

A LA CARTE ITEMS		portion	calories	fat	sat. fat	trans fat	sodium	carbs
ALL ITEMS NOT AVAILABLE AT ALL SCHOOLS				grams	grams	grams		
Item #	Only 3 ala carte items allowed @ elem. & M.S. - H.S. No limit							
CRACKERS,CHIPS								
191090	CHEETOS CHS BKD (FRITO-LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	200mg.	17g.
338670	CHEETOS CHS BKD HOT (FRITO-LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	190mg.	18g.
537871	CHEETOS PUFFS BKD (FRITO-LAY) (M.S./H.S.)	1 BAG=19.8g.	90	3.5g.	0g.	0g.	135mg.	14g.
266031	CHEX MIX HOT & SPICY (GENERAL MILLS) (M.S./H.S.)	1 BAG=26g.	110	3g.	.5g.	0g.	140mg.	19g.
265971	CHEX MIX CHOC.CARAMEL (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	130	4g.	1.5g.	0	70mg.	22g.
266020	CHEX MIX STRAWBERRY (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	120	3g.	1g.	0g.	55mg.	23g.
737611	DORITOS BOLD & SPICY (FLAMAS) (M.S./H.S.)	1 BAG=28g.	140	5g.	0.5g.	0g.	200m.g.	20g.
541502	DORITOS COOL RANCH RF (FRITO-LAY 72-1Z) (H.S. ONLY)	1 BAG=28g.	130	5g.	1g.	0g.	160g.	19g.
456090	DORITOS NACHO RF (FRITO-LAY 1Z) (M.S./H.S.)	1 BAG=28g.	120	3.5g.	0.5g.	0g.	230 g.	21g.
788670	DORITOS SPCY SWT CHILI RF (FRITO-LAY-1Z) (M.S./H.S.)	1 BAG=28.35g.	130	5g.	0.5g.	0g.	180g.	20g.
712560	LAYS BAKED CHIP (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	130	2g.	0g.	0g.	150mg.	26g.
712550	LAYS BBQ BAKED (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	140	3.5g.	0.5g.	0g.	220mg.	24g.
712540	LAYS BAKED SOUR CREAM & ONION (FRITO LAY)(M.S./H.S.)	1 BAG=31.89g.	130	3.5g.	.5g.	0g.	190g.	24g.
405983	RUFFLES CHEDDAR & S. CREAM (FRITO LAY) (H.S.)	1 BAG=22.7g.	100	3g.	0g.	0g.	200mg.	17g.
537140	CHIP CORN RF FRITO LAY (H.S.)	1 BAG=28g.	140	6g.	1g.	0g.	170mg.	20g.
682840	CRACKER ANIMAL KEEBLER WG (M.S./H.S.)	1BAG=29g.	130	4g.	1g.	0g.	110mg.	21g.
618941	CRACKER CHEEZ-IT HOT WG KELLOGG (M.S./H.S.)	1PKG=21g.	100	3.5g.	1g.	0g.	200mg.	14g.
805640	GRIPZ GRAHAM (KEEBLER) (M.S./H.S.)	100	100	3g.	1g.	0g.	80mg.	19g.
736280	CRACKER GOLDFISH CHEDDAR WG (ELEM)	1PKG=21g.	100	4g.	.5g.	0g.	170mg.	14g.
859550	SCOOBY GRHM STCK (KELLOGGS) (M.S./H.S.)	1 PKG.=28g.	120	3.5g.	1g.	0g.	115mg.	21g.
893711	HEARTZELS (FRITO LAY) (M.S./H.S.)	1 BAG=19.84g.	80	1.5g.	0g.	0g.	200mg.	15g.
641721	POPCORN WHITE CHEDDAR (SMARTFOOD) (M.S./H.S.)	1 BAG=14g.	130	2.5g.	0g.	0g.	110mg.	9g.
644182	POPCORN SEA SALT CARAMEL (SMARTFOOD) (M.S./H.S.)	1 BAG=14.7g.	70	2.5g.	0g.	0g.	115m.g.	10g.
660962	SUN CHIPS HARVEST CHEDDAR (FRITO LAY) (M.S./H.S.)	1 BAG=24.8g.	110	4g.	0g.	0g.	200mg.	15g.
CEREAL BARS/POP-TARTS/RICE KRISP								
265891	BAR CIN TST CRUNCH WG	1 BAR=40g.	150	3g.	.5g.	0g.	115mg.	30g.
268690	BAR TRIX WG	1 BAR=40g.	150	3g.	.5g.	.5g.	105g.	30g.
209740	BAR NUTRIGRAIN APPLE-CINN	1 BAR=44g.	160	4g.	.5g.	0g.	130mg.	30g.
209761	BAR NUTRIGRAIN STRAWBERRY WG	1 BAR=44g.	160	4g.	.5g.	0g.	150mg.	29g.
265901	BAR COCOA PUFF WG	1 BAR=40g.	150	3g.	.5g.	0g.	110mg.	30g.
282431	BAR COCOA RICE KRISPY GRANOLA WG	1 BAR =38g.	150	4.5g.	1g.	0g.	140mg.	27g.
695880	PASTRY POP-TART CINN. WG	1 BAR=50g.	180	2.5g.	1g.	0g.	190g.	37g.
695890	PASTRY POP- TART STRAWBERRY WG	1 BAR=50g.	180	2.5g.	1g.	0g.	180mg.	38g.
452062	PASTRY POP-TART FUDGE WG	1 BAR=50g.	180	3g.	1g.	0g.	190mg.	38g.
