

SNACK CARBOHYDRATE COUNTS

	<i>Please note: The information listed below was taken from nutritional labeling for each product in January 2016. Product formulation may change without notice.</i>	
SIZE	A LA CARTE BEVERAGES	CARBS (G)
16.9 OZ	WATER, SPRING PLASTIC BOTTLE TWIST CAP	0
6.75 OZ	JUICE, ASSORTED 100% NO-SUGAR-ADDED ASEPTIC BOX SHELF STABLE (ELEM)	21
8 OZ	JUICE, SWITCH, BERRY KIWI 100% SPARKLING CAN CARBONATED	30
8 OZ	JUICE, SWITCH, STRAWBERRY WATERMELON 100% SPARKLING CAN CARBONATED	29
8 OZ	JUICE, SWITCH, ORANGE TANGERINE 100% SPARKLING CAN CARBONATED	30
8 OZ	JUICE, SWITCH, FRUIT PUNCH 100% SPARKLING CAN CARBONATED	30
8 OZ	JUICE, SWITCH, BLACK CHERRY 100% SPARKLING CAN CARBONATED	30
8 OZ	JUICE, SWITCH, TROPICAL PINEAPPLE 100% SPARKLING CAN CARBONATED	30
11.5 OZ	SNAPPLE 100% JUICED ORANGE MANGO	43
11.5 OZ	SNAPPLE 100% JUICED GREEN APPLE	41
11.5 OZ	SNAPPLE 100% JUICED GRAPE	41
11.5 OZ	SNAPPLE 100% JUICED FRUIT PUNCH	42
11.5 OZ	SNAPPLE DIET TEA (EHS)	1
18OZ	BAI Antioxidant	9
11.5 OZ	BAI Bubbles	11
11 OZ	Vita COCO Coconut Water	15
11.5 OZ	SNAPPLE HALF TEA HALF LEMONADE (EHS)	1
	A LA CARTE SNACKS	
1.55 OZ	FRUIT SNACKS, CHERRY BERRY	34
1.55 OZ	FRUIT SNACKS, MIXED FRUIT	34
1 OZ	CEREAL POUCH, KRAVE S'MORES	21
1.42 OZ	SNACK BAR, CEREAL CHEERIOS IW APPLE CINNAMON	30
1.42 OZ	SNACK BAR, CEREAL CHEERIOS FRUIT IW	30
1.42 OZ	SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW	30
1.41 OZ	SNACK BAR, RICE CRISPY WHOLE-GRAIN-RICH IW KRISPIES TREAT - REGULAR	34
1.41 OZ	SNACK BAR, RICE CRISPY WHOLE-GRAIN-RICH IW KRISPIES TREAT - CHOCOLATE CHIP	30
0.42 OZ	SNACK BAR, RICE CRISPY WHOLE-GRAIN-RICH IW KRISPIES TREAT - MINI	9
1.125 OZ	CHIP, POTATO BAKED SOUR CREAM & ONION SS BAG	24
1.125 OZ	CHIP, POTATO BAKED BBQ CRISP SS BAG	24
1.125 OZ	CHIP, POTATO BAKED ORIGINAL GLUTEN-FREE TFF SS BAG	25
0.8 OZ	CHIP, POTATO BAKED CHEDDAR SOUR CREAM	17
1 OZ	CHIP, TORTILLA COOL RANCH REDUCED FAT SS	19
1 OZ	CHIP, TORTILLA NACHO CHEESE REDUCED FAT SS	20
1 OZ	CHIP, TORTILLA SPICY SWEET CHILI TRIANGLE BAG REDUCED FAT	20
0.75 OZ	CRACKER, WHOLE GRAIN CHEESE SQUARE SS BAG	14
0.75 OZ	CRACKER, WHOLE GRAIN CHEDDAR SPICY SQUARE SS BAG ATOMIC	14
1 OZ	CRACKER, GRAHAM CHOCOLATE ELF SHAPED SS BAG	20
1 OZ	CRACKER, GRAHAM CINNAMON ELF SHAPED SS BAG	21
1 OZ	CRACKER, GRAHAM CINNAMON WG DOG BONE SHAPED SS BAG SCOOPY DOO	21
1 OZ	POPCORN, KETTLE ORIGINAL POPPED	9
0.5 OZ	POPCORN, CHEESE CHEDDAR WHITE COOKED DELIGHT	9
0.8 OZ	CHIP, CHEESE BALL PLAIN GLUTEN-FREE SS BAG SNACK	15
1 OZ	CHIP, CORN POTATO BAKED FRIES BACON & CHEDDAR GLUTEN-FREE SS BAG	20

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SIZE	A LA CARTE BEVERAGES	CARBS (G)
0.87 OZ	SNACK MIX, WHOLE-GRAIN-RICH SS BAG KID	18
0.92 OZ	SNACK MIX, CHEX CHEDDAR IW	20
1.03 OZ	SNACK MIX, CHEX CHOCOLATE CARAMEL IW	21
0.87 OZ	SNACK MIX, CHIP & PRETZEL CHEDDAR SS BAG HARVEST	15
0.87 OZ	SNACK MIX, CHIP & PRETZEL SS BAG GARDEN SALSA	15
	A LA CARTE SOFT PRETZEL	
2.5 oz	PHILLY SOFT PRETZEL (EHS & FMS a la carte)	37
	ICE CREAM	
3 fl oz	Bar, Chocolate Éclair	22
2.5 fl oz	Bar, Cotton Candy	15
3 fl oz	Bar, Fudge	19
2.5 fl oz	Bar, Orange Cream	14
2.5 fl oz	Bar, Sour Cherry	12
3 fl oz	Bar, Strawberry Shortcake	23
3 fl oz	Cone, Crumbled Cookie	31
3 fl oz	Cone, Vanilla & Chocolate	27
3 fl oz	Cup, Chocolate and Vanilla	12
3.75 fl oz.	Cup, Sour Cyclone	21
2.75 fl oz	Pop, Push-up, Orange or Rainbow	13
4 fl oz	Sandwich, Low Fat	25
updated:	9/1/2018	