

## Carbohydrate Counts- Lunch Items

### Pizza

Pizzatas 2 sticks	28g
Tony's Cheese	31g
Tony's Pepperoni	34.5g
<b><i>SMART MOUTH PIZZAS (flat crust)</i></b>	
Pepperoni Pizza	40 gm
Ground Pizza	41gm
Cheese Pizza	40 gm
Italian Sausage Pizza	41 gm
Taco Pizza	41 gm
Buffalo Chicken Pizza	39 gm
Cheeseburger Pizza	40 gm
Veggie Pizza	43 gm
Hawaiian Pizza	44 gm
Fajita Pizza	41 gm
Italian Combo Pizza	41gm
Texas Special Pizza	39gm
Margherita Pizza	41gm
Chicken Bacon Club Pizza	40gm
BBQ Chicken Pizza	46gm
Southwest Pizza	46gm

### Entrees- Con't

Chicken, Breaded	10g
Chicken Fajita Wrap	29g
Chicken Hot Wings	2g
Chicken Patty - Grilled	0g
Chicken Nuggets	14g
Chicken Patty - Zartic Patty -(no bun)	11g
Chicken Pot Pie	42.5g
Chicken, Peruvian Chunks - 6 pieces	2g
Chicken Ranch Wrap	32g
Chicken, Roasted	0g
Chicken Salad - 1/2 cup	7g
Chicken Rings 5 Each	10g
Chicken Smackers - 10 each	20g
Chicken Stir Fry	11g
Chicken Strips (2)	15g
Chicken Strips (2) - Hot and Spicy	10g
Chicken- Tangerine stir fry(no rice)	25g
Chicken - Teriyaki stir fry (no rice)	14g
Chicken - General Tso's stir fry (no rice)	26g
Chicken Teriyaki Patty	8g
Chicken Tetrazzini	35g
Chili	2g
Clux Deluxe Chicken Nuggets (3)	13g

Nardone's Cheese Wedge Pizza	24g
Nardone's Pepperoni Wedge Pizza	27g

### Entrees

Baja Fish Sticks - 4	20g
Baja Fish Taco in Tortilla Shell	22g
Baked Ham	7g
Baked Potato w/ taxmex chili	51g
Baked Spaghetti	20g
BBQ Sandwich	31g
BBQ Weenies	12g
Bean & Cheese Chalupa	21g
Beans and Franks - 6 oz.	31g
Beef Stew - 6 oz	12g
Beef Strognaff	10g
Beef Teriyaki Blasters	8.5g
Beef Teriyaki and Broccoli	11g
Beef Tips	5
Beef Taco Pie	11g
Beef Stir Fry	11g

Clux Deluxe Chicken Patty-(no bun)	16g
Corn Dog	27g
Corn Dog Nuggets 4 each	3g
Country Style Steak w/ gravy	21g
Dirty Rice w/Sausage - 1 cup	54g
Egg Salad Sandwich	31g
Egg Roll	20g
Fiesta Macaroni	28g
Fish Nuggets 4 each	17g
Fish Sandwich	33g
Fish Sandwich with Cheese	34g
Fish Strips 3 each	13g
Glazed Ham	33g
Grilled Cheese Sandwich	30g
Grilled Chicken Sandwich	30g
Ham, Baked, 2 oz.	4g
Ham & Cheese Sandwich	30g

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## Carbohydrate Counts- Lunch Items

Breaded Chicken Sandwich - (with bun)	32g
Breaded Pollock (Fish)Sticks/Nuggets	13g/17g
Broccoli Cheese Casserole - 1 cup	52g
Broccoli Chicken Cheese Casserole - 6 oz.	28.5g
Buffalo Chicken Sandwich with Bun	38g
Burrito	35g
Cheese Burger	30g
Cheesy Hot Dog on Bun	31g
Cheese,cheddar 1 oz	1g
Cheese, Mozzarella, 1 oz	1g
Chef Salad	26 gm
Chicken - Baked Thigh/Drumstick	1g/0g
Chicken - Popcorn	13g
Chicken & Rice Soup	12g
Chicken Alfredo	35g
Chicken Caesar Salad	6gm
Chicken Cacciatore	8g
Chicken and Dumplings - 6 oz	21g
Chicken, Peruvian	2g

