

2016-2017 CARBOHYDRATE COUNT PER SERVING: SNACK ITEMS

"This institution is an equal opportunity provider."

Rev: 6/15/16

ITEM	SERVING SIZE	CHO (g)
Beverages		
Beverage Propel (multiple flavors) 16.9 oz.	1 each	0
Drink, G2 12 oz. (multiple flavors)	1 each	7
Iced Tea 16 oz. (HS ONLY)	1 bottle	0
Iced Coffee 12 oz. (HS ONLY)	12 oz.	9
Juice, Apple 6 oz Capri Sun	1 each	20
Juice, Berry Breeze 6 oz. Capri Sun	1 each	21
Juice, Fruit Blend 6 oz. Capri Sun	1 each	21
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 (multiple flavors) 8 oz.	1 each	30
Juice, Apple 4 oz.	1 each	14
Juice, Cran-Apple 4 oz.	1 each	14
Juice, Fruit Punch 4 oz.	1 each	14
Juice, Grape 4 oz.	1 each	19
Juice, Orange 4 oz.	1 each	14
Juice, Orange Pineapple 4 oz.	1 each	15
Juice, Pineapple, 4 oz.	1 each	16
Juice, Slushy (multiple flavors) 12 oz.	1 each	43
Water, Dasani, Deer Park	All sizes	0
Breakfast Items		
Bar, Nutri Grain Apple WG	1 bar	30
Bar, Nutrigrain Strawberry WG	1 bar	29
Bar, Nutri Grain Blueberry WG	1 bar	30
Muffin Apple Cool WG	1 muffin	23
Muffin Banana Cool WG	1 muffin	24
Muffin Blueberry Cool WG	1 muffin	24
Poptart Cinnamon WG	1 pastry	37
Poptart Strawberry WG	1 pastry	38
Cereal		
Cereal Bar, Cinnamon Toast Crunch WG	1 bar	30
Cereal Bar, Team Cheerio, Strawberry WG	1 bar	30
Cereal Bar, Trix WG	1 bar	30
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

ITEM	SERVING SIZE	CHO (g)
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 Bowl, Total Raisin Brain WG	1 each	25
Cereal Pouch, Apple Jacks	1 each	24
Cereal Pouch, Frosted Flakes	1 each	24
Cereal Pouch, Froot Loops	1 each	24
Cereal Pouch, Disney Frozen	1 each	24
Cereal Pouch, Krave Smores	1 each	21
Chips		
Chips, Baked Sour Cream	1 pkg.	18
Chips, Baked BBQ	1 pkg.	19
Chips, Baked Regular	1 pkg.	20
Chips, Cheetos Puffs Hot	1 bag	14
Chips, Cheetos Puffs	1 pkg.	14
Chips, Doritos Nacho, Reduced Fat	1 bag	20
Chips, Doritos Sweet Chili Baked	1 bag	20
Chips, Doritos Cool Ranch	1 bag	19
Chips, Sun Cheddar Harvest Mix	1 bag	15
Chips, Sun Garden Salsa Mix	1 bag	15
Popcorn, White Cheddar	1 bag	9
Popcorn, Caramel	1 bag	10
Cookies and Cupcakes		
Cookie Double Chocolate 1.3 oz. WG	1 cookie	24
Cookie Celebration 1.3 oz. WG	1 cookie	24
Cookie Chocolate Chip 1.3 oz. WG	1 cookie	24
Cookie Oatmeal Chocolate Chip 1.3 oz. WG	1 cookie	24
Cookie Sugar 1.3 oz. WG	1 cookie	24
Cookie Snickerdoodle 1.3 oz WG	1 cookie	24
Cupcake Chocolate Filled	1 cupcake	25
Cupcake Chocolate	1 cupcake	26
Cupcake Vanilla	1 cupcake	27
Crackers		
Crackers, Cheez-It WG	1 pkg.	14
Crackers, Cheez-It, Atomic Cheddar WG	1 pkg.	14
Crackers, Disney Frozen Grahams WG	1 pkg.	22
Goldfish, Cheddar Crackers WG	1 pkg.	14
Goldfish, Cracker Pretzel WG	1 pkg.	16
Snack Mix Chex Ched WG	1 pkg.	20
Snack Mix Chex Hot & Spicy WG	1 pkg.	19
Snack Mix Chex Strawberry Yogurt WG	1 pkg.	23

ITEM	SERVING SIZE	CHO (g)
Pretzel Superstix Cinnamon	1 Stick	30
Pretzel Stick Cheese Stuffed	1 Stick	27
Pretzels, Heartzels WG	1 pkg.	15
Snack Education Cookie (Dick and Jane)	1 pkg.	18
Milk From Mayfield		
Milk, 1%	1 (1/2 pt)	13
Milk, Skim	1 (1/2 pt)	13
Milk, Strawberry	1 (1/2 pt)	19
Milk, Vanilla	1 (1/2 pt)	19
Milk, Chocolate	1 (1/2 pt)	20
Snack Items		
Apple Bosco Stick	1 stick	38
Brownie, Double Chocolate	1 brownie	33
Dunkin Stix	1 stick	27
Fruit Snacks Scooby Doo	1 pkg.	21
Rice Krispie Treats Chocolate Chip WG	1 pkg.	34
Cheesestick	1 stick	1
Peanut Butter Cup Indv	1 cup	8
Pudding Chocolate (3.5 oz. individual cup)	1 cup	20
Pudding Vanilla (3.5 oz. individual cup)	1 cup	18
Raisin Box	1 box	34
Rice Krispie Treats WG	1 pkg.	31
Yogurt, Cherry - Vanilla	1 (4 oz)	19
Yogurt, Peach	1 (4 oz)	19
Yogurt, Strawberry	1 (4 oz)	19
Yogurt, Strawberry Banana	1 (4 oz)	19
Entrée Items		
Apple Wedges w/PB	1 serving	27
Apple Enchilada w/Yogurt	1 serving	65
Breakfast Pizza	1 pizza	26
Buffalo Chicken Grab Wrap	1 wrap	23
Celery w/PB	1 serving	10
Cheesy Pull-Aparts (Mozzarella and Buffalo)	1 pkg.	35
Chicken & Waffles	1 serving	44
Chicken Star Waffle w/syrup	1 sandwich	46
Egg Roll Chicken w/ Sweet and Sour Sauce	1 eggroll	24
French Fries (a la carte, HS ONLY)	3.8 Ounces	28
Jamwich	1 sandwich	32
Mini Cinnamon Roll	1 roll	26
PB Pack Breakfast	1 pack	23
Pretzel, soft	1 pretzel	30
Stuffed Potato Skins	1 serving	39

ITEM	SERVING SIZE	CHO (g)
WG Cinnamon Roll w/Yogurt	1 serving	57
Yogurt Pack Breakfast	1 pack	41
Yogurt Parfait (a la carte)	1 parfait	33