

2020-2021 CARBOHYDRATE COUNT PER SERVING: SNACK ITEMS

"This institution is an equal opportunity provider."

Rev: 10/2/2020

ITEM	SERVING SIZE	CHO (g)
Beverages		
Propel (multiple flavors) 16.9 oz.	1 each	0
Coca-Cola Zero products (multiple flavors) (HS ONLY)	1 bottle	0
Powerade Zero (multiple flavors) (HS ONLY)	1 bottle	0
Gold Peak Diet Tea, Gold Peak Diet Green Tea 18.5 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, Minute Maid Apple	1 bottle	35
Juice, Minute Maid Orange	1 bottle	33
Juice, Minute Maid Mixed Berry	1 bottle	36
Juice, Minute Maid Fruit Punch	1 bottle	36
Juice, Tropicana Apple 10 oz.	1 each	34
Juice, Tropicana Orange 10 oz.	1 each	33
Juice, Tropicana Strawberry Kiwi 10 oz.	1 each	34
Juice, Switch 8 oz. - Black Cherry, Grape, Fruit Punch	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.	2 each	29
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 (HS ONLY)	1 each	0
Bottled 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

ITEM	SERVING SIZE	CHO (g)
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
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
Cookies and Cupcakes		
Cookie Double Chocolate 1.3 oz. WG	1 cookie	23
Cookie Mint Double Chocolate Chip 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 Orange Chip 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
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
Goldfish, Cheddar Crackers WG	1 pkg.	14
Goldfish, Cracker Pretzel WG	1 pkg.	16
Snack Mix Chex Ched WG	1 pkg.	20
Pretzel Stick Cheese Stuffed	1 Stick	27

ITEM	SERVING SIZE	CHO (g)
Milk From Borden		
Milk, 1%	1 (1/2 pt)	12
Milk, Skim	1 (1/2 pt)	12
Milk, Strawberry	1 (1/2 pt)	19
Milk, Chocolate	1 (1/2 pt)	20
Snack Items		
Bar, Chewy Granola Chocolate Chunk	1 bar	31
Bar, Chewy Granola Cookies and Cream	1 bar	29
Brownie, Double Chocolate	1 brownie	32
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
Rice Krispies Treat WG	1 pkg.	31
Rice Krispies Treat Chocolate Chip WG	1 pkg.	34
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

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