Chicken Quesadilla	39g
Chicken Fajita Meat	0.6

### Entrees- Con't

Mandarin Orange Chicken	18g
Meatball Sub	59g
Meatloaf	8g
Mini Cheeseburge Sliders - 2	13g
Mozzarella Cheese Sticks - 5 pieces	31g
Nachos with Cheese Sauce	19g
Nachos w/ Chicken and Cheese Sauce	21g
Nachos w/Chili and Cheese Sauce	21g
Pasta Primavera - 1 cup	38g
Penna Pasta Bake - 1 cup	31g
Pepperoni Rotini	52g
Pork Chop	17g
Pork Roast	1g
PB&J Sandwich	33g
Ravioli - mini	19g
Ravioli - large	29g
Roasted Chicken	1g
Rib-Que - meat only	3g
Salisbury Steak	4g
Seafood Basket - Fish, Shrimp & HP	45g
Shepards Pie - 6 oz	15g
Skyler Yogurt Glazed Chicken Salad-4oz	5g
Sliced Turkey	2g
Sloppy Joe	34g

Ham and Macaroni Au Gratin-8oz	42g
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Ham Sandwich	30g
Ham and Cheese Wrap	15g
Hamburger on Bun	30g
Hot Dog on Bun	30g
Hot Dog on Bun w/ Chili	32g
Lasagna - Cheese	27g
Lasagna - Meat	29g
Macaroni & Cheese - 1/2 c.	20g
Hot Dog on Bun w/ Chili	32g
Lasagna - Cheese	27g
Lasagna - Meat	29g
Macaroni & Cheese - 1/2 c.	20g

### SOUPS - 1 cup servings

Chicken Fajita & Rice Soup	15g
Chicken Noodle Soup	9g
Cream of Broccoli Soup	12g
Cream of Potato	15g
Vegetable Soup	22g
Southwest Chicken Bean Soup	25g
Broccoli Cheese Soup	18g
Taco Soup	22g
Turkey Noodle Soup	9g
Chili Bean Soup	11g
Ham and Bean Soup	18g

## Carbohydrate Counts- Lunch Items

Smart Mouth Smacker Sandwich	39g
Smuckers PB & J	55g
Spaghetti and Meat Sauce	55g
Steak Nuggets	15g
Stuffed Shells with Cheese Sauce	26g
Sub Sandwich	31g
Southwest Taco Salad	48g
Taco Salad w/ Tortilla Chips	16g
Taco - Baja Fish in Soft Tortilla	22g
Teryiaki Chicken Patty	14g
Teryiaki Dippers	8g
Tuna Salad	4g
Tuna Melt Sandwich	35g
Turkey and Cheese Sandwich/Sub	27g
Turkey and Gravy	3g
Turkey Lasagna	24 g
Turkey or Chicken Pot Pie	42.5g
Turkey Roast	1g
Turkey Tetrazzini	35g
Turkey, Baked	1 g
Vegetarian Lasagna	36g
Yogurt--4 oz	21g
Yogurt Parfait - 12 oz	53.5g

