

## Nutritionals for Elementary a la Carte Items

Item	Serving Size	Carb (g)
Cereal Bar, Cheerios	1 bar	30
Chips, Baked Lays BBQ	1 bag	25
Chips, Baked Nacho Doritos	1 bag	21
Cake, Yellow, without Frosting	1 square	29
Cake, Chocolate, without Frosting	1 square	29
Cake, Yellow, with Vanilla Frosting	1 square	44
Cake, Yellow, with Chocolate Frosting	1 square	45
Cake, Chocolate, with Vanilla Frosting	1 square	45
Cake, Chocolate, with Chocolate Frosting	1 square	45
Cookie, Carnival, Reduced Fat	1 cookie	19
Cookie, Chocolate Chip Reduced Fat	1 cookie	18
Cookie, Sugar, Reduced Fat	1 cookie	19
Cracker, Goldfish, Hot n Spicy Cheddar	1 bag	14
Cracker, Goldfish, Kickin' Ranch	1 bag	14
Cracker, Goldfish, Lemon Physedibles	1 bag	18
Cracker, Jungle	1 bag	22
Crackers, Animal Crackers, Iced	1 bag	18
Crackers, CheezIt Reduced Fat	1 bag	28
Crackers, Saltines, 4pk	1 package	9
Crunchmania	1 bag	37
Fruit Snacks, Sunkist	1 bag	19
Graham Cracker, Honey Maid Cinn. Sticks	1 bag	23
Graham Cracker, Kelloggs Bug Bites	1 bag	23
Graham Cracker, Kelloggs Scooby Doo	1 bag	20
Ice Cream, Cookies & Cream Bar	1 bar	18
Ice Cream, Creamsicle	1 bar	20
Ice Cream, Firecracker	1 pop	19
Ice Cream, Fudgesicle	1 bar	19
Ice Cream, Sandwich	1 sandwich	26
Ice Cream, Scribblers	1 pop	15
Icee, Blue Raspberry	3.1 oz	21
Icee, Cherry	3.1 oz	21
Icee, Grape	3.1 oz	21
Icee, Orange	3.1 oz	21

## Nutritionals for Elementary a la Carte Items

<b>Item</b>	<b>Serving Size</b>	<b>Carb (g)</b>
Juice Box, Apple	1 box	21
Juice Box, Fruit Punch	1 box	24
Juice Box, Orange Tangerine	1 box	25
Juice Box, Strawberry Kiwi	1 box	24
Pretzels, Poppers, Zesty Pizza	1 bag	28
Pretzels, Rold Gold Twists	1 bag	23
Raisins, Individual Boxes	1 box	30
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
Snack Mix, Kids Mix Munchies	1 bag	20
Yogurt, Cherry Vanilla	4 oz	22
Yogurt, Go-Gurt	1 tube	13
Yogurt, Peach	4 oz	22
Yogurt, Strawberry/Banana	4 oz	20