

## *Carbohydrate Counts and Allergens for Snacks and Beverages*

	Carbohydrates	Allergens
Bottled Water	0	
Gatorade G2 Fruit Punch	8	Artificial color
Gatorade G2 Glacier Freeze	7	Artificial color
Gatorade G2 Grape	7	Artificial color
Sparkling Ice	0	
Sparkling Ice + Caffeine	0	
Envy, Sparkling Apple Juice	29	
Envy, Sparkling Fruit Punch Juice	29	
<b>Whole Grain Baked Snacks:</b>		
Cheetos	16	Milk, Artificial Color*
Cheetos, Flamin' Hot	16	Milk, Artificial Color*
Cheetos, Flamin' Hot Limon	18	Milk, Artificial Color*
Doritos Nacho Cheese	20	Milk, Artificial Color*
Doritos Cool Ranch	20	Milk, Artificial Color*
Doritos Flamas	20	Milk, Artificial Color*
Doritos Spicy Sweet Chili	20	Wheat, Soy
Fantastix Flamin' Hot	20	Milk, Artificial Color*
Fantastix, Chili Cheese	18	Milk, Artificial Color*
Funyuns Onion Rings	14	Milk
Lay's Baked Chips	18	Soy
Lay's BBQ Baked Chips	19	Milk, Soy
Lay's Sour Cream & Onion Baked Chips	19	Milk, Soy
Goldfish Crackers	14	Milk, Wheat
Cheez-It Crackers	14	Milk, Wheat
Cheez-It Crackers, Spicy Buffalo	14	Milk, Wheat
<b>Fruit Snacks and Whole Grain Treats:</b>		
Fruit Roll Ups	11	
Welch's Fruit "Juicefuls"	24	
Welch's Fruit Snacks	32	
Mini Rice Krispies Treat	9	Milk, Soy, Gluten from Barley
Rice Krispies Treat	30	Milk, Soy, Gluten from Barley
Rice Krispies Treat with Mini Chocolate Chips	34	Milk, Soy, Gluten from Barley
Grandma's Mini Chocolate Chip Cookies	25	Wheat, Milk, Soy
Fresh Baked Whole Grain Chocolate Chip Cookie	34	Wheat, Egg, Milk, Soy
Fresh Baked WG Double Chocolate Cookie	33	Wheat, Egg, Milk, Soy
Fresh Baked Whole Grain Sugar Cookie	34	Wheat, Egg, Milk, Soy
Scooby Doo Chocolate Graham Bones	21	Wheat, Soy
Scooby Doo Cinnamon Graham Bones	21	Wheat, Soy
<b>Sushi Snack Packs:</b>		
Spicy Crab Roll	28	Fish, Egg, Soy, Wheat, Sesame
California Roll	27	Fish, Egg, Soy, Wheat, Sesame

**\*Information contained in this list is subject to change due to product changes and substitutions\***

Artificial Colors are being gradually phased out and will be gone before the 2026-2027 School Year