

2026-27 Middle & High School Nutrition Information For: A la Carte Snacks, Desserts and Drinks

Updated 10/9/26

Stock #	Item	Serving Size	Carbs	Allergens
1102231	Chocolate Chip Cookie	1 Cookie	30g	Contains: Wheat, gluten, milk, soy, egg. Processed in a facility that also processes peanuts/tree nuts.
1102431	Double Chocolate Cookie	1 Cookie	24g	Contains: Wheat, gluten, soy, egg, milk, coconut. Processed in a facility that also processes peanuts/tree nuts.
1102631	Sugar Cookie	1 Cookie	26g	Contains: Egg, Gluten, Milk, Soy, wheat. Processed in a facility that also processes peanuts/tree nuts.
1103030	Red Velvet Cookie	1 Cookie	25g	Contains: Soy, wheat, gluten, egg and milk
1303530	Brownie	1 Brownie	34g	Contains: Gluten, soy, wheat.
1804030	Blueberry Muffin	1 Muffin	30g	Contains: Egg, wheat, soy, gluten.
1804630	Banana Muffin	1 Muffin	30g	Contains: Gluten, wheat, egg, soy, gluten.
1201230	Rice Krispie Treat Bar	1 Bar	30g	Contains: Milk, soy
1201430	Chocolate Rice Krispies Treat	1 Bar	34g	Contains: Milk, soy
1201730	Strawberry Nutrigrain Bar	1 Bar	30g	Contains: Gluten, milk, wheat, soy, gluten.
1202530	Cinnamon Toast Crunch Bar	1 Bar	30g	Contains: Wheat, gluten, soy
2203530	Strawberry Pop Tart	1 pop tart	36g	Contains: Wheat, gluten, soy.
2204030	Cinnamon Pop Tart	1 pop tart	36g	Contains: Wheat, gluten, soy.
2602550	Mozzarella String Cheese	1 stick	2g	Contains: Milk
2603750	Colby Jack Cheese Stick	1 stick	0g	Contains: Milk
1304530	Sunflower Seeds, Honey Roasted	1 Package	11g	None
2606031	Yogurt, 4 oz. Raspberry Cherry	1	12g	Contains: Milk
2606131	Yogurt, 4oz. Strawberry Vanilla	1	14g	Contains: Milk

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1105831	Flamin' Hot Cheetos	1 bag	16g	Contains: Milk
1106130	Flamin' Hot Limon Cheetos	1 bag	18g	Contains: Milk
1105630	Doritos Cooler Ranch Chips	1 bag	20g	Contains: Milk
1105530	Doritos Nacho Chips	1 bag	19g	Contains: Milk
1105430	Doritos Sweet Chili Chips	1 bag	20g	Contains: Soy and wheat, gluten
1106230	Doritos Flamas Chips	1 bag	20g	Contains: Milk
1105330	Smartfood White Cheddar Popcorn	1 bag	10g	Contains: Milk
3103130	Envy-Apple Sparkling Juice	1 can	29g	None
3103330	Envy-Strawberry Kiwi Sparkling Juice	1 can	29g	None
3102830	Envy- Fruit Punch Sparkling Juice	1 can	29g	None
3104030	Juicy Juice Apple	1 bottle	35g	None
3104430	Tropicana Orange Juice	1 bottle	34g	None
3106030 3106130	Sparkling Ice (all flavors)	1 bottle	0g	None
2702240	Ice Cream Cone, Crazy	1 cone	26g	Contains: Gluten, wheat, milk, and soy
2702040	Ice cream Cone, Vanilla and Chocolate Twist	1 cone	23g	Contains: Gluten, wheat, milk, and soy
2703040	Ice Cream Cup, Chocolate Vanilla Sundae	1 cup	18g	Contains: Milk
2703240	Ice Cream Cup, Vanilla	1 cup	16g	Contains: Milk
2702640	Ice Cream Sandwich, Cookies and Cream	1 sandwich	27g	Contains: Gluten, wheat, milk, and soy
2702840	Ice Cream Sandwich, Vanilla	1 sandwich	27g	Contains: Gluten, wheat, milk, and soy