Food and Nutrition Services

A la Carte Snack List

Allergies and Carbohydrates

BEVERAGES

School Year: 2025-2026

Carbohydrates (grams)	Allergens	Milk	Soy	Wheat	Gluten	Egg	Shellfish /Fish	Tree Nuts	Peanuts	Sesame
0	Bubly - Bellini Bliss, Blueberry Pomegranate, Orange Cream, Passionfruit, Mango, Raspberry, Strawberry Sunset.									
<2	Gatorade Zero - Cool Blue, Fruit Punch, Glacier Cherry, Glacier Freeze, Watermelon Splash (HS)									
0	ICE Sparkling Water - All Flavors (HS)									
0	ICE Sparkling Water, *Contains 70mg Caffeine* - All Flavors (HS)									
34	Juice Apple, Tropicana 10 oz Bottle (MS, HS)									
33	Juice Orange, Tropicana 10 oz Bottle (MS, HS)									
0	Lifewater 700ml Bottle (MS, HS)									
<5	Lipton Tea Diet, Citrus, Mixed Berry, Pineapple Mango, and Peach *Contains 16-22mg Caffeine* (HS)									
42	Snapple, Orange Mango, Fruit Punch, Green Apple (HS)									
27 or 28	Switch Fruit Punch, Black Cherry, Strawberry Watermelon (ES, MS) 100% Sparkling Juice									
24	Switch Kiwi Berry (ES, MS) 100% Sparkling Juice									
0	Water, Aquafina, Bottle (ES, MS, HS)									

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All items and allergens are subject to change without notice and the District makes no representation or warranties whatsoever as to the accuracy or completeness of the information contained herein.

"Facility FREE" means that the item is made in a facility free of the allergen listed in the column.
An "X" in the box means that it contains the allergen listed in the column.

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Allergies and Carbohydrates

SNACK ITEMS

School Year: 2025-2026

Carbohyrdates (grams)	Allergens	Milk	Soy	Wheat	Gluten	Egg	Shellfish /Fish	Tree Nuts	Peanuts	Sesame
5	Beef Jerky, Regular									
5	Beef Jerky, Teriyaki		x	x	x					
23	Brookee, Brownie and Cookie	x		x	x	x		Facility FREE	Facility FREE	
24	Chips, Lay's Baked BBQ	x	x							
20	Chips, Baked Doritos - Flama	x								
19	Chips, Baked Doritos - Nacho Cheese	x	x							
20	Chips, Baked Doritos - Spicy Sweet Chili		x	x	x					
20	Chips, Baked Doritos - Ranch	x								
16	Chips, Baked Hot Cheetos	x								
19	Chips, Popped BBQ									
26	Cookies, Candy Chip Cookie Tree 1.3 oz.	x	x	x	x	x				
24	Cookies, Double Fudge Cookie Tree 1.3 oz.	x	x	x	x	x		x		
11	Fruit Roll-UP, Crazy Colors									
38	Fruit Snacks, Mott's									
14	Pirate's Booty Aged White Cheddar Puffs	x						Facility FREE	Facility FREE	
20	Popcorn, Popcorn Indiana, Sweet'n Salty									
30	Rice Crispy Treats, Kellogg's	x	x							

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FROZEN TREATS

School Year: 2025-2026

Carbohydrates (grams)	Allergens	Milk	Soy	Wheat	Gluten	Egg	Shellfish /Fish	Tree Nuts	Peanuts	Sesame
20	Dippin YoDots Pouches (MS,HS) Cookies and Cream	x	x	x	x					
18	Dippin YoDots Pouches (MS,HS) Banana Split	x	x	x	x					
22	Dippin YoDots Pouches (MS,HS) Cookie Dough	x	x							
20	Dippin YoDots Pouches (MS,HS) Cotton Candy	x	x							
23	Rich's Ice Cream - Chocolate Crunch Cake	x	x	x	x			Facility FREE	Facility FREE	Facility FREE
25	Rich's Ice Cream - Fudge Frenzy Bar	x						Facility FREE	Facility FREE	Facility FREE
28	Rich's Ice Cream - Low Fat Vanilla Sandwich	x	x	x	x			Facility FREE	Facility FREE	Facility FREE
21	Rich's Ice Cream - Orange Cream Bar	x						Facility FREE	Facility FREE	Facility FREE
23	Rich's Ice Cream - Strawberry Shortcake Bar	x	x	x	x			Facility FREE	Facility FREE	Facility FREE

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