



JACKSON PUBLIC SCHOOLS
151 DON CONNOR BOULEVARD
JACKSON, NJ 08527

Dear Parent/Guardian,

The Food Service Department of Jackson Public Schools is pleased to inform you that our carbohydrate count chart has been completed. Hopefully, this guide will be a useful tool for monitoring your students' carbohydrate consumption.

The guide is categorized into the five food groups and an additional group containing condiments, sauces and other items. Click on each group for a listing of common foods served in our School Lunch Program.

All information is based on manufacturer's nutritional label. Take into account that for some of the food components we offer, our department uses several different brands. For these items, the brand with the highest number of carbohydrates was used on our chart.

Please keep in mind that menu changes (due to product availability or school closings) can result in a variance to the expected consumption. In addition, if a student does not eat the entire serving, their intake will be lower. Most importantly, since children eat together at lunch time, sharing and trading is not uncommon.

We are happy to talk with parents/guardians regarding individual concerns, children's favorite lunches, and whatever questions they may have about the lunch program. We can be reached in the Food Service Department at 732-415-7014.

Sincerely,
Joseph A. Immordino
Food Service Director



JACKSON SCHOOL DISTRICT FOOD SERVICE DEPARTMENT PRODUCT/PORZION/CARBS CHART

MEAT/ MEAT ALTERNATE/ ENTREE

PRODUCT:	PORTION SIZE:	CARBS/Grams:
Entrees		
<i>NOTE: Add 2 grams of carbs for lettuce & tomato added to any sandwich</i>		
Bar-B-Q Rib on Bun	1 each	72
Cheeseburger on Bun	1 each	29
Cheeseburger on Pretzel Bun	1 each	49
Cheesesteak on Roll	1 each	32
Chicken, Baked	3 oz.	14
Chicken, Fingers	4 each	14
Chicken, Nuggets	5 each Elem/MS	14
Chicken, Oriental	3.96 oz.	19
Chicken Panini, SouthWest	2 each	30
Chicken Parm	1 each	19
Chicken Parm on Bun	1 each	44
Chicken Parm w/ Pasta	1 cup pasta	86
Chicken Pattie on Bun	1 each	38
Chicken, Popcorn	14 each; 3.08 oz.	13
Colby Cheese Omelet w/ Eng. Muffin	1 each	27 w/Eng. Muffin 2 w/out Eng. Muffin
Egg Salad on Whole Grain Bread	1 each	32
Egg Salad on Kaiser Roll	1 each	35
Egg Salad Wrap	1 each	54
French Toast Sticks	3 each; 2.6 oz.	25
Grilled Cheese on Whole Grain Bread	1 each	36
Hamburger on Bun	1 each	27
Hamburger on Pretzel Bun	1 each	47
Ham-Egg-Cheese on Bagel	1 each	39 (Elem) 61 (MS)

Ham Sandwich on Whole Grain Bread	1 each	31
Ham on Kaiser Roll	1 each	34
Ham & Cheese on Whole Grain Bread	1 each	33
Ham & Cheese on Kaiser Roll	1 each	36
Ham & Cheese Wrap	1 each	55
Hot Dog on Bun	1 each	26
Italian Hoagie <i>(includes lettuce & tomato)</i>	1 each	37
Lasagna, Cheese	4.15 oz.	26
Meatball Sub or Meatball Parm Sub		43
Mozzarella Stix	5 each/ 1/2 cup sauce	33 w/out Sauce 44 with Sauce
Panzerotti, Pepperoni & Cheese	1 each;4.75 oz.	39
Pasta & Meatballs	Meatballs-5 each Pasta-1 cup	85
PB&J Uncrustable	4.8 oz	54
Pizza Bagels	2 halves	43(Elem) 65 (MS)
Pizza, Cheese	4x6 5.52 oz. each	46
Pizza, French Bread	4.95 oz. each	33
Pizza, Stuffed Crust	5.73 oz. each	48
Quesadilla, Chicken & Cheese	4.28 oz. each	32
Raviolis, Cheese	3 each	27
Salisbury Steak	3 oz. each 1/2 cup gravy	10
Sausage-Egg-Cheese on Bagel	1 each	40 (Elem) 62 (MS)
Sausage Patty, Pork	2.5 oz.	1
Sloppy Joe on Bun	1 each	35
Stuffed Shells	2 each	25
Tacos with Toppings	2 each	24
Tuna Salad on Whole Grain Bread	1 each	32
Tuna Salad on Kaiser Roll	1 each	35
Tuna Salad Wrap	1 each	54
Turkey Chili	4.23 oz.	6
Turkey, Roasted & Gravy	2 oz.	6
Turkey on Whole Grain Bread	1 each	31