## Carbohydrate Counts- Lunch Items/Vegetables

### Vegetables 4oz

Asian Bean Salad	28g
Baked Beans	27g
Baked Potato	26g
Black Beans	20g
Black-eyed Peas	16g
Broccoli w/ Cheese	6g
Broccoli-Steamed	5g
Broccoli & Cauliflower - Steamed	4g
Broccoli - Fresh	3g
Brussell Sprouts	4g
Butter Beans	22g
Cabbage, Steamed	3g
Caesar Salad/No dressing	1g
California Medley	5g
Fresh or Canned Carrots	4g
Carrot Raisin Salad	17.5g
Cauliflower	2g
Celery Stick	1g
Cole Slaw - Homemade/Bought	7g/19g
Collard Greens	4g
Corn on Cob	29g
Corn, Seasoned	29g
Cucumber Slices	2g
Cucumber & Tomato Salad	3g
Dill Pickles	0g
English Peas	11g
Field Peas	13g
French Fries	21g
Fresh Carrots Sticks	6g
Fried Okra	17g
Glazed Carrots	8g
Gravy	4g
Green Beans	3g
Kidney Beans	19g
Lettuce & Tomato	7g
Lima Beans	18g
Mashed Potatoes	16g
Northern Beans	18g
Okra and Tomatoes	6g
Onion Rings	27g
Onion slice	1g
Oriental Vegetables	5g
Parmesan Noodles	34g
Peas and carrots	10g
Pinto Beans	18g
Potato Rounds	20g

Roasted Diced Potatoes	20g
Salsa	8g
Seasoned Mini Bakers	16g
Sliced Onion	4g
Spinach Salad	2g
Spinach, Steamed	3g
Sugar Snap Peas	2g
Sweet Potato Fries	22g
Sweet Potato Waffle Fries - 1/2 cup	22g
Sweet Potato Wedges	21g
Sweet Potato, canned	25g
Sweet potatoe, whole, baked	42g
Sweet Potato Souffle/Casserole	37g
Sweet Potatos, Hawaiian	42g
Sweet Potatoes w/ Apples	57g
Tomatoes, cooked	5g
Tri-Potatoes	12g
Vegetable Medley	4g
Whole Corn	29g
Yellow Squash, fried	19g
Yellow Squash, steamed	3-5g
Waffle Fries - 1/2 cup	18g

### Grains

Brown Rice - 1/2 cup	32g
White Rice - 1/2 cup	18g
Vegetable Steamed Rice - 1/2 cup	32g

## Carbohydrate Counts- Lunch Items/Vegetables

Potato Wedges	18g
Ranch Mashed Potatoes	19g
Refried Beans	20g

## Carbohydrate Counts- Fruits

### Fruit 4oz (1/2 cup)

Apple Crisp	32g
Whole Apple	34g
Apple Half	17g
Apple Slices, canned, unsweetened	9g
Applesauce	23g
Applesauce, Blue Raspberry	22g
Applesauce, peach 4.5 oz	14g
Applesauce, Strawbry Ban, 4.5 oz	14g
Applesauce, Wild Watermelon	22g
Banana - Junior/Small	30g
Cantaloupe	12g
Cherries, frozen	9g
Cinnamon Baked Apples	32g
Fresh Grapes, red or white	8g
Fresh Strawberries	12g
Frozen Strawberry Cup	33g
Frozen Fruit Cup - 4 oz	17 g
Fruit Juicy	16g
Fruit Mix	16g
Fruited Jell-O	18g
Fruzers 8oz & 4 oz	29g & 15g
Kiwi - 1 medium	11g
Orange slices half	8g
Peach Cobbler	46g
Peach Crisp	46g
Peaches	19g
Pears	18g
Pineapple	20g
Plum - 1 medium	9g
Ridgefield Smoothie - all flavors - 4.4 oz	20g
Polish Fruit Slushie Fruit Freeze	24g
Raisels - all flavors	36g
Raisins	68g
Rosati Ices - all flavors	25g
Rip Tide Frozen Slushies	16g
Rosie Applesauce	30g
Sherbet	30g
Spiced Apples	32g
Strawberries, frozen, 4.5 oz	19g
Strawberries & Bananas	32g
Strawberry Shortcake	38g
Watermelon	5.75g
Fruit Slushy - 8 oz.	28g
Cherry Parfait	40g
Blueberry Parfait	39g

