



a la carte - Nutrient Analysis

202 -202

Food Item	Serv. Sz.	Cals	Carb (g)	PRO (g)	FAT (g)	Fiber(g)	Sodium(mg)
BEVERAGES							
Apple 6.75 oz (Apple & Eve)	6.75 oz	90	21	0	0	0	5
Fruit Punch 6.75 oz (Apple & Eve)	6.75 oz	100	24	1	0	0	25
Fruitables Plus 6.75 oz (Apple & Eve)	6.75 oz	90	22	0	0	0	20
G2, 12 oz	12 oz	30	7	0	0	0	160
Gatorade zero, 20 oz (HS only)		10	1	0	0	0	270
Juice, Apple, 4 oz (Oak Farms)		60	14	0	0	0	5
Juice, Orange, 4 oz (Oak Farms)		60	13	0	0	0	1
Juice, Orange, 4 oz (usda)		60	15	1	0	0	0
Juice, sparkling IZZE		90	22	0	0	0	20
Milk, 1%, plain (8 oz)		110	13	8	2.5	0	130
Milk, fat free, chocolate (8oz)		120	20	8	0	0	180
Milk, fat free, strawberry (8 oz)		110	19	8	0	0	125
Milk, skim (8oz)		90	13	8	0	0	130
Slush Drinks (100% juice) (10oz)		150	36	2.5	0	0	18.75
Smoothie, Yogurt Peach, 7.6oz		125	35	5	0	<1	70
Smoothie, Yogurt Strawberry Banana, 7.6oz		125	40	5	0	<1	70
Very Berry 6.75 oz (Apple & Eve)	6.75 oz	100	24	0	0	0	15
Water, Bottled	16.9 oz	0	0	0	0	0	0
Water, Sparkling Ice, 17 oz		0	0	0	0	0	0
CHIPS							
Beef, jerky (Jack Links) .85 oz		70	6	10	1	0	200
Beef, jerky, teriyaki (Jack Links) .85 oz		70	6	10	1	0	200
Chex Mix Cheddar	1ct, 0.92oz	110	20	2	2.5	2	130
Chex Mix Strawberry Yogurt	1ct, 1.03oz	130	23	2	3	2	55
Chips, Baked BBQ	1ct, 0.875oz	110	19	2	3	1	140
Chips, Baked Original	1ct, 0.875oz	110	19	2	3	1	140
Chips, Baked Cheddar Ruffles	1ct, 0.8oz	100	17	1	2.5	1	200
Chips, Baked Sour Cream & Onion	1ct, 0.875oz	110	19	2	3	1	150
Chips, Cheetos Fantastix Flamin' Hot	1ct, 1oz	130	20	2	5	2	200
Chips, Cheetos Fantastix Chili Cheese	1ct, 1oz	130	19	2	5	2	200
Chips, Cheetos Crunchy	1ct, 0.875oz	120	16	2	4.5	1	200
Chips, Cheetos Puffs	1ct, 0.7oz	90	13	2	3.5	0	140
Chips, Doritos Cool Ranch	1ct, 1oz	130	20	2	5	2	180
Chips, Doritos Flamas	1ct, 1oz	130	20	2	5	2	200
Chips, Doritos Nacho Cheese	1ct, 1oz	130	20	2	5	2	200
Chips, Doritos Sweet Chili	1ct, 1oz	130	20	2	5	2	200
Chips, Funyuns	1ct, 0.75oz	100	14	2	3.5	<1	125
Chips, Kettle Cooked Jalapeno Cheddar	1ct, 1.375oz	180	27	3	7	2	160

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Chips, Tortilla Tostitos Scoops	1ct, 0.875oz	110	19	2	2.5	1	125
Chips, Tortilla Tostitos Scoops 2G	1ct, 1.45oz	200	29	3	7	3	160
Pretzels, Heart Shaped	1ct, 0.7oz	80	16	2	1	2	200
Sunflower seeds, 1 oz pkg	1 oz.	170	4	6	16	2	110
BBQ sauce, 1 oz		40	10	0	0	0	260
Dressing, Caesar, (.75 oz)		140	2	2	14	0	430
Dressing, ranch (1 oz) condiment cart		144	3	0	15	0	317
Dressing, ranch, reduced calorie (1.5 oz)		110	9	0	8	0	360
Gravy, peppered (2 oz)	40	45	6	0	2	0	260
Ketchup (1oz dunk cup)		30	8	0	0	0	320
Ketchup, sriracha (1 oz)		10	2	0	0	0	75
Margarine (1 Tbsp)		100	0	0	11	0	110
Mayonnaise, reduced calorie (1 Tbsp)		60	1	0	7	0	110
Mustard (1 tsp)		5	0	<1	0	0	65
Pickle relish, sweet (2 tsp)		15	3	0	0	0	70
Salsa (1 Tbsp)		5	1	0	0	0	100
Sauce, Cranberry (1 oz)		55	12.5	0	0	0	5
Sauce, Tartar (1 oz)		91	3	0.01	10	0.01	157
Sour Cream, Fat Free (1 oz)	3.75 oz	25	4	2	0	0	30
Sugar (1 tsp.)	10	15	4	0	0	0	0
Bar, Benefit Cocoa Chip	1 bar, 2.5oz	270	48	5	8	5	230
Bar, Cereal, Cinnamon Toast		150	30	3	3	3	115
Bar, Cheerios		150	30	2	3	3	90
Bar, Cocoa Puffs		150	30	3	3	3	100
Bar, Nature Valley chocolate chip granola		90	19	1	2	1	55
Brownie, IW	1 each, 2oz	60	31	3	3.5	2	180
Cookie, Carnival (ES)	1 each, 1oz	110	18	1	3.5	1	80
Cookie, Carnival (HS, MS)	1 each, 1.5oz	170	27	2	6	2	125
Cookie, Confetti filled	1 each, 1.7oz	190	29	2	7	2	160
Cookie, Chocolate Brownie (HS, MS)	1 each, 1.5oz	160	26	2	5	2	140
Cookie, Chocolate Chip (ES)	1 each, 1oz	110	18	1	3.5	1	85
Cookie, Chocolate Chip, red. Fat (HS, MS)	1 each, 1.5oz	170	27	2	5	2	105
Cookie, Grandma's Bluberry Vanilla	1 each, 1oz	130	20	2	5	2	70
Cookie, Grandma's Chocolate Chip	1 each, 1.22oz	160	25	2	6	3	160
Cookie, Graham, Strawberry Waffle	2 pcs	105	19	1	2.5	1	90
Cookie, Sugar (ES)	1 each, 1oz	160	27	2	3.5	<1	85
Cookie, Sugar (HS, MS)	1 each, 1.5oz	160	27	2	5	2	

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Pop tart, strawberry		180	38	2	2.5	180	190
Cookie, Graham, cinnamon "Frozen theme"		140	22	2	4.5	2	110
Cookie, Gripz, chocolate chip grahams		120	20	2	3.5	3	80
Cracker, Bug Bites, cinnamon graham		120	21	2	3.5	1	115
Cracker, Cheez-it		100	14	2	3.5	1	150
Cracker, Cheez-it (Loco)		100	14	2	3.5	1	160