

2018-2019 CARBOHYDRATE COUNT PER SERVING: SNACK ITEMS

"This institution is an equal opportunity provider."

Rev: 9/21/18

| 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 |
| 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, Slushy (multiple flavors) 12 oz. | 1 each | 43 |
| Sparkling Ice, all flavors | 1 each | 0 |
| Water, Dasani, Deer Park | All sizes | 0 |
| Breakfast Items | | |
| Muffin, Blueberry WG | 1 muffin/slice | 28 |
| Muffin, Strawberry WG | 1 muffin/slice | 33 |
| Poptart Cinnamon WG | 1 pastry | 37 |
| Poptart Strawberry WG | 1 pastry | 38 |
| Poptart Blueberry 2CT | 1 pkg | 76 |
| Poptart Cinnamon 2 CT | 1 pkg | 75 |
| Poptart Strawberry 2 CT | 1 pkg | 76 |
| 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 Pouch, Apple Jacks | 1 each | 24 |
| Cereal Pouch, Frosted Flakes | 1 each | 24 |

| ITEM | SERVING SIZE | CHO (g) |
|---|--------------|---------|
| Cereal Pouch, Froot Loops | 1 each | 24 |
| Chips | | |
| Chips, Baked Sour Cream | 1 bag | 18 |
| Chips, Baked BBQ | 1 bag | 19 |
| Chips, Baked Regular | 1 bag | 20 |
| 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 | 19 |
| Chips, Funyuns Baked | 1 bag | 14 |
| 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 Mint Double Chocolate Chip 1.3 oz WG | 1 cookie | 23 |
| Cookie Celebration 1.3 oz. WG | 1 cookie | 24 |
| Cookie Chocolate Chip 1.3 oz. WG | 1 cookie | 24 |
| Cookie Ginger Twinkle 1.3 oz WG | 1 cookie | 24 |
| Cookie Orange 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 |
| 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, Cheez-It, Atomic Cheddar WG | 1 pkg. | 14 |
| Crackers, Apple WG | 1 pkg. | 19 |
| Crackers, Strawberry WG | 1 pkg. | 19 |
| Goldfish, Cheddar Crackers WG | 1 pkg. | 14 |
| Goldfish, Cracker Pretzel WG | 1 pkg. | 16 |
| Goldfish, Cracker Hot n' Spicy WG | 1 pkg. | 14 |
| Snack Mix Chex Ched WG | 1 pkg. | 20 |
| Pretzel Stick Cheese Stuffed | 1 Stick | 27 |
| 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, Chocolate | 1 (1/2 pt) | 20 |
| Snack Items | | |

| ITEM | SERVING SIZE | CHO (g) |
|--|--------------|---------|
| Bar, Chewy Granola Chocolate Chunk | 1 bar | 31 |
| Bar, Chewy Granola Cookies and Cream | 1 bar | 29 |
| Brownie, Double Chocolate | 1 brownie | 33 |
| Cheesestick | 1 stick | 1 |
| Fruit Snacks Scooby Doo | 1 pkg. | 21 |
| Fruit Roll Ups (all flavors) | 1 rollup | 11 |
| Peanut Butter Cup Indv | 1 cup | 8 |
| Raisin Box | 1 box | 34 |
| Rice Krispie Treats WG | 1 pkg. | 31 |
| Rice Krispie Treats Chocolate Chip WG | 1 pkg. | 34 |
| Rice Krispie Treats, Mini Cocoa (2) | 1 pkg. | 8 |
| Sunflower Seeds, Blazin Hot | 1 pkg. | 8 |
| Sunflower Seeds, Honey Roasted | 1 pkg. | 10 |
| Sunflower Seeds, Roasted & Salted | 1 pkg. | 6 |
| 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 |
| Breakfast Pizza | 1 pizza | 26 |
| Celery w/PB | 1 serving | 10 |
| 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 |
| Pretzel, soft | 1 pretzel | 30 |
| Yogurt Parfait (a la carte) | 1 parfait | 33 |
| 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 |
| 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 |

| ITEM | SERVING SIZE | CHO (g) |
|---------------------------|----------------|---------|
| 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 |
| Vinegar Cider | 1 oz. | 31 |
| Vinegar Red Wine | 1 oz. | 0 |