

CARBOHYDRATE COUNT

ITEM	SERVING SIZE	CHO (g)
Beverages		
BodyArmor (all flavors)	1 bottle	14
Coca-Cola Zero products (all flavors) (HS ONLY)	1 bottle	0
Gatorade G2 (all flavors)	1 bottle	8
Gold Peak Diet Tea 18.5 oz (HS ONLY)	1 bottle	0
Powerade Zero (all flavors) (HS ONLY)	1 bottle	0
Propel (all flavors) 16.9 oz.	1 each	0
Juice, Apple 6 oz Capri Sun	1 each	20
Juice, Berry Breeze 6 oz. Capri Sun	1 each	25
Juice, Fruit Punch 6 oz. Capri Sun	1 each	21
Juice, Minute Maid Apple	1 bottle	34
Juice, Minute Maid Orange	1 bottle	33
Juice, Minute Maid Mixed Berry	1 bottle	37
Juice, Minute Maid Fruit Punch	1 bottle	36
Juice, Minute Maid Lemonade	1 bottle	2.5
Juice, Tropicana Apple 10 oz.	1 each	34
Juice, Tropicana Orange 10 oz.	1 each	33
Juice, Tropicana Strawberry Kiwi 10 oz.	1 each	38
Juice, Switch 8 oz. - Black Cherry, Grape, Fruit Punch, Tropical P/A	1 each	30
Juice, Switch 8 oz. - Kiwi Berry, Orange-Tangerine	1 each	26
Juice, Switch Apple 8 oz.	1 each	27
Juice, Switch Watermelon Strawberry 8 oz.	1 each	29
Juice, Apple 4 oz.	1 each	14
Juice, Apple 6 oz.	1 each	20
Juice, Apple Cherry 4 oz.	1 each	15
Juice, Apple Cherry 6 oz.	1 each	19
Juice, Cran-Apple 4 oz.	1 each	14
Juice, Fruit Punch 4 oz.	1 each	14
Juice, Fruit Punch 6 oz.	1 each	21
Juice, Grape 4 oz.	1 each	19
Juice, Grape 6 oz.	1 each	29
Juice, Orange 4 oz.	1 each	14
Juice, Orange 6 oz.	1 each	19
Juice, Slushy (all flavors) 12 oz.	1 each	43
Sparkling Ice (all flavors) (HS ONLY)	1 each	0
Vitamin Water ~ Gutsy (Watermelon Peach)	1 bottle	5
Vitamin Water ~ Rise (Orange)	1 bottle	4
Vitamin Water ~ XXX (Acai-Blueberry-Pomegranate)	1 bottle	4
Vitamin Water ~ Squeezed (Lemonade)	1 bottle	4
Vitamin Water ~ Shine (Strawberry Lemonade)	1 bottle	5
Water-Dasani, Deer Park	All sizes	0

