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

**Breakfast Items**
<table>
<thead>
<tr>
<th>ITEM</th>
<th>SERVING SIZE</th>
<th>CHO (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poptart Cinnamon WG</td>
<td>1 pastry</td>
<td>36</td>
</tr>
<tr>
<td>Poptart Strawberry WG</td>
<td>1 pastry</td>
<td>36</td>
</tr>
<tr>
<td>Poptart Blueberry WG</td>
<td>1 pastry</td>
<td>36</td>
</tr>
<tr>
<td>Poptart Blueberry 2CT</td>
<td>1 pkg</td>
<td>72</td>
</tr>
<tr>
<td>Poptart Cinnamon 2 CT</td>
<td>1 pkg</td>
<td>73</td>
</tr>
<tr>
<td>Poptart Strawberry 2 CT</td>
<td>1 pkg</td>
<td>73</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal Cup, Blueberry Chex</td>
<td>1 each</td>
<td>46</td>
</tr>
<tr>
<td>Cereal Cup, Cinnamon Chex</td>
<td>1 each</td>
<td>46</td>
</tr>
<tr>
<td>Cereal Cup, Cinnamon Toast Crunch</td>
<td>1 each</td>
<td>44</td>
</tr>
<tr>
<td>Cereal Cup, Cocoa Puffs</td>
<td>1 each</td>
<td>47</td>
</tr>
<tr>
<td>Cereal Cup, Honey Cheerios</td>
<td>1 each</td>
<td>44</td>
</tr>
<tr>
<td>Cereal Cup, Lucky Charms (Gluten Free)</td>
<td>1 each</td>
<td>46</td>
</tr>
<tr>
<td>Cereal Cup, Rice Chex (Gluten Free)</td>
<td>1 each</td>
<td>48</td>
</tr>
<tr>
<td>Cereal Bar, Cocoa Puffs</td>
<td>1 bar</td>
<td>30</td>
</tr>
<tr>
<td>Cereal Bar, Cinnamon Toast Crunch</td>
<td>1 bar</td>
<td>30</td>
</tr>
<tr>
<td>Cereal Bar, Twix</td>
<td>1 bar</td>
<td>29</td>
</tr>
<tr>
<td><strong>Chips</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chips, Baked Sour Cream</td>
<td>1 bag</td>
<td>19</td>
</tr>
<tr>
<td>Chips, Baked BBQ</td>
<td>1 bag</td>
<td>19</td>
</tr>
<tr>
<td>Chips, Baked Regular</td>
<td>1 bag</td>
<td>19</td>
</tr>
<tr>
<td>Chips, Cheetos Crunchy Flamin Hot</td>
<td>1 bag</td>
<td>16</td>
</tr>
<tr>
<td>Chips, Cheetos Crunchy</td>
<td>1 bag</td>
<td>16</td>
</tr>
<tr>
<td>Chips, Doritos Nacho, Reduced Fat</td>
<td>1 bag</td>
<td>20</td>
</tr>
<tr>
<td>Chips, Doritos Flamas</td>
<td>1 bag</td>
<td>20</td>
</tr>
<tr>
<td>Chips, Doritos Sweet Chili Baked</td>
<td>1 bag</td>
<td>20</td>
</tr>
<tr>
<td>Chips, Doritos Cool Ranch</td>
<td>1 bag</td>
<td>20</td>
</tr>
<tr>
<td>Chips, Funyuns Baked</td>
<td>1 bag</td>
<td>14</td>
</tr>
<tr>
<td><strong>Cookies</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookie Double Chocolate 1.3 oz. WG</td>
<td>1 cookie</td>
<td>23</td>
</tr>
<tr>
<td>Cookie Celebration 1.3 oz. WG</td>
<td>1 cookie</td>
<td>23</td>
</tr>
<tr>
<td>Cookie Chocolate Chip 1.3 oz. WG</td>
<td>1 cookie</td>
<td>24</td>
</tr>
<tr>
<td>Cookie Ginger Twinkle 1.3 oz WG</td>
<td>1 cookie</td>
<td>24</td>
</tr>
<tr>
<td>Cookie Pumpkin Harvest 1.3 oz WG</td>
<td>1 cookie</td>
<td>24</td>
</tr>
<tr>
<td>Cookie Sugar 1.3 oz. WG</td>
<td>1 cookie</td>
<td>23</td>
</tr>
<tr>
<td>Cookie Snickerdoodle 1.3 oz WG</td>
<td>1 cookie</td>
<td>24</td>
</tr>
<tr>
<td>Cookie, Holiday Sugar 1.3 oz. WG</td>
<td>1 cookies</td>
<td>24</td>
</tr>
<tr>
<td><strong>Crackers</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers, Cheez-It WG</td>
<td>1 pkg.</td>
<td>14</td>
</tr>
<tr>
<td>Crackers, Apple WG</td>
<td>1 pkg.</td>
<td>19</td>
</tr>
<tr>
<td>Crackers, Strawberry WG</td>
<td>1 pkg.</td>
<td>19</td>
</tr>
<tr>
<td>Crackers, Animal</td>
<td>1 pkg.</td>
<td>22</td>
</tr>
<tr>
<td>Crackers, Blueberry Lemon</td>
<td>1 pkg.</td>
<td>21</td>
</tr>
<tr>
<td>ITEM</td>
<td>SERVING SIZE</td>
<td>CHO (g)</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td>Crackers, Scooby Grahams</td>
<td>1 pkg.</td>
<td>21</td>
</tr>
<tr>
<td>Goldfish, Cheddar Crackers WG</td>
<td>1 pkg.</td>
<td>14</td>
</tr>
<tr>
<td>Goldfish, Cracker Pretzel WG</td>
<td>1 pkg.</td>
<td>16</td>
</tr>
<tr>
<td>Goldfish, Mickey WG</td>
<td>1 pkg.</td>
<td>14</td>
</tr>
<tr>
<td>Goldfish, Giant Vanilla Grahams WG</td>
<td>1 pkg.</td>
<td>19</td>
</tr>
<tr>
<td>Snack Mix Chex Ched WG</td>
<td>1 pkg.</td>
<td>20</td>
</tr>
</tbody>
</table>