## Carbohydrate Counts- Breads

### BREADS

Bought WW Dinner Roll	16g
Cheese Bread	16g
Cheez-Its	28g
Chesapeake Bay Biscuit	33g
Chortles - Chocolate	19g
Chortles - Chocolate Chips	18g
Chortles - Graham Crackers	20g
Cornbread	31g
Doritos	19g
Garlic Bread - 1 stick	15g
Garlic Bread Stick -WG-Marzetti	17g
Gold fish Crackers	14g
Homemade Dinner Roll	33g
Hushpuppies - each	10g
Pretzels	23g
Rip Stick	24g
Premium Ritz Gold Crackers- 2 each	12g
Saltine Crackers 4 each	9g
Whole Grain White Hamburger Bun	31g
Whole Grain White Hot Dog Bun	31g
Wheat Sub/Hoagie	23g
Wheat Bread - 1 slice	12g
White, Whole grain Bread - 1 slice	14g
Cornbread Dressing - 1/2 cup	25 g
Tortilla Chips - 1 oz	18.6 g
Whole Grain Biscuit - 2 oz	27g
Homemade WW Dinner Roll - 2 oz	31g

### Grains

Brown Rice - 1/2 cup	32g
White Rice - 1/2 cup	18g
Dirty Rice w/Sausage - 1Cup	54g
Rice-Not Fried - 1/2 cup	17g

## Carbohydrate Counts- Desserts, Drinks, Condiments, Misc.

### COOKIE/DESERT

Bonzer Cookies - all flavors	27g
Brownie	31g

### Ice Cream

Orange Blossom	13g
Fudjo	17g
Fruit Punch Bar	12g
Chocolate Scooter	17g
Strawberry Scooter	17g
Mini Ice Cream Sandwich- 2.5 oz	10g
Vanilla Ice Cream Sandwich - 4 oz	20g
Minty Mint Ice Cream Sandwich - 4 oz	20g
LF Cotton Candy Ice Cream Cup	11g
LF Chocolate Sundae Cream Cup	11g
LF Birthday Cake Yogurt Cup	12g
LF Strawberry Sundae Cup	16g
LF Vanilla Ice Cream Cup	11g
LF Chocolate Ice Cream Cup	11g
Orange Sherbet	22g
Orange Sherbet	22g
Raspberry Sherbet	22g
Vanilla Yogurt Cup	15
Raspberry Yogurt Cup	20g
LF Cookies -n-Cream Cone	14g
NF Cotton Candy Yogurt Twister Cup	15g
NF Birthday Cake Yogurt Twister Cup	15g
NF Banana Cream Yogurt Twister Cup	15g
NF Sour Apple Twiser Cup	14g
NF Sour Blue Raspberry Twister Cup	14g
Crazy Cone	10g
Chocolate Vanilla Twist Cone	20g

### SOUPS

Broccoli and Cheese Soup - 6 oz	10g
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### SWITCH

Pineapple	30g

### Condiments

BBQ Cup	10g
BBQ Packet	3g
Catsup, individual	3g
Cranberry Sauce - 1 oz	10g
Honey Mustard Cup	9g
Mayonnaise, FF	3g
Mustard	1g
Tarter Sauce	3g
Salsa	2g

### Dressings

Ranch, lite	7g
Cesar	2g
Creamy Italian	6g
French	9g
Italian, FF	1g
Ranch, FF	3g
Raspberry Vinegarette	8g
Thousand Island	8g

### Juice 4oz.

Apple	13.8g
Cranberry	15g
Fruit blend	15.3g
Grape	15.95g
Orange	13.4g
Orange-pineapple	15.95g

### MILK

1/2 Pint 1% Low Fat WHITE	12g
1/2 Pint Fat Free STRAWBERRY	23g
1/2 pt. Fat Free CHOCOLATE	24g
1/2 Pt., Fat Free VANILLA	23g