ITEM	SERVING SIZE	CHO (g)
Breakfast Items		
Poptart Cinnamon WG	1 pastry	36
Poptart Strawberry WG	1 pastry	36
Poptart Blueberry WG	1 pastry	38
Poptart Blueberry 2CT	1 pkg	76
Poptart Cinnamon 2 CT	1 pkg	76
Poptart Strawberry 2 CT	1 pkg	75
Cereal		
Cereal Bowl, Cheerios Honey Nut GF	1 each	22
Cereal Bowl, Cocoa Puffs WG	1 each	25
Cereal Bowl, Golden Grahams WG	1 each	24
Cereal Bowl, Rice Chex (Gluten Free)	1 each	24
Cereal Bowl, Apple Jacks, Low Sugar WG	1 each	24
Cereal Bowl, Cherrios GF	1 each	20
Cereal Bowl, Cinn. Toast Crunch Low Sugar WG	1 each	22
Cereal Bowl, Frosted Flakes, Low Sugar WG	1 each	24
Cereal Bowl, Fruit Loops, Low Sugar WG	1 each	24
Cereal Cup, Blueberry Chex	1 each	46
Cereal Cup, Cinnamon Toast Crunch	1 each	44
Cereal Cup, Cocoa Puffs	1 each	47
Cereal Cup, Honey Nut Cheerios	1 each	45
Cereal Bar, Cocoa Puffs	1 bar	30
Cereal Bar, Cinnamon Toast Crunch	1 bar	30
Cereal Bar, Twix	1 bar	29
Chips		
Chips, Baked Sour Cream	1 bag	19
Chips, Baked BBQ	1 bag	19
Chips, Baked Regular	1 bag	19
Chips, Cheetos Crunchy Flamin Hot	1 bag	17
Chips, Cheetos Crunchy	1 bag	17
Chips, Doritos Nacho, Reduced Fat	1 bag	20
Chips, Doritos Flamas	1 bag	20
Chips, Doritos Sweet Chili Baked	1 bag	20
Chips, Doritos Cool Ranch	1 bag	20
Chips, Funyuns Baked	1 bag	14
Cookies and Cupcakes		
Cookie Double Chocolate 1.3 oz. WG	1 cookie	23
Cookie Celebration 1.3 oz. WG	1 cookie	23
Cookie Chocolate Chip 1.3 oz. WG	1 cookie	24
Cookie Ginger Twinkle 1.3 oz WG	1 cookie	24
Cookie Pumpkin Harvest 1.3 oz WG	1 cookie	24
Cookie Sugar 1.3 oz. WG	1 cookie	23
Cookie Snickerdoodle 1.3 oz WG	1 cookie	23

ITEM	SERVING SIZE	CHO (g)
Cookie, Holiday Sugar 1.3 oz. WG	1 cookies	24
Cookie Grandma's Mini Chocolate Chip	1 bag	25
Cupcake Chocolate Filled	1 cupcake	25
Cupcake Vanilla	1 cupcake	27
Crackers		
Crackers, Cheez-It WG	1 pkg.	14
Crackers, Apple WG	1 pkg.	19
Crackers, Strawberry WG	1 pkg.	19
Crackers, Animal	1 pkg.	22
Crackers, Blueberry Lemon	1 pkg.	21
Crackers, Scooby Grahams	1 pkg.	21
Goldfish, Cheddar Crackers WG	1 pkg.	14
Goldfish, Cracker Pretzel WG	1 pkg.	16
Goldfish, Mickey WG	1 pkg.	14
Goldfish, Giant Vanilla Grahams WG	1 pkg.	19
Snack Mix Chex Ched WG	1 pkg.	20
Ice Cream and Treats		
Birthday Cone	1 cone	33
Cherry Sour Swell Bar	1 bar	12
Chloe's Strawberry Pop	1 pop	15
Chocolate Cup	1 cup	19
Chocolate Frozen Yogurt (HS)	1/2 cup	20
Chocolate Shortcake	1 bar	22
Cookies and Cream Sandwich	1 sandwich	28
Cotton Candy Bar	1 bar	15
Crumble Cookie Cone	1 cone	29
Fudge Bar	1 bar	22
Orange Pushup	1 pushup	20
Peach Frozen Yogurt (HS)	1/2 cup	20
Strawberry Cup	1 cup	19
Strawberry Shortcake	1 bar	23
Vanilla Chocolate Cone	1 cone	27
Vanilla Cup	1 cup	20
Vanilla Ice Cream Sandwich	1 sandwich	26
Menchie's Frozen Treats		
Strawberry Sorbet	1 cup	29
Cake Batter Frozen Yogurt	1 cup	23
Snow Vanilla Frozen Yogurt	1 cup	21
Pure Chocolate Frozen Yogurt	1 cup	22
Cookies and Cream Frozen Yogurt	1 cup	24
Milk		
Milk, Almond Vanilla	8 oz.	16
Milk, Chocolate	8 oz.	20