### Ice Cream and Treats

<table>
<thead>
<tr>
<th>ITEM</th>
<th>SERVING SIZE</th>
<th>CHO (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthday Cone</td>
<td>1 cone</td>
<td>33</td>
</tr>
<tr>
<td>Cherry Sour Swell Bar</td>
<td>1 bar</td>
<td>16</td>
</tr>
<tr>
<td>Chloe's Strawberry Pop</td>
<td>1 pop</td>
<td>15</td>
</tr>
<tr>
<td>Chocolate Cup</td>
<td>1 cup</td>
<td>19</td>
</tr>
<tr>
<td>Chocolate Frozen Yogurt (HS)</td>
<td>1/2 cup</td>
<td>20</td>
</tr>
<tr>
<td>Chocolate Shortcake</td>
<td>1 bar</td>
<td>22</td>
</tr>
<tr>
<td>Cookies and Cream Sandwich</td>
<td>1 sandwich</td>
<td>28</td>
</tr>
<tr>
<td>Cotton Candy Bar</td>
<td>1 bar</td>
<td>16</td>
</tr>
<tr>
<td>Crumble Cookie Cone</td>
<td>1 cone</td>
<td>29</td>
</tr>
<tr>
<td>Fudge Bar</td>
<td>1 bar</td>
<td>22</td>
</tr>
<tr>
<td>Orange Pushup</td>
<td>1 pushup</td>
<td>20</td>
</tr>
<tr>
<td>Peach Frozen Yogurt (HS)</td>
<td>1/2 cup</td>
<td>20</td>
</tr>
<tr>
<td>Strawberry Cup</td>
<td>1 cup</td>
<td>19</td>
</tr>
<tr>
<td>Strawberry Shortcake</td>
<td>1 bar</td>
<td>23</td>
</tr>
<tr>
<td>Vanilla Chocolate Cone</td>
<td>1 cone</td>
<td>27</td>
</tr>
<tr>
<td>Vanilla Cup</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>Vanilla Ice Cream Sandwich</td>
<td>1 sandwich</td>
<td>26</td>
</tr>
</tbody>
</table>

