

MIDDLE SCHOOLS ALA CARTE ITEMS

1/11/2018

	<u>Portion Size</u>	<u>Protein</u>	<u>Calories</u>	<u>Carbs</u>
CINNAMON TOAST CRUNCH	1 each	1gm	110	22
FROOT LOOPS	1 each	2gm	106	24
KRAVE S'MORES	1 each	2gm	110	21
<u>CHEETOS</u>				
-CRUNCHY	1 each	2gm	180	17
-PUFFS	1 each	2gm	90	13
-HOT	1 each	2gm	90	14
CRANBERRIES-ORANGE	1 each	0	110	28
<u>CUPCAKE</u>				
-CHOCOLATE	1 each	2gm	140	26
-VANILLA	1 each	2gm	140	27
<u>DORITOS</u>				
-COOL RANCH	1 each	2gm	130	19
-NACHO	1 each	2gm	130	20
-SPICY/SWEET	1 bag	2 gm	140	20 gm
<u>FANTASTIX</u>				
-CHILI CHEESE	1 bag	2 gm	130	19 gm
-HOT	1 each	2gm	130	20
GRANOLA BARS	1 each	1gm	100	17
BAKED LAYS CHIPS, Plain	.78 oz bag	2 gm	150	20
KETTLE CHIPS	NOT IN STOCK			
BBQ CHIPS	1 bag	2 gm	110	19 gm
CHEDDAR & SOUR CREAM CHIPS	1 bag	1 gm	100	17 gm
SOUR CREAM & ONION CHIPS	1 bag	2 gm	100	18 gm
<u>MUFFINS</u>				
-APPLE CINNAMON	1 each	2 gm	160	26 gm
-BANANA	1 each	3gm	160	27
-BLUEBERRY	1 each	2gm	160	26
-CHOCOLATE CHIP	1 each	3gm	170	28
WHITE CHEDDAR POPCORN	1 bag	2 gm	70	9.0 gm
<u>POPARTS</u>				
-CINNAMON	1 each	2gm	180	37
-FUDGE	1 each	3gm	180	38
-STRAWBERRY	1 each	2gm	180	38
RICE KRISPIE TREATS	1 each	2gm	160	30
<u>SUN CHIPS</u>				
-HARVEST CHEDDAR	1 each	2gm	140	18
-GARDEN SALSA	1 each	2gm	140	19
<u>ICE CREAM CUP</u>				
COOKIE CRUMBLE CONE	1 cone	3gm	170	31
VANILLA & CHOCOLATE CONE	1 cone	2gm	150	27
-CHOCOLATE	1 each	2gm	80	14
-STRAWBERRY	1 each	2gm	70	13
-VANILLA	1 each	2gm	70	13

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ICE CREAM SANDWICH	1 each	3gm	140	25
RAINBOW POLAR PUSH-UP	1 pop	3gm	70	13
JONNY POPS	1 pop	1gm	50	10
<u>DRINKS</u>				
NAKED-BERRY BLAST - <i>Smoothie</i>	10 oz	2gm	160	37
MIGHTY MANGO - <i>Smoothie</i>	10 oz	1gm	180	43
STRAWBERRY BANANA - <i>Smoothie</i>	10 oz	2gm	160	38
DASANI PLAIN WATER	20 oz	0	0	0
<u>DOLE DRINKS</u>				
-APPLE JUICE	10 oz	0	140	35
-FRUIT PUNCH	10 oz	2	140	34
-ORANGE	10 oz	2	140	33
<u>MISC</u>				
BANANA	1 each	1gm	110	29
HAM & CHEESE SANDWICH	1 sandw	17.49 g	379	27.42 gm
CHICKEN GRAVY	1 Tbsp	0	35	6
CHICKEN POPCORN	12 each	15	250	16
BREADSTICK	1 each	4gm	110	21
POTATO, TRI-CUT HASH BROWN	3 oz	1gm	160	21
TUNA SANDWICH	1 sandw	23.94g	304	34.41
ITALIAN SUB SANDWICH	1 sandw	26.28 g	419	28.90 gm
COMBO LUNCHMEAT SANDWICH	1sandw	15.72 g	246	23.95 gm
GRILLED CHICKEN SALAD	1 salad	23.11 g	289	7.66 gm