



# Food and Nutrition Services

## A la Carte Snack List

### Allergies and Carbohydrates

#### BEVERAGES

School Year: 2024-2025

| Carbohydrates (grams) | Allergens   | Milk | Soy | Wheat | Gluten | Egg | Shellfish /Fish | Tree Nuts | Peanuts | Sesame |
|-----------------------|---|------|-----|-------|--------|-----|-----------------|-----------|---------|--------|
| 0                     | Bubly - Passionfruit, Mango, Raspberry<br>Bubly - Citrus Cherry, Blueberry Pomegranate, and Blood Orange <i>Contains 35mg Caffeine</i> (HS) |      |     |       |        |     |                 |           |         |        |
| 2                     | Coffee, Starbucks Nitro Cold 16oz Can (HS)<br><i>Contains 155mg Caffeine</i>  |      |     |       |        |     |                 |           |         |        |
| <1                    | Gatorade Zero - Cool Blue, Fruit Punch (HS)   |      |     |       |        |     |                 |           |         |        |
| 0                     | ICE Sparkling Water - Non-Caffeinated - All Flavors (HS)  |      |     |       |        |     |                 |           |         |        |
| 0                     | ICE Sparkling Water, Contains Caffeine - All Flavors (HS)   |      |     |       |        |     |                 |           |         |        |
| 34                    | Juice Apple, Tropicana 10 oz Bottle (MS, HS)  |      |     |       |        |     |                 |           |         |        |
| 33                    | Juice Orange, Tropicana 10 oz Bottle (MS, HS)   |      |     |       |        |     |                 |           |         |        |
| 14                    | Juice, Suncup, Apple or Fruit Punch, 4 oz (ES, MS, HS)  |      |     |       |        |     |                 |           |         |        |
| 0                     | Lifewater 700ml Bottle (MS, HS)   |      |     |       |        |     |                 |           |         |        |
| <5                    | Lipton Tea Diet, Citrus, Mixed Berry, Pineapple Mango, and Peach <i>Contains 16-22mg Caffeine</i> (HS)                                      |      |     |       |        |     |                 |           |         |        |
| 42                    | Snapple, Orange Mango, Fruit Punch, Green Apple (HS)  |      |     |       |        |     |                 |           |         |        |
| 30                    | Switch Tropical, Kiwi Berry, Fruit Punch, Black Cherry, Grape, Orange Tangerine (ES, MS) 100% Sparkling Juice                               |      |     |       |        |     |                 |           |         |        |
| 27                    | Switch Apple (ES, MS) 100% Sparkling Juice  |      |     |       |        |     |                 |           |         |        |
| 27                    | Switch Watermelon Strawberry (ES, MS) 100% Sparkling Juice  |      |     |       |        |     |                 |           |         |        |
| 0                     | Water, Aquafina, 16 oz Bottle (ES, MS, HS)  |      |     |       |        |     |                 |           |         |        |

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### Allergies and Carbohydrates

**SNACK ITEMS**

**School Year: 2024-2025**

| Carbohydrates (grams) | Allergens                                 | Milk | Soy | Wheat | Gluten | Egg | Shellfish /Fish | Tree Nuts     | Peanuts       | Sesame |
|-----------------------|---|------|-----|-------|--------|-----|-----------------|---------------|---------------|--------|
| 6                     | Beef Jerky, Regular                       |      |     |       |        |     |                 |               |               |        |
| 5                     | Beef Jerky, Teriyaki                      |      | x   | x     | x      |     |                 |               |               |        |
| 23                    | Brookee, Brownie and Cookie               | x    |     | x     | x      | x   |                 | Facility FREE | Facility FREE |        |
| 24                    | Chips, Lay's Baked BBQ                    | x    | x   |       | FREE   |     |                 |               |               |        |
| 20                    | Chips, Baked Doritos - Flama              | x    |     |       |        |     |                 |               |               |        |
| 20                    | Chips, Baked Doritos - Nacho Cheese       | x    | x   |       |        |     |                 |               |               |        |
| 20                    | Chips, Baked Doritos - Spicy Sweet Chili  |      | x   | x     | x      |     |                 |               |               |        |
| 20                    | Chips, Baked Doritos - Ranch              | x    |     |       |        |     |                 |               |               |        |
| 16                    | Chips, Baked Hot Cheetos                  | x    |     |       | FREE   |     |                 |               |               |        |
| 19                    | Chips, Popped BBQ                         |      |     |       | FREE   |     |                 |               |               |        |
| 26                    | Cookies, Candy Chip Cookie Tree 1.3 oz.   | x    | x   | x     | x      | x   |                 |               |               |        |
| 24                    | Cookies, Double Fudge Cookie Tree 1.3 oz. | x    | x   | x     | x      | x   |                 | x             |               |        |
| 11                    | Fruit Roll-UP, Crazy Colors               |      |     |       | FREE   |     |                 |               |               |        |
| 38                    | Fruit Snacks, Mott's                      |      |     |       | FREE   |     |                 |               |               |        |
| 14                    | Pirate's Booty Aged White Cheddar Puffs   | x    |     |       | FREE   |     |                 | Facility FREE | Facility FREE |        |
| 21                    | Popcorn, Popcorn Indiana, Sweet'n Salty   |      |     |       | FREE   |     |                 |               |               |        |
| 30                    | Rice Crispy Treats, Kellogg's             | x    | x   |       |        |     |                 |               |               |        |
|                       |   |      |     |       |        |     |                 |               |               |        |

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## A la Carte Snack List

### Allergies and Carbohydrates

#### FROZEN TREATS

School Year: 2024-2025

| Carbohydrates (grams) | Allergens  | Milk | Soy | Wheat | Gluten | Egg  | Shellfish /Fish | Tree Nuts     | Peanuts       | Sesame        |
|-----------------------|--|------|-----|-------|--------|------|-----------------|---------------|---------------|---------------|
| 20                    | Dippin YoDots Pouches (MS,HS) Cookies and Cream      | x    | x   | x     | x      |      |                 |               |               |               |
| 18                    | Dippin YoDots Pouches (MS,HS) Banana Split           | x    | x   | x     | x      |      |                 |               |               |               |
| 22                    | Dippin YoDots Pouches (MS,HS) Cookie Dough           | x    | x   |       |        |      |                 |               |               |               |
| 17                    | Dippin YoDots Pouches (MS,HS) Cotton Candy           | x    | x   |       |        |      |                 |               |               |               |
| 22                    | Frozen Froot Joose Cups, Watermelon-Strawberry-Mango |      |     |       |        |      |                 |               |               |               |
| 15                    | Frozen Fruit Slush, Cool Tropics - Kiwi Strawberry   |      |     |       |        |      |                 |               |               |               |
| 23                    | Rich's Ice Cream - Chocolate Crunch Cake             | x    | x   | x     | x      |      |                 | Facility FREE | Facility FREE | Facility FREE |
| 25                    | Rich's Ice Cream - Fudge Frenzy Bar                  | x    |     |       | FREE   |      |                 | Facility FREE | Facility FREE | Facility FREE |
| 24                    | Rich's Ice Cream - Low Fat Vanilla Sandwich          | x    | x   | x     | x      |      |                 | Facility FREE | Facility FREE | Facility FREE |
| 21                    | Rich's Ice Cream - Orange Cream Bar                  | x    |     |       |        | FREE |                 | Facility FREE | Facility FREE | Facility FREE |
| 23                    | Rich's Ice Cream - Strawberry Shortcake Bar          | x    | x   | x     | x      |      |                 | Facility FREE | Facility FREE | Facility FREE |
|                       |  |      |     |       |        |      |                 |               |               |               |

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