

Carroll County Public Schools Office of Food and Nutrition

2015-2016 a la Carte Nutritional Information

updated 8/2015

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Applesauce, GoGo Squeeze	1 pouch	60	0	0	0	15	1	12	0	60	0	0	0
Bar, Cocoa Cherry	1 each	200	5	2	55	37	6	18	3	90	0	20	2
Bar, Oatmeal Chocolate Chip	1 each	130	4	1	75	24	1	10	2	50	6	0	1
Beef Sticks	1 each	30	1	0	100	1	0	1	4	5	0	0	0
Churro, Apple Filled	1 each	150	4	1	60	27	1	9	3	0	0	20	1
Churro, Mini Cinnamon	1 each	110	5	1	90	13	1	0	2	0	0	0	1
Cookie, Chocolate Chip	1 each	105	3	1	92	18	2	10	2	48	0	0	1
Cookie, Chocolate Sprinkles	1 each	140	5	1	125	20	2	8	2	6	0	11	1
Cookie, Linden's Butter Crunch	1 pouch	141	5	2	119	22	2	11	2	54	0	0	1
Cookie, Linden's Butter Crunchers	1 pouch	150	6	2	135	22	2	11	2	54	0	0	1
Cookie, Linden's Chippers	1 pouch	168	7	2	160	22	1	11	2	53	0	20	1
Cookie, Linden's Chocolate Chip	1 pouch	140	5	2	70	22	2	11	2	55	0	0	1
Cookie, Linden's Fudge	1 pouch	136	5	1	70	20	2	11	2	54	0	0	1
Cookie, Oatmeal Raisin	1 each	106	3	1	102	18	1	10	2	49	0	0	1
Cookie, Sugar	1 each	106	3	1	112	18	2	10	1	49	0	0	0
Fruit Snacks, Berry and Cherry	1 pouch	130	0	0	20	33	3	15	1	1250	60	0	0
Fruit Snacks, Mixed Cherry	1 pouch	130	0	0	20	35	3	15	1	1250	60	0	0
Gatorade, G2 Grape	12 oz	30	0	0	160	7	0	7	0	35	0	0	0
Gatorade, G2 Orange	12 oz	30	0	0	160	7	0	7	0	35	0	0	0
Graham Cracker, Apple Cinnamon	1 pouch	115	4	0	100	20	2	7	1	281	3	17	2
Graham Cracker, Chocolate	1 pouch	112	3	1	100	20	2	7	2	321	3	14	2
Graham Cracker, Lemon Dinosaur	1 pouch	115	4	1	95	20	1	6	2	337	4	12	2
Graham Cracker, Vanilla	1 pouch	115	4	1	95	20	1	7	2	358	4	12	2
Granola Bar, Oatmeal Chocolate Chip (Betty Crocker)	1 each	150	5	1	120	23	2	8	2	40	0	0	1
Hummus, Red Pepper	3 oz	120	3	0	60	18	3	3	6	300	14	60	2
Ice Cream, Chocolate Cup (FF/NSA)	3 oz	70	0	0	50	17	4	4	3	300	1	100	0

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Ice Cream, Chocolate Éclair Bar	3 oz	140	5	2	65	21	1	15	2	500	0	40	1
Ice Cream, Cookies & Cream Cone	4 oz	180	4	2	110	33	1	16	4	500	0	60	1
Ice Cream, Cotton Candy Cup (LF)	3 oz	80	1	1	50	15	0	13	2	200	0	60	0
Ice Cream, Cotton Candy Push Up	3 oz	80	1	1	50	15	0	13	2	200	0	60	0
Ice Cream, Creamstix	3oz	100	3	1	25	16	0	15	1	750	0	40	0
Ice Cream, Fruit Bar	1 each	90	0	0	0	21	0	12	0	0	4	0	0
Ice Cream, Fudge Push Up (RF)	3 oz	80	1	1	50	16	0	14	2	200	0	60	0
Ice Cream, Orange Sherbet Push Up	3 oz	90	1	0	15	21	0	10	1	50	6	20	0
Ice Cream, Sandwich	4 oz	160	4	1	150	28	0	15	4	500	0	40	0
Ice Cream, Sandwich Mini (RF)	2.75 oz	120	3	1	115	21	0	11	2	100	0	40	0
Ice Cream, Sour Swell Bar	1 each	70	0	0	10	17	0	11	0	55	0	0	0
Ice Cream, Strawberry Cup (RF)	3 oz	80	1	1	45	16	0	14	2	200	0	60	0
Ice Cream, Strawberry Shortcake Bar	3 oz	3	0	0	1	0	0	0	0	2	0	1	0
Ice Cream, Vanilla Chocolate Cone (LF)	1 each	150	3	2	90	27	0	14	2	500	0	80	1
Ice Cream, Vanilla Chocolate Cup (RF)	3 oz	80	1	1	60	15	0	13	2	300	1	100	0
Ice Cream, Vanilla Cup (FF/NSA)	3 oz	70	0	0	60	16	3	5	3	300	0	100	0
Ice Cream, Vanilla Fudge Cup (RF)	3 oz	90	2	1	60	17	0	17	2	85	0	100	0
Juice, Apple & Eve Fruit Punch	4 oz	60	0	0	15	15	0	13	0	500	60	20	0
Juice, Apple & Eve Orange	4 oz	60	0	0	15	15	0	13	0	500	60	20	0
Juice, Bowl - Apple	8 oz	110	0	0	20	28	0	27	0	135	72	100	0
Juice, Bowl - Fruit Punch	8 oz	110	0	0	10	28	0	26	0	130	72	100	0
Juice, Bowl - Kiwi Berry	8 oz	110	0	0	10	28	0	26	0	130	72	100	0
Juice, Capri Sun - Apple	6 oz	80	0	0	25	20	0	20	0	100	0	0	0
Juice, Capri Sun - Berry	6 oz	90	0	0	25	21	0	20	0	100	0	0	0
Juice, Capri Sun - Fruit Punch	6 oz	80	0	0	25	21	0	20	0	100	0	0	0
Juice, Veryfine - Apple	8 oz	120	0	0	25	29	0	29	0	145	60	0	0
Juice, Veryfine - Apple Strawberry	11.5 oz	170	0	0	35	43	0	43	0	215	60	0	1
Juice, Veryfine - Cherry	11.5 oz	170	0	0	35	43	0	42	0	0	60	0	1

