

# Campus Café Carb Count Information

*Items are listed individually, not what they may be packaged with in the tray.*

*This list is subject to change. Updated lists will be sent by Nutrition Services as necessary. Please be sure to keep the most updated list on hand to ensure accurate carb counting.*

*Please contact Nutrition Services at 457-6250 if you have any additional questions or concerns.*

Menu Item	Serving Size	Carb Count (g) – rounded to the nearest gram
<b>BREAKFAST ENTREES</b>		
Beef Sausage & Cheese Mini Bagel	1 each	26
Breakfast Burrito Wrap	1 each	18
Cinnamon Crumble Bread	1 each	44
Egg, Ham, and Cheese Bar	1 each	8
Egg Patty	1 each	1
Fiesta Nada	1 each	43
French Toast Bar	1 each	47
Mini Maple Waffles	1 package	36
Oat n Honey Granola Bar	1 package	29
Pancake Chicken Sausage Breakfast Bites	5 each	17
Toast	1 each	16
Vanilla Yogurt w/ Strawberries	1 each	23
Apple Cinnamon Cheerios 1oz Bowl	1 each	23
Blueberry Chex Cereal 2oz Cup	1 each	46
Cinnamon Chex Cereal 2oz Cup	1 each	46
Plain Rice Chex Cereal 1oz Bowl	1 each	24
Plain Cheerios Cereal 1oz Bowl	1 each	21
Honey Cheerios Cereal 2oz Cup	1 each	44
<b>LUNCH ENTREES</b>		
Bean and Cheese Burrito	1 each	44
Beef Taco Chalupa	1 each	11
Beef Queso	0.5 cup	8
Beef Queso	1 cup	16
Bean Queso	0.5 cup	23
Bean Queso	1 cup	46
Breaded Cheese Ravioli, WG	5 each	33
Brown Rice	0.5 cup	19
Chana Masala	1 cup	32
Cheese Lasagna w/ Marinara Sauce	1 each	38
Cheese Pizza, WGR	1 each	26
Cheese Tamale	1 each	29
Cheese Quesadilla w/ Chili Sauce	1 each	29
Chicken Drumstick	1 each	6
Chicken Nuggets	5 each	14
Chicken Tamale	1 each	28
Chicken Tenders	3 each	14

Chili Beans w/ Seasoned Beef	0.5 cup	12
Fiesta Nada	1 each	43
Grilled Cheese Sandwich on Bread, WGR	1 each	31
Macaroni and Cheese, WGR	1 each	29
Mashed Potatoes	0.5 cup	17
Mini Corn Dogs, WGR	6 each	30
Mozzarella String Cheese	1 each	1
Spiral Fries	0.5 cup	15
Turkey Beef Pepperoni Pizza, WGR	1 each	28
Turkey and Cheese on Croissant, WGR	1 each	32
Turkey and Cheese Sandwich on Deli Roll, WGR	1 each	29
Turkey Ham and Cheese Sandwich on WGR Hoagie	1 each	28
<b>GRAINS</b>		
Apple Cinnamon Graham Cracker, WGR	1 packet	21
Biscuit	1 each	12
Cheez-Its, WGR	1 package	14
Corn Bread Loaf, WGR	1 each	28
Fritos	1 package	12
Goldfish Pretzels, WGR	1 package	16
Hawaiian Roll, WGR	1 each	36
Honey Graham Crackers, WGR	1 packet	21
Maple Waffle Graham Cracker, WGR	1 packet	20
Tortilla Chips WGR	1 package	27
Turkey Gravy	1 cup	8
Wheat Crackers, WGR	1 package	15
Wheat Roll, WGR	1 each	29
<b>VEGETABLES</b>		
Broccoli Florets – Raw	1 package	2
Carrot Crunchers – Raw	1 package	7
Corn	0.5 cup	18
Fruitables Gold Rush Vegetable Juice	1 each	10
Go'Bonzos Roasted Chickpeas	1 package	27
Jicama	1 package	5
Jicama w/ Lemon	1 package	5
Marinara Dipping Cup	1 each	7
Pinto Beans	0.5 cup	24
Potato Triangle	1 each	14
Salsa Dipping Cup	1 each	5
<b>FRUITS</b>		
Apple Juice	1 each	14
Apple Wedges	1 package	8
Applesauce Cup	1 each	14
Apple Slices w/ Cinnamon	0.5 cup	27
Apple Cup, Frozen	1 each	24
Cantaloupe	1 package	7
Dried Cranberries	1 each	28
Honeydew	1 package	8

Honeydew Cantaloupe Mix	1 package	7
Hula Cooler Juice Slush	1 each	19
Mixed Berry Cup, Frozen	1 each	18
Mixed Fruit Cup, Shelf Stable	1 each	15
Orange Juice	1 each	14
Orange Wedges	4 wedges	11
Peach Cup, Frozen	1 each	19
Peach Cup, Shelf Stable	1 each	15
Raisins	1 each	30
Whole Banana	1 each	23
Whole Nectarine	1 each	14
Whole Peach	1 each	8
Whole Pear	1 each	25
Whole Plum	1 each	8
Whole Orange	1 each	16
<b>DESSERTS</b>		
Chocolate Chip Cookie, WGR	1 each	20
Ranger Cookie, WGR	1 each	20
<b>MILK</b>		
Fat Free Plain Milk	1 each	13
Fat Free Chocolate Milk	1 each	21
1% Plain Milk	1 each	16
Lactaid Milk	1 each	13
Soy Milk	1 each	13
<b>CONDIMENTS AND SAUCES</b>		
BBQ Sauce Cup	1 each	10
Ketchup Packet	1 each	2
Mayonnaise Packet	1 each	0
Mustard Packet	1 each	0
Ranch Dressing Packet	1 each	1
Taco Sauce Packet	1 each	1
<b>SNACK + SUPER SNACK ITEMS</b> <i>(not already listed in previous categories)</i>		
Beef Salami Slices	1 package	0
Cheese Pizza WGR	1 each	32
Mini Chicken Buffalo Bites	1 package	2
Pepperoni Pizza WGR	1 each	32
Strawberry Banana Yogurt	1 each	14

WGR = Whole Grain Rich

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