

Nutritionals for Secondary a la Carte Items

Item	Serving Size	Carb (g)
Yogurt, Peach	4 oz	22
Yogurt, Strawberry/Banana	4 oz	20
Yogurt, Cherry Vanilla	4 oz	22
Yogurt, Go-Gurt	1 tube	13
Ice Cream, Creamsicle	1 bar	20
Ice Cream, Fudgesicle	1 bar	19
Ice Cream, Sandwich	1 sandwich	26
Ice Cream, Firecracker	1 pop	19
Ice Cream, Cookies & Cream Bar	1 bar	18
Ice Cream, Scribblers	1 pop	15
Icee, Cherry	3.1 oz	21
Icee, Blue Raspberry	3.1 oz	21
Icee, Grape	3.1 oz	21
Icee, Orange	3.1 oz	21
Sherbet, Lime	1 container	26
Sherbet, Orange	1 container	26
Sherbet, Raspberry	1 container	26
Smoothie, Blue Raspberry	1 container	22
Smoothie, Lemon Lime	1 container	22
Smoothie, Sour Apple	1 container	22
Smoothie, Strawberry	1 container	22
Cookie, Carnival Otis Spunkmeyer	1 cookie	18
Cookie, Chocolate Chip Otis Spunkmeyer	1 cookie	27
Cookie, Double Chocolate Chip Otis Spunkmeyer	1 cookie	26
Cookie, White Chocolate Macadamia Nut Otis Spunk.	1 cookie	26
Cupcake, Mini	3 cupcakes	45
Ice Cream, Chocolate Éclair	1 bar	29
Ice Cream, Oreo Bar	1 bar	28
Ice Cream, Choco Taco	1 bar	36
Ice Cream, Orange PushUp	1 pop	18
Cereal Bar, Cheerios	1 bar	30
Cereal Bar, Trix	1 bar	28
Cereal Bar, Cinnamon Toast Crunch	1 bar	28
Crackers, Saltines, 4pk	1 package	9
Raisins, Individual Boxes	1 box	30
Chips, Baked Cheetos, Flamin Hot	1 bag	29

Nutritionals for Secondary a la Carte Items

Item	Serving Size	Carb (g)
Chips, Doritos, Reduced Fat Cooler Ranch	1 bag	19
Chips, Baked Lays, BBQ	1 bag	24
Chips, Baked Lays, Sour Cream & Onion	1 bag	19
Chips, Baked Lays, Cheddar & Sour Cream	1 bag	19
Chips, Baked Doritos, Nacho Cheese	1 bag	21
Chips, Andy Capp's, Cheddar Fries	1 bag	20
Chips, Cheetos, Puffs	1 bag	12
Chips, Cheetos, Crunchy	1 bag	15
Chips, Cheetos, Jalapeno Cheddar	1 bag	15
Chips, Doritos, Reduced Fat Nacho	1 bag	19
Chips, Doritos, Spicy Sweet Chili	1 bag	18
Chips, Doritos, Cool Ranch	1 bag	16
Chips, Doritos, Nacho Cheese	1 bag	17
Chips, Fantastix, Chili Cheese Fries	1 bag	19
Chips, Fritos, BBQ	1 bag	16
Chips, Fritos, Regular	1 bag	15
Chips, Funyons	1 bag	14
Chips, Andy Capp's, Hot Fries	1 bag	17
Chips, Lay's, BBQ	1 bag	15
Chips, Lay's, Salt & Vinegar	1 bag	15
Chips, Lay's, Sour Cream & Onion	1 bag	15
Chips, Munchies Mix	1 bag	20
Chips, Ruffles, Cheddar & Sour Cream	1 bag	14
Chips, Ruffles, Regular	1 bag	14
Cookies, Chips Ahoy	1 package	37
Cookies, Grandma Chocolate Chip	2 cookies	50
Cookies, Grandma Fudge	2 cookies	55
Cookies, Lindens, Chocolate Chippers	1 package	22
Cookies, Oreos Minis	1 package	30
Crackers, Reduced Fat CheezIts	1 package	22
Cupcake, Chocolate	1 cupcake	35
Cupcake, 100 Calorie Chocolate	1 package	23
Donut, Chocolate	1 package	43
Donut, Powdered	1 package	39
Fruit Snacks, Welch's Fruit Punch	1 bag	47
Fruit Snacks, Welch's Mixed Fruit	1 bag	36

Nutritionals for Secondary a la Carte Items

Item	Serving Size	Carb (g)
Fruit Snacks, Welch's Strawberry	1 bag	36
Pastry, Big Tex Cinnamon Roll	1 roll	73
Pastry, Honey Bun Glazed	1 bun	45
Pastry, Iced Honey Bun	1 bun	53
Popcorn, Butter Lite	1 bag	22
Popcorn, Reduced Fat White Cheddar	1 bag	10
Pastry, PopTart, Cinnamon & Brown Sugar	1 tart	34
Pizza, Red Baron (Middle School)	1 pizza	70
Pretzels, Rold Gold Twists	1 bag	37
Chips, Pringles, Cheezums	1 can	29
Chips, Pringles, Pizza	1 can	25
Chips, Pringles, Regular	1 can	28
Chips, Pringles, Sour Cream & Onion	1 can	29
Snack Cakes, Fudge Round, Little Debbie	1 round	47
Snack Cakes, Marshmallow Crispy Square	1 square	33
Snack Cakes, Nutty Bar, Little Debbie	2 cookies	33
Snack Cakes, Oatmeal Cream, Little Debbie	1 cookie	53
Snack Cakes, Swiss Roles	2 cakes	5
Chips, Sunchips, French Onion	1 bag	18
Chips, Sunchips, Garden Salsa	1 bag	19
Chips, Sunchips, Harvest Cheddar	1 bag	19