### Menchie's Frozen Treats

<table>
<thead>
<tr>
<th>ITEM</th>
<th>SERVING SIZE</th>
<th>CHO (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Sorbet</td>
<td>1 cup</td>
<td>29</td>
</tr>
<tr>
<td>Cake Batter Frozen Yogurt</td>
<td>1 cup</td>
<td>23</td>
</tr>
<tr>
<td>Snow Vanilla Frozen Yogurt</td>
<td>1 cup</td>
<td>21</td>
</tr>
<tr>
<td>Pure Chocolate Frozen Yogurt</td>
<td>1 cup</td>
<td>22</td>
</tr>
<tr>
<td>Cookies and Cream Frozen Yogurt</td>
<td>1 cup</td>
<td>24</td>
</tr>
</tbody>
</table>

### Milk

<table>
<thead>
<tr>
<th>ITEM</th>
<th>SERVING SIZE</th>
<th>CHO (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, Almond Vanilla</td>
<td>8 oz.</td>
<td>16</td>
</tr>
<tr>
<td>Milk, Chocolate</td>
<td>8 oz.</td>
<td>20</td>
</tr>
<tr>
<td>Milk, Lowfat (1%)</td>
<td>8 oz.</td>
<td>12</td>
</tr>
<tr>
<td>Milk, Skim</td>
<td>8 oz.</td>
<td>12</td>
</tr>
<tr>
<td>Milk, Strawberry</td>
<td>8 oz.</td>
<td>19</td>
</tr>
<tr>
<td>Milk, Soy Vanilla</td>
<td>8 oz.</td>
<td>17</td>
</tr>
</tbody>
</table>

