

A La Carte Snack Items

K-5	6-8	9-12	Category	Item	Carb Count (g)
x	x	x	Large Water	16oz Water	0
x	x	x	Small Water	8oz Water	0
x	x	x	Snack	Animal Crackers	22
x	x	x	Chips	Baked Cheetos, Crunchy	16
x	x	x	Chips	Baked Cheetos, Flamin' Hot	16
x	x	x	Chips	Baked Lays BBQ	19
x	x	x	Chips	Baked Lays Original	19
x	x	x	Chips	Baked Ruffles, Cheddar & Sour Cream	17
	x	x	Snack	Bean & Cheese Burrito	30.9
x	x	x	Snack	Beef Jerky, Jack Links, Teriyaki	6
x	x	x	Snack	Betty Crocker, Chocolate Chip Oatmeal Bar	25
x	x	x	Snack	Betty Crocker, Double Chocolate Oatmeal Bar	24
x	x	x	Snack	Brownie	31
x	x	x	Beverage	Capri Sun, Apple Splash	20
x	x	x	Beverage	Capri Sun, Berry Breeze	21
x	x	x	Beverage	Capri Sun, Fruit Punch	21
x	x	x	Snack	Cereal Bar, Cinnamon Toast Crunch	30
x	x	x	Snack	Cereal Bar, Cocoa Puffs	29
x	x	x	Snack	Cereal Bar, Team Cheerios	29
x	x	x	Snack	Cereal Bar, Trix	29
x	x	x	Chips	Cheeto Puffs	13
x	x	x	Snack	Cheez Its	14
x	x	x	Snack	Chex Mix, Cheddar	20
x	x	x	Snack	Chex, Chocolate Caramel	22
x	x	x	Snack	Chex, Strawberry Yogurt	23
x	x	x	Cookies	Chocolate Chip Cookie, Whole Grain Reduced Fat	34.2
	x	x	Snack	Churro, Raspberry Filled, Whole Grain	28
x	x	x	Pretzels	Cinnamon Pretzel - Soft, Whole Wheat	31.5
		x	Beverage	Coke Zero	0
x	x	x	Cookies	Cookie, Buena Vista, Red Velvet	32
x	x	x	Snack	Cookie, Heart (Seasonal)	22
x	x	x	Snack	Crackers, Dino Bites, Vanilla	20
x	x	x	Snack	Craisins, Orange	27
x	x	x	Snack	Craisins, Strawberry	27
		x	Beverage	Diet Coke	0
		x	Beverage	Diet Dr. Pepper	0
x	x	x	Chips	Doritos, Cool Ranch	20
x	x	x	Chips	Doritos, Flamas	20
x	x	x	Chips	Doritos, Nacho Cheese	20
x	x	x	Chips	Doritos, Spicy Sweet Chili	20
x	x	x	Chips	Doritos, White Nacho Cheese	20
x	x	x	Beverage	Drinks, Switch, Orange Tangerine	30
x	x	x	Beverage	Envy Juice, Sparkling, Cherry Apple	28