ITEM	SERVING SIZE	CHO (g)
Milk, Lowfat (1%)	8 oz.	12
Milk, Skim	8 oz.	12
Milk, Strawberry	8 oz.	19
Milk, Soy Vanilla	8 oz.	17
Snack Items		
Applesauce Cup	1 cup	14
Applesauce Cup - Strawberry	1 cup	14
Applesauce Cup - Cinnamon	1 cup	14
Bar, Chewy Granola Chocolate Chunk	1 bar	31
Bar, Chewy Granola Cookies and Cream	1 bar	29
Bar, Kind Chocolate Chunk	1 bar	23
Bar, Chocolate Chip ZBar	1 bar	24
Bar, Iced Oatmeal ZBar	1 bar	24
Bar, Chocolate Brownie ZBar	1 bar	25
Beef Jerky Original	1 bag	6
Beef Jerky Teriyaki	1 bag	6
Beef Jerky Peppered	1 bag	7
Belvita Biscuit - Blueberry	1 pkg.	36
Belvita Biscuit - Golden Oat	1 pkg.	35
Brownie, Double Chocolate	1 brownie	32
Cheesestick - Colby Jack	1 stick	1
Cheesestick - Mozzarella	1 stick	1
Chicken Bites Sweet BBQ	1 bag	7
Fruit Snacks Scooby Doo	1 pkg.	21
Fruit Roll Ups (all flavors)	1 rollup	11
Oatmeal Round, Apple Cinnamon	1 pkg.	38
Oatmeal Round, Banana Chocolate Chip	1 pkg.	39
Peanut Butter Packets	1.1 oz	8
Popcorn, Boom-Chick-A-Pop	1 bag	13
Popcorn, Cheddar Smartfood	1 bag	9
Rice Krispies Treat WG	1 pkg.	30
Rice Krispies Treat Chocolate Chip WG	1 pkg.	34
Tuna Pouch Lemon Pepper	1 pkg.	1
Tuna Pouch Plain	1 pkg.	0
Uncrustables	1 pkg.	32
Yogurt, Vanilla	1 (4 oz)	14
Yogurt, Strawberry	1 (4 oz)	14
Yogurt, Strawberry-Banana	1 (4 oz)	14
Condiments		
Sour Cream Light	1 oz.	3
Dressing Asian	1 oz.	11
Dressing Balsamic Vinigiagrette	1 oz.	2
Dressing Blue Chse Indv	1 oz.	1

ITEM	SERVING SIZE	CHO (g)
Dressing Caesar Lite Indv	.75 oz	3
Dressing Hny Must Ind LS	1 oz.	9
Dressing Ital Lt Indv	1 oz.	2
Dressing Jalp Ranch Indv	1 oz.	2
Dressing Ranch Lt Indv	1 oz.	2
Dressing Rasp Vinr FF Ind	1 oz.	7
Dressing Salad 1000 Indv	1 oz.	4
Ketchup Indv LS	9 gm.	3
Ketchup Sriracha Indv	9 gm.	3
Margarine Cups Indv	5 gm.	0
Mayonnaise Indv Lt	.4 oz. (12g)	1
Mustard Indv	5.5 gm.	1
Peppers Banana Rings	1 oz.	1
Peppers Jalp Nacho Sliced	1 oz.	1
Pickle Dill Sliced	1 oz.	<1
Relish Indv	9 gm.	4
Sauce BBQ Mesq Indv	1 oz. (2 tbsp)	6
Sauce Hot Indv	3 gm.	0
Sauce Hot Pepper	1 oz.	0
Sauce Taco Indv	9 gm.	1
Sauce Tartar Indv	12 gm.	2
Sour Cream Indv	1 oz.	2
Syrup Pancake Maple Indv	1.5 oz	27

For additional items not listed above, please visit our [Menus](#) webpage for additional nutritional information.

Nutrition information is subject to change. Rev. 8/11/2021