### Snack Items

<table>
<thead>
<tr>
<th>ITEM</th>
<th>SERVING SIZE</th>
<th>CHO (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applesauce Cup</td>
<td>1 cup</td>
<td>14</td>
</tr>
<tr>
<td>Applesauce Cup - Strawberry</td>
<td>1 cup</td>
<td>14</td>
</tr>
<tr>
<td>Applesauce Cup - Cinnamon</td>
<td>1 cup</td>
<td>14</td>
</tr>
<tr>
<td>Bar, Chewy Granola Chocolate Chunk</td>
<td>1 bar</td>
<td>31</td>
</tr>
<tr>
<td>Bar, Chewy Granola Cookies and Cream</td>
<td>1 bar</td>
<td>29</td>
</tr>
<tr>
<td>ITEM</td>
<td>SERVING SIZE</td>
<td>CHO (g)</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td>Bar, Kind Chocolate Chunk</td>
<td>1 bar</td>
<td>23</td>
</tr>
<tr>
<td>Bar, Chocolate Chip ZBar</td>
<td>1 bar</td>
<td>24</td>
</tr>
<tr>
<td>Bar, Iced Oatmeal ZBar</td>
<td>1 bar</td>
<td>24</td>
</tr>
<tr>
<td>Bar, Chocolate Brownie ZBar</td>
<td>1 bar</td>
<td>25</td>
</tr>
<tr>
<td>Beef Jerky Original</td>
<td>1 bag</td>
<td>6</td>
</tr>
<tr>
<td>Beef Jerky Teriyaki</td>
<td>1 bag</td>
<td>6</td>
</tr>
<tr>
<td>Beef Jerky Peppered</td>
<td>1 bag</td>
<td>7</td>
</tr>
<tr>
<td>Belvita Biscuit - Blueberry</td>
<td>1 pkg.</td>
<td>36</td>
</tr>
<tr>
<td>Belvita Biscuit - Golden Oat</td>
<td>1 pkg.</td>
<td>35</td>
</tr>
<tr>
<td>Brownie, Double Chocolate</td>
<td>1 brownie</td>
<td>32</td>
</tr>
<tr>
<td>Cheesestick - Colby Jack</td>
<td>1 stick</td>
<td>1</td>
</tr>
<tr>
<td>Cheesestick - Mozzarella</td>
<td>1 stick</td>
<td>2</td>
</tr>
<tr>
<td>Chicken Bites Sweet BBQ</td>
<td>1 bag</td>
<td>7</td>
</tr>
<tr>
<td>Fruit Snacks Scooby Doo</td>
<td>1 pkg.</td>
<td>21</td>
</tr>
<tr>
<td>Fruit Roll Ups (all flavors)</td>
<td>1 rollup</td>
<td>11</td>
</tr>
<tr>
<td>Oatmeal Round, Apple Cinnamon</td>
<td>1 pkg.</td>
<td>38</td>
</tr>
<tr>
<td>Oatmeal Round, Banana Chocolate Chip</td>
<td>1 pkg.</td>
<td>39</td>
</tr>
<tr>
<td>Peanut Butter Packets</td>
<td>1.1 oz</td>
<td>8</td>
</tr>
<tr>
<td>Popcorn, Boom-Chick-A-Pop</td>
<td>1 bag</td>
<td>13</td>
</tr>
<tr>
<td>Popcorn, Cheddar Smartfood</td>
<td>1 bag</td>
<td>9</td>
</tr>
<tr>
<td>Rice Krispies Treat WG</td>
<td>1 pkg.</td>
<td>30</td>
</tr>
<tr>
<td>Rice Krispies Treat Chocolate Chip WG</td>
<td>1 pkg.</td>
<td>34</td>
</tr>
<tr>
<td>Uncrustables</td>
<td>1 pkg.</td>
<td>32</td>
</tr>
<tr>
<td>Yogurt, Vanilla</td>
<td>1 (4 oz)</td>
<td>14</td>
</tr>
<tr>
<td>Yogurt, Strawberry</td>
<td>1 (4 oz)</td>
<td>14</td>
</tr>
<tr>
<td>Yogurt, Strawberry-Banana</td>
<td>1 (4 oz)</td>
<td>14</td>
</tr>
<tr>
<td><strong>Condiments</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sour Cream Light</td>
<td>1 oz.</td>
<td>3</td>
</tr>
<tr>
<td>Dressing Asian</td>
<td>1 oz.</td>
<td>11</td>
</tr>
<tr>
<td>Dressing Balsamic Vinigigrette</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Dressing Blue Chse Indv</td>
<td>1 oz.</td>
<td>1</td>
</tr>
<tr>
<td>Dressing Caesar Lite Indv</td>
<td>.75 oz</td>
<td>3</td>
</tr>
<tr>
<td>Dressing Hny Must Ind LS</td>
<td>1 oz.</td>
<td>9</td>
</tr>
<tr>
<td>Dressing Ital Lt Indv</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Dressing Jalp Ranch Indv</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Dressing Ranch Lt Indv</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Dressing Rasp Vlnr FF Ind</td>
<td>1 oz.</td>
<td>7</td>
</tr>
<tr>
<td>Dressing Salad 1000 Indv</td>
<td>1 oz.</td>
<td>3</td>
</tr>
<tr>
<td>Ketchup Indv LS</td>
<td>9 gm.</td>
<td>3</td>
</tr>
<tr>
<td>Ketchup Sriracha Indv</td>
<td>9 gm.</td>
<td>3</td>
</tr>
<tr>
<td>Margarine Cups Indv</td>
<td>5 gm.</td>
<td>0</td>
</tr>
<tr>
<td>Mayonnaise Indv Lt</td>
<td>.4 oz. (12g)</td>
<td>1</td>
</tr>
<tr>
<td>Mustard Indv</td>
<td>5.5 gm.</td>
<td>1</td>
</tr>
<tr>
<td>ITEM</td>
<td>SERVING SIZE</td>
<td>CHO (g)</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td>Peppers Banana Rings</td>
<td>1 oz.</td>
<td>1</td>
</tr>
<tr>
<td>Peppers Jalp Nacho Sliced</td>
<td>1 oz.</td>
<td>1</td>
</tr>
<tr>
<td>Pickle Dill Sliced</td>
<td>1 oz.</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Relish Indv</td>
<td>9 gm.</td>
<td>4</td>
</tr>
<tr>
<td>Sauce BBQ Mesq Indv</td>
<td>1 oz. (2 tbsp)</td>
<td>6</td>
</tr>
<tr>
<td>Sauce Hot Indv</td>
<td>3 gm.</td>
<td>0</td>
</tr>
<tr>
<td>Sauce Hot Pepper</td>
<td>1 oz.</td>
<td>0</td>
</tr>
<tr>
<td>Sauce Taco Indv</td>
<td>9 gm.</td>
<td>1</td>
</tr>
<tr>
<td>Sauce Tartar Indv</td>
<td>12 gm.</td>
<td>2</td>
</tr>
<tr>
<td>Sour Cream Indv</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Syrup Pancake Maple Indv</td>
<td>1.5 oz</td>
<td>31</td>
</tr>
</tbody>
</table>

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

Nutrition information is subject to change.  Rev. 8/03/2022