Turkey on Kaiser Roll	1 each	34
Turkey & Cheese on Whole Grain Bread	1 each	33
Turkey & Cheese on Kaiser Roll	1 each	36
Turkey Cheese Wrap	1 each	55
SIDE BREADS & GRAINS		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Bagel-fuls, original	1 each	28
Bagel-fuls (cinnamon or strawberry)	1 each	33
Bagel-fuls (apple cinnamon)	1 each	35
Cinnamon Bun, whole wheat	1 each	37
Cin Crm Ch Breadstk	3 oz.	29
Dinner Roll, Wheat	1 each/1.5 oz.	18
Fortune Cookie	1 each	7
Frudel (apple or cherry)	1 each/2.29oz	12
Garlic Bread	1 each	16
Pancakes, Mini (strawberry or maple)	1 Bag/3.17oz	11
Pasta, Penne	1 cup	56 w/out Sauce 67 w/Sauce
Pasta Salad	1/2 cup	37
Pretzel, Hard Rod	1 each/.33 oz.	8
Pretzel, Soft Mini or Rod Whole Wheat	1 oz	16
Stuffing	1/2 cup	24
Veg Fried Rice	4.5 oz.	28
Waffle	2.2 oz	35
VEGETABLES		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Baked Beans	1/2 cup	27
Broccoli, Frozen	1/2 cup	5
Carrots, Canned	1/2 cup	4

Carrots, Fresh	1/2 cup or 6 sticks	9
Carrots, Mini Bag	2 oz.	5
Celery, Fresh	1/2 cup or 6 sticks	3
Cole Slaw	1/2 cup	16
Corn, Canned & Frozen	1/2 cup	16
Green Beans, Canned & Froz.	1/2 cup	5
Peas, Canned	1/2 cup	11
Potato, Baked	1 each or 4 oz.	28
Potatoes, Mashed	1/2 cup	15
Potato Salad	1/2 cup	28
Soup: Minestrone	1 cup	14
Soup: Tomato	1 cup	20
Sweet Potatoes	1/2 cup	30
Tossed Salad w/ Light Italian Dressing	1/2 cup	4
Vegetable Medley, Frozen	1/2 cup	12
FRIES:		
Fries, Baked	1/2 cup	20
Hash Brown Pattie or Stix	1 each or 2.25 oz.	15
Smile Fries	1/2 cup or 4 each	20
Spiral Fries, Seasoned	1/2 cup	15
Sweet Potato Fries	1/2 cup	24
Tater Tots	1/2 cup or 8-9 each	21
FRUITS		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Applesauce	1/2 cup	14
Apples, Fresh	1 medium	19
Apple Juice	4 oz.	14
Apple Slices, Canned	1/2 cup	9
Apple Slices, Fresh Mini Bag	2 oz. bag	8
Apricots, Canned Diced	1/2 cup	19
Bananas, Fresh	1 each	24
Blueberries, Dried	1/2 cup	57
Blueberries, Frozen	1/2 cup	10
Blueberries & Cream	1/2 cup	12
Cantaloupe, Fresh	1 wedge or 1/2 cup	7

Cherries, Dried	1/2 cup	54
Cherries, Frozen	1/2 cup	9
Clementines, Fresh	1 each	15
Grapes, Mini Bag	1 bag (84 grams)	15
Honeydew, Fresh	1 wedge or 1/2 cup	12
Mixed Fruit, Canned	1/2 cup	18
Mixed Fruit, Dried	1/2 cup	46
Oranges, Fresh	1 medium	16
Orange Juice	4 oz.	14
Oranges, Mandarin	1/2 cup	15
Oranges, Mini Bag	1 bag (89.6 grams)	9
Peaches, Canned	1/2 cup	18
Peaches, Fresh	1 medium	11
Peaches, Frozen Cup	1/2 cup or 4.4 oz. single serve	30
Pears, Canned Diced	1/2 cup	19
Pears, Canned Halves	1/2 cup	23
Pears, Canned Sliced	1/2 cup	16
Pears, Fresh	1 medium	26
Pineapple Tidbits, Canned	1/2 cup	17
Raisins, Mini Box	1.33 oz.	30
Watermelon, Fresh	1 wedge or 1/2 cup	18
MILK		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Chocolate, 1% Low Fat	8 oz.	26
Skim	8 oz.	13
Strawberry, 1% Low Fat	8 oz.	23
White, 1% Low Fat	8 oz.	13
CONDIMENTS/SAUCES/OTHER		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Condiments		
Barbecue Sauce	PC/12g	5
Honey Mustard Sauce	PC Cup/ 1 oz.	5
Ketchup Packet	PC/9g	3
Ketchup Pump/Dispenser	1 oz.	8
Mayonnaise	PC/9g	1
Mustard	PC/5.5g	0
Pancake Syrup	PC Cup/ 1.5 oz.	28

Parmesan Cheese	1 Tbsp.	1
Promise Margarine	PC/5.5g	0
Salad Dressing: (small packets) -French & Creamy Italian -Italian & Ranch	PC/9g	1 0
Salsa	1/2 cup	9
Sour Cream	1 oz.	1
Sweet & Sour Sauce	PC Cup/ 1 oz.	11
Sauces & Gravies		
Gravy, Brown & Turkey	1/4 cup	4
Tomato Sauce	1/2 cup	11
<u>Other</u>		
Cranberry Sauce	1/4 cup	27
Gelatin	1/2 cup	17
Pudding, Choc. & Vanilla	1/2 cup	23
Whipped Topping	2 Tbsp.	2