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Juice, Veryfine - Cherry	8 oz	120	0	0	25	31	0	30	0	150	60	0	0
Juice, Veryfine - Fruit Punch	11.5 oz	120	0	0	25	31	0	19	0	95	60	0	0
Juice, Veryfine - Fruit Punch	8 oz	170	0	0	35	44	0	44	0	220	60	0	1
Juice, Veryfine - Grape	11.5 oz	170	0	0	35	43	0	43	0	215	60	0	0
Juice, Veryfine - Kiwi	11.5 oz	170	0	0	25	43	0	43	0	215	60	0	1
Pudding, Zerts Brownie	1 each	120	4	1	125	20	0	15	2	750	0	60	0
Pudding, Zerts Cake Batter	1 each	120	4	0	120	19	0	16	2	750	0	60	0
Snacks, Baked Cheetos	1 bag	120	5	1	200	17	1	1	2	5	0	100	1
Snacks, Baked Cheetos Flamin Hot	1 bag	120	5	1	190	18	1	0	2	0	0	100	1
Snacks, Baked Lays BBQ	1 bag	110	3	0	170	19	2	3	2	100	1	0	0
Snacks, Baked Lays Original	1 bag	100	2	0	115	20	2	2	2	10	1	0	0
Snacks, Baked Lays Sour Cream and Onion	1 bag	100	3	0	140	18	1	3	2	15	1	0	0
Snacks, Baked Tostitos Scoops	1 bag	110	3	0	125	19	2	0	2	0	0	20	0
Snacks, Cheddar Goldfish	1 bag	200	7	2	360	28	1	0	5	0	0	40	1
Snacks, Cheetos Puffs Flamin Hot	1 bag	90	5	0	135	14	2	0	2	0	0	80	1
Snacks, Cheetos Puffs Original	1 bag	100	4	0	135	13	1	1	2	5	0	100	1
Snacks, Cheez-its	1 bag	100	4	1	150	14	1	0	2	500	0	100	1
Snacks, Chex Hot and Spicy	1 bag	110	3	1	140	19	2	2	2	10	0	0	0
Snacks, Chex Original	1 bag	110	3	1	135	20	2	4	2	20	0	0	0
Snacks, Cinnamon Goldfish	1 bag	120	4	1	110	19	1	6	1	30	0	100	1
Snacks, Doritos Cool Ranch	1 bag	130	5	1	160	19	2	1	2	5	0	40	0
Snacks, Doritos Nacho	1 bag	130	5	1	200	20	2	0	2	100	0	0	0
Snacks, Doritos Sweet and Spicy	1 bag	130	5	1	180	20	2	1	2	5	0	20	0
Snacks, Fruit Roll-up	1 each	45	1	0	55	11	2	4	0	20	15	0	0
Snacks, Hot Fries	1 bag	120	5	0	200	20	2	1	2	750	4	20	1
Snacks, Munchies Cheddar	1 bag	110	4	1	160	17	2	1	3	5	0	60	1
Snacks, Pita Chips	1 bag	100	3	0	230	17	2	0	3	0	0	0	1
Snacks, Popcorn Smartfood	1 bag	70	3	0	110	9	2	0	2	0	0	0	0
Snacks, Popped Crisps Original	1 bag	80	3	0	200	15	1	0	1	0	0	0	0

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Snacks, Pretzel Hearts	1 bag	80	2	0	200	15	2	0	2	0	0	0	1
Snacks, Rice Crispy Treat (WG)	1 bar	160	4	1	120	30	1	10	2	300	0	0	2
Snacks, Sunchips Garden Salsa	1 bag	110	4	0	170	15	2	1	2	100	0	0	0
Snacks, Sunchips Harvest Cheddar	1 bag	110	4	0	200	15	2	1	2	5	0	0	0
Sunflower Seeds, Honey Roasted	1 oz	170	13	2	120	8	2	2	6	10	0	20	1
The Switch, Apple	8 oz	120	0	0	7	29	0	28	0	140	60	0	0
The Switch, Black Cherry	8 oz	120	0	0	5	30	0	29	0	145	60	0	0
The Switch, Fruit Punch	8 oz	120	0	0	5	30	0	28	0	140	60	0	0
The Switch, Kiwi Berry	8 oz	120	0	0	5	30	0	29	0	145	60	0	0
The Switch, Orange Tangerine	8 oz	120	0	0	5	30	0	29	0	1000	60	0	0
The Switch, Watermelon	8 oz	120	0	0	5	29	0	28	0	140	60	0	0
Water, Fruit Wave (all varieties)	12 oz	80	0	0	18	21	0	20	0	100	0	0	0