger (each) - 29g

### **Main Event**

Vegetable Lasagna (4 oz) -32g  
Meat Lasagna (4 oz) - 32g  
Cheese Lasagna (4 oz)-32g  
Cheesy Macaroni (4 oz) -34g  
Spaghetti with Marinara Sauce (4 oz) -26g  
Spaghetti with Meatballs (4 oz) -27g  
Baked Ziti (4 oz)- 39g  
Turkey Gravy (4 oz) - 8g  
Oven Baked Chicken (3 oz)- 12 g  
Chicken Nuggets (6 pieces) -9 g  
Popcorn Chicken (12 pieces) -14 g  
Chicken Fritters (2 pieces)- 10 g  
Sweet 'n' Sour Chicken (4 oz)-48g  
Beef Dunkers (4 pieces) -6 g  
Multi Grain Rotini Noodles (4oz cooked)- 38 g  
WW Spaghetti Noodles (4oz cooked)- 41 g  
Yaki-Soba Noodles (4.9 oz cooked)- 79 g  
Brown Rice ( 1/2 c cooked)- 18 g  
Chicken Noodle Soup (1/2 cup)- 7g  
Tomato Soup (1/2 cup)-30g  
Vegetarian Chili (1 cup)- 42g  
Baked Potato (each)- 43g

### **Pizza**

Cheese Pizza (1 slice) -44g  
Pepperoni Pizza (1 slice) -45g  
Hawaiian Pizza (1 slice) -46g  
Sausage Pizza (1 slice) - 44g  
Vegetable Pizza (1 slice) - 46g  
Supreme Pizza (1 slice) - 45g  
Meat Lover's Pizza (1 slice) -44g  
BBQ Chicken Pizza (1 slice) -52g  
Pesto Pizza (1 slice) -52g  
Dip and Dunkers w/ Pizza Sauce (2 each)- 37g  
Rib-BQ Patty (each) -6 g  
Rib- BQ Sandwich (each)- 50 g  
Shredded BBQ Turkey on a Bun -40g  
Hot Dog Bun (Franz)- (1 each)- 22 g  
Hot Dog (each) -23g

<p><b><u>Fiesta</u></b>  Bean Burrito (each) -55g  Bean Enchilada (each) -60g  Beef Burrito (each) -39g  Beef Enchilada (each) -52g  Cheese Quesadilla (each) -30g  Beef Nachos (each) -20 g  Bean &amp; Cheese Nachos- 40 g  Chicken Quesadilla (each) -37g  Chicken Fajitas (each) - 35g  Crispy Beef Tacos (2 each) -19g  WW 10” Burrito Shell (1 each)- 34 g  6” Flour Tortilla (2 each)- 32 g  Hard Taco Shells (2 each)- 14 g  Tortilla Chips ( 9 each)- 19 g  Refried Beans (1/2 cup) - 12g  Uncle Ben’s Spanish Rice (1/2 cup) - 22g  Homemade Cheese Sauce (per oz)- 14 g  Taco Meat (per oz)- 3 g  Chicken Fajita Meat (3 oz)- 0 g  Pork Carnitas (3.5 oz)- 5 g</p>	<p><b><u>Breakfast</u></b>  Biscuits and Gravy- 39 g  Assorted Bagels (each) – 50 g  Egg O’ Muffin (each) - 25g  French Toast Sticks (4 pieces)- 45g  Homemade French Toast ( 2 each)- 64 g  Waffles (3 pieces) – 48 g  Pancakes (2 each)- 30 g  Scrambled Eggs (1/2 cup) - 4g  Hash brown Patties (each) – 15 g  Turkey Sausage Patty (each)- 0 g  Turkey Sausage Link (each)- 2 g  Canadian Turkey Bacon (2 slices)- 1 g  Graham Crackers (1 each)- 17 g  Assort Fruit Muffins (each)- 39 g  Yogurt Fruit Parfait (each)- 52 g  Assorted Oatmeal- 27-34 g  Assorted Cereal- 16-27 g</p>
<p><b><u>Sides and Misc</u></b>  Goldfish Crackers (each) - 14g  Pretzels (each) - 12g  Wheat Roll (each) - 22g  Breadstick (each) - 11g  Potato Salad (1/2 cup)- 13 g  Coleslaw (1/2 cup)- 11 g  Cottage Cheese (1/2 cup) - 5g  Sugar Cookie (each) - 18g  Chocolate Chip Cookie (each)- 17 g  Corn Bread (2x2 in)- 27 g  Yogurt (1/2 cup) - 21g  1% White Milk (each) - 13g  Skim Chocolate (each)- 22 g  Orange Juice (1/2 cup) - 13g  String Cheese (each)- 1 g</p>	<p><b><u>Condiments</u></b>  Salsa (1 oz) – 1 g  Mayo (1 oz) – 1 g  Ketchup (1 oz) – 5 g  Mustard (1 oz) -0 g  BBQ Sauce (1 oz) - 12g  Ranch (1 oz) – 2 g  Italian (1 oz) -3g  Raspberry Vinaigrette (1 oz)- 5 g  Caesar Dressing (1 oz)- 3 g  Cream Cheese (each) – 1 g  Syrup (1 oz) – 27.5g  Sour Cream (2 Tbsp)- 3 g  Promise Cup (each)- 0 g</p>
<p><b><u>Canned &amp; Frozen Fruit</u></b>  Raisins (1/4 cup) – 31 g  Applesauce (1/2 cup) - 15g  Peaches, canned (1/2 cup) - 17g  Pears, canned (1/2 cup) – 20 g  Strawberry Cup (each) - 33g  Mixed Fruit, canned (1/2 cup) - 18g  Apricots, canned (1/2 cup) - 19g  Mandarin Oranges (1/2 cup) - 8g  Pineapple, canned (1/2 cup) - 15g  Orange Juice (4 oz)- 13 g</p>	<p><b><u>Vegetables-</u></b> All vegetables do not need to be counted unless consumed in large quantities in which case you would count 5g per 1 cup except for:  Green Beans (1/2 cup) - 3g  Corn (1/2 cup) - 16g  Peas &amp; Carrots (2/3 cup)- 9 g  Black Beans Beans (1/2 cup) - 17g  Mashed Potatoes (1/2 cup) - 25g  Tatar Tots (1/2 cup) - 17g  Potato Wedges(3 oz) – 20 g  Crinkle Fries (2.5oz)- 20 g  Sweet Potato Fries (1/2 cup)- 24 g</p>