618862	TREAT RICE KRISPIE WG	1 BAR=40g.	160	4g.	1g.	0g.	140mg.	30g.
645331	TREAT RICE KRISPIE CHOCOLATE CHIP WG (M.S./H.S.)	1 BAR=45g.	190	5g.	2g.	0.g.	150m.g.	34g.
565002	TREAT RICE KRISPIE MINI WG	1 EACH=12g.	50	1g.	0.g.	0g.	45m.g.	9g.
DONUTS								
509942	WG Cake Donut (M.S./H.S. ONLY)	1 Donut =54g.	150	5g.	1.5g.	0g.	190m.g.	23g.
941974	Ultra Power Cocoa (M.S./H.S. ONLY)	1 Donut =54g.	140	4.5g.	1.5g.	0g.	170m.g.	22g.
FRUIT SNACK								
746831	Motts Fruit Snacks (M.S./H.S. ONLY)	1 pkg. = 45g.	130	0g.	0g.	0g.	55m.g.	38g.
BEVERAGES								
118921	APPLE JUICE (SUNCUP)	4 OZ.=113.4g.	60	0g.	0g.	0g.	5mg.	14g.
118930	ORANGE JUICE (SUNCUP)	4 OZ=118g.	60	0g.	0g.	0g.	0mg.	14g.
	DOLE PLUS APPLE JUICE (H.S.-M.S.)	10oz.	140	0g.	0g.	0g.	25m.g.	33g.
	DOLE PLUS ORANGE JUICE (H.S.-M.S.)	10oz.	140	0g.	0g.	0g.	25m.g.	34g.
	WILDBERRY WATER G2 (H.S. ONLY)	8oz.	0	0g.	0g.	0g.	70mg.	0g.
	GATORADE GLACIER FREEZE G2 (H.S. ONLY)	12oz.	30	0g.	0g.	0g.	160mg.	7g.
	GATORADE FRUIT PUNCH G2 (H.S. ONLY)	12oz.	30	0g.	0g.	0g.	160mg.	7g.
	LIPTON ICED GREEN TEA (H.S. ONLY)	8oz.	0	0g.	0g.	0g.	25mg.	0g.
	IZZY SPARKLING JUICE APPLE (H.S.-M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	15mg.	23g.
	IZZY SPARKLING JUICE BLACKBERRY (H.S.-M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	20mg.	22g.
	IZZY SPARKLING JUICE CLEMENTINE (H.S.-M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	15mg.	21g.
619672	TROPICANA FRUIT MEDLEY JUICE (H.S.-M.S. ONLY)	10oz.	140	0g.	0g.	0g.	25mg.	34g.
619652	TROPICANA STRAWBERRY KIWI JUICE (H.S.-M.S. ONLY)	10oz.	150	0g.	0g.	0g.	25mg.	38g.
616402	V-8 SMOOTHIE STRAW-BAN (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	45g.
616391	V-8 SMOOTHIE WATERMEL/RASP (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	120m.g.	44g.
616382	V-8 SMOOTHIE PEACH-MANGO (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	44g.
460581	V-8 SMOOTHIE TROP-FRUIT (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	46.5g.
HERSHEY'S ICE CREAM								
	LF CRAZY CONE	1 CONE=64g.	120	2g.	1g.	0g.	85mg.	25g.
	LF COOKIES & CREAM	1 CONE=62g.	120	1.5g.	1g.	0g.	100mg.	25g.
	MIGHTY MINI SANDWICH	1 BAR=44g.	120	2.5g.	1g.	0g.	70mg.	12g.
	NF BIRTHDAY CAKE YOGURT CUP	1 CUP=66.47g.	80	0g.	0g.	0g.	95mg.	17g.
	POLAR BLAST JUICE BAR	1 BAR=73.93g	70	0g.	0g.	0g.	5mg.	16g.
	LACTAID ICE CREAM CUP	1 CUP=69g.	150	8g.	5g.	0g.	40mg.	16g.
ANNIES FROZEN YOGURT								
	FROZEN YOGURT, VANILLA (ANNIES) (H.S. ONLY)	5oz.	137	0g.	0g.	0g.	81m.g.	28g.
	FROZEN YOGURT,CHOCOLATE (ANNIES) (H.S.ONLY)	5oz.	125	0g.	0g.	0g.	69m.g.	29g.
YOGURT, DAIRY								
170750	DANNON STRAWBERRY BANANA	170g.	150	1.5g.	1g.	0	95mg.	29g.
170780	DANNON BLUEBERRY	170g.	80	0g.	0g.	0g.	75mg.	14g.
170790	DANNON STRAWBERRY	170g.	80	0g.	0g.	0g.	80mg.	14g.
114381	DANNON GREEK STRAWBERRY OIKOS	150g.	120	0g.	0g.	0g.	50mg.	19g.
551760	TRIX YOGURT STRAWBERRY BANANA BASH	113g.	100	.5g.	.5g.	0g.	50mg.	20g.
B210	YOGURT PARFAIT	163.5g.	196	2.43g.	1.0g.	0g.	107g.	38.33g
786580	STRING CHEESE STICK	28g.	80	6g.	4g.	0g.	20mg.	1g.

565870	TURKEY SAUSAGE SNACK STICK (H.S. ONLY)	14g.	40	1.5g.	0g.	0g.	200m.g.	3g.
--------	--	------	----	-------	-----	-----	---------	-----