

A LA CARTE ITEMS SUMMARY

Revised 11-11-16

Item	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Doritos Nacho Cheese	1 bag	130	5	1	200	20	0	2
Doritos Cool Ranch	1 bag	130	5	1	160	19	1	2
Baked Lay's BBQ	1 bag	110	3	0	170	19	3	2
Baked Lay's Regular	1 bag	100	2	0	115	20	2	2
Baked Ruffles-Ched.&Sr. Cream	1 bag	100	3	0	200	17	2	1
Banana Bread	1 slice	200	3	1	266	39	20	1
Beef Sticks	1 stick	30	1	0	190	0	0	4
Cereal-Cinn. Toast Crunch	1 bowl	110	3	1	160	22	6	3
Cereal-Cocoa Puffs	1 bowl	110	2	0	160	25	8	2
Cereal-Froot Loops	1 bowl	110	1	1	170	24	8	3
Cereal-Frosted Flakes	1 bowl	100	0	0	160	24	7	2
Cereal-Golden Grahams	1 bowl	110	1	0	220	24	9	1
Cereal-Trix	1 bowl	110	1	0	140	24	7	1
Cheez-It	1 bag	100	4	1	150	14	0	1
Chex Mix Chocolate Caramel	1 bag	120	4	1	65	21	7	2
Chex Mix Hot n' Spicy	1 bag	110	3	0	140	19	2	2
Cinnamon Roll w/icing	1 ea.	210	0	0	70	49	34	2
Cookie - Brownie	1 cookie	190	6	2	190	33	17	3
Cookie - Carnival	1 cookie	190	6	2	170	34	17	4
Cookie - Chocolate Chip	1 cookie	190	6	2	170	34	17	4
Cookie - Sugar	1 cookie	190	6	2	200	35	17	4
Dasani Water - Lemon	1 bottle	5	0	0	70	0	0	0
Dasani Water - Strawberry	1 bottle	0	0	0	70	0	0	0
Elf Grahams - Chocolate	1 pkg.	120	4	1	125	20	7	2
Fruit By the Foot	1 pkg	80	2	1	40	16	7	0
Fruit Snacks-Welch's	1 pkg.	130	0	0	20	34	15	3
Gatorade	12oz bottle	30	0	0	160	7	7	0
Granola Bar - Oats N Honey	42g bar	190	6	1	160	29	12	2
Heartzels	1 bag	80	2	0	200	15	0	2
Ice Cream Polar Blast Bar	2.25 oz bar	70	0	0	5	16	12	0
Ice Cream Sandwich	4 oz bar	180	4	2	150	33	20	0
Ice Cream Cho. Scooter Bar	2.75 oz bar	140	5	2	100	22	17	0
Ice Cream Straw. Scooter Bar	2.75 oz bar	140	5	2	50	22	17	0
Cookies n' Cream Cone	4 oz. cone	120	2	1	100	25	14	1
Crazy Cone	4 oz. cone	120	2	1	80	24	10	0
Birthday Cake Twister Cup	3.75 oz.	80	0	0	85	15	15	0
Sour Blue Raspberry Cup	3.75 oz.	80	0	0	10	19	14	0
Iced Tea-Diet Fuze	1 bottle	0	0	0	190	1	0	0

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Juice Box-Apple & Eve	1 carton	100	0	0	20	25	22	0
Juice, Mixed Berry Fruit 66	1 can	120	0	0	10	31	23	0
Milk - Chocolate Fat Free	1 carton	130	0	0	180	24	22	0
Milk - White Fat Free	1 carton	80	0	0	120	11	11	0
Milk - White Low Fat	1 carton	100	3	2	120	11	11	0
Milk - Soy - Vanilla	8.25 fl. oz.	150	5	1	180	18	17	0
Milk - Soy- Chocolate	8.25 fl. oz.	140	4	1	110	20	15	2
Pop Tarts - Cinnamon	1 pop tart	180	3	1	190	37	15	3
Pop Tarts - Fudge	1 pop tart	180	3	1	190	38	16	3
Pop Tarts - Strawberry	1 pop tart	180	3	1	180	38	15	3
Powerade - Berry	1 bottle	0	0	0	250	0	0	0
Powerade - Fruit	1 bottle	0	0	0	250	0	0	0
Powerade - Grape	1 bottle	0	0	0	250	0	0	0
Rice Krispie Treat	40g bar	160	4	1	140	30	11	0
String Cheese	1 ea.	60	3	2	210	1	0	0
Sobe Water-Acai Raspberry	20 fl oz.	0	0	0	60	0	0	0
Sobe Water-Apple Pear	20 fl oz.	0	0	0	60	0	0	0
Sobe Water-Pomegranate	20 fl oz.	0	0	0	60	0	0	0
Sun Chips-Garden Salsa	1 bag	140	6	1	150	18	2	2
V-8 Pomegr/Blueberry	1 can	100	0	0	95	25	22	0
V-8 Strawberry/Banana	1 can	110	0	0	70	28	24	0
Vitamin Water-Acai-blueberry	1 bottle	0	0	0	0	4	0	0
Vitamin Water-Orange	1 bottle	0	0	0	0	4	0	0
White Cheddar Popcorn	1 bag	70	3	0	110	9	0	2
Yogurt Raspberry Twix	113g	100	1	0	50	20	13	0