x	x	x	Beverage	Envy Juice, Sparkling, Fruit Punch	28
x	x	x	Chips	Fantastix, Chili Cheese	19
x	x	x	Chips	Fantastix, Flamin' Hot	20
x	x	x	Snack	Fruit Roll-Ups, Blazin' Berry	11
x	x	x	Snack	Fruit Roll-Ups, Crazy Colors	11
x	x	x	Chips	Funyuns, Onion Flavored Rings	14
		x	Beverage	Gatorade G2 Fruit Punch	8
		x	Beverage	Gatorade G2 Glacier	8
		x	Beverage	Gatorade G2 Grape	8
x	x	x	Snack	Goldfish, Cheddar WG	14
x	x	x	Snack	Graham Crackers, Scooby Doo	21
x	x	x	Snack	Grahams, Bunny	25
x	x	x	Snack	Grahams, Bunny, Honey	25
x	x	x	Cookies	Grandma's Cookies, Chocolate Chip	25
x	x	x	Cookies	Grandma's Cookies, Mini Blueberry Vanilla	20
x	x	x	Snack	Granola Bar, Nature Valley, Oats N Honey	15
x	x	x	Snack	Heartzel Pretzels	16
x	x	x	Ice Cream	Hershey's, Chocolate Scooter	26
x	x	x	Ice Cream	Hershey's, Cookie Cone	24
x	x	x	Ice Cream	Hershey's, Cotton Candy	19
x	x	x	Ice Cream	Hershey's, Crazy Cone	26
x	x	x	Ice Cream	Hershey's, Fudge-O Bar	20
x	x	x	Ice Cream	Hershey's, Ice Cream Sandwich, Cookies & Cream	27
x	x	x	Ice Cream	Hershey's, Polar Blast Fruit Punch Bar	21
x	x	x	Ice Cream	Hershey's, Strawberry Scooter	25
x	x	x	Ice Cream	Hershey's, Vanilla Chocolate Twist	23
x	x	x	Ice Cream	Hershey's, Vanilla Sandwich	27
	x	x	Beverage	Izze, Sparkling Apple	24
	x	x	Beverage	Izze, Sparkling Blackberry	22
	x	x	Beverage	Izze, Sparkling Clementine	21
	x	x	Beverage	Izze, Sparkling Juice, Peach	16
	x	x	Beverage	Izze, Sparkling Pomegranate	16
x	x	x	Snack	Jif Peanut Butter Cup	8
		x	Beverage	LaCroix, Grapefruit	0
		x	Beverage	LaCroix, Lime	0
		x	Beverage	LaCroix, Mango	0
x	x	x	Chips	Lay's Kettle Cooked, Jalapeño Cheddar	27
x	x	x	Chips	Lay's Kettle Cooked, Original	27
x	x	x	Chips	Lay's Kettle Cooked, Sea Salt & Vinegar	28
x	x	x	Snack	Nutri Grain Bar, Apple Cinnamon	25
x	x	x	Snack	Nutri Grain Bar, Blueberry	30
x	x	x	Snack	Nutri Grain Bar, Raspberry	25
x	x	x	Snack	Nutri Grain Bar, Strawberry	30
x	x	x	Other	PBJ Sandwich, Strawberry	32
	x	x	Snack	Pretzel Bites	25.13

		X	Beverage	Propel, Berry	0
		X	Beverage	Propel, Grape	0
		X	Beverage	Propel, Kiwi Strawberry	0
		X	Beverage	Propel, Lemon	0
X	X	X	Snack	Pudding Cup, FF Chocolate	18
X	X	X	Snack	Rice Krispy Treats, Chocolate Chip	34
X	X	X	Snack	Rice Krispy Treats, Mini	8
X	X	X	Snack	Rice Krispy Treats, Regular, Whole Grain	30
X	X	X	Popcorn	Rico's Buttered	11
X	X	X	Popcorn	Rico's Cheese	4
X		X	Snack	Rockin Ola Chocolate	22
X	X	X	Pretels	Salted Pretzel - Soft, Whole Wheat	30
X	X	X	Uncrustable	Smuckers, PB&J, Grape 2.6oz	32
X	X	X	Snack	Snack, Nature Valley Crisp Bar	24
X	X	X	Snack	Snack, Popcorn White Cheddar Pirate Booty	18
		X	Beverage	Sparkling Ice +, Blue Raspberry	0
		X	Beverage	Sparkling Ice +, Strawberry Citrus	0
		X	Beverage	Sparkling Ice, Black Raspberry	0
		X	Beverage	Sparkling Ice, Cherry Limeade	0
		X	Beverage	Sparkling Ice, Kiwi Strawberry	0
		X	Beverage	Sparkling Ice, Lemonade	0
		X	Beverage	Sparkling Ice, Orange Mango	0
		X	Beverage	Sparkling Ice, Strawberry Watermelon	0
		X	Beverage	Sprite Zero	0
X	X	X	Snack	String Cheese	1
X	X	X	Beverage	Switch, Black Cherry	30
X	X	X	Beverage	Switch, Fruit Punch	30
X	X	X	Beverage	Switch, Kiwi Berry	26
X	X	X	Beverage	Switch, Watermelon Strawberry	29
		X	Other	Tornados, SW Chicken	23
	X	X	Beverage	Tropicana, Apple 10oz	34
	X	X	Beverage	Tropicana, Orange 10oz	34
	X	X	Beverage	Tropicana, Strawberry Orange 10oz	40
X	X	X	Snack	Welch's Mixed Fruit Snacks	34
X	X	X	Popcorn	White Cheddar	9
	X	X	Snack	Xtreme Burrito	44.17