

2025-26 Middle & High School Nutrition Information

For: A la Carte Snacks, Desserts and Drinks

Updated 7/24/25

Stock #	Item	Serving Size	Carbs	Allergens
1102231	Chocolate Chip Cookie	1 Cookie	27g	Contains: Egg, Gluten, Milk, Soy, wheat. Processed in a facility that also processes peanuts/treenuts.
1102431	Double Chocolate Cookie	1 Cookie	24g	Contains: Egg, Gluten, Milk, Soy, wheat. Processed in a facility that also processes peanuts/treenuts.
1102631	Sugar Cookie	1 Cookie	26g	Contains: Egg, Gluten, Milk, Soy, wheat. Processed in a facility that also processes peanuts/treenuts.
1102830	Snickerdoodle Cooke	1 Cookie	24g	Contains: Egg, gluten, wheat, soy and may contain milk.
1103030	Red Velvet Cookie	1 Cookie	25g	Contains: Soy, wheat, gluten, egg and milk
1101220- 1101830	Holiday Cookies (Pumpkin, Turkey, Christmas Tree, Pink Heart, Shamrock, Green Egg, Yellow Star)	1 Cookie	22g	Contains: Wheat, Egg, Soy. May contain milk. Processed in a facility that also processes wheat, milk, egg, and soy.
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: Egg, wheat, soy, gluten.
1201230	Rice Krispie Treat Bar	1 Bar	30g	Contains: Milk, soy
1201430	Chocolate Rice Krispies Treat Bar	1 Bar	34g	Contains: Milk, soy
1201730	Strawberry Nutrigrain Bar	1 Bar	30g	Contains: Milk, wheat, soy, gluten.
1202530	Cinnamon Toast Crunch Bar	1 Bar	30g	Contains: Wheat, gluten, soy
1202330	Trix Bar	1 Bar	29g	Contains: Wheat, gluten, soy

2025-26 Middle & High School Nutrition Information

For: A la Carte Snacks, Desserts and Drinks

Updated 7/24/25

2203530	Strawberry Pop Tart	1 pop tart	36g	Contains: Wheat, gluten, soy.
2204030	Cinnamon Pop Tart	1 pop tart	37g	Contains: Wheat, gluten, soy.
2602550	Mozzarella String Cheese	1	2g	Contains: Milk
5105030	Chocolate Pudding Cup	1	23g	Contains: Milk
5105530	Vanilla Pudding Cup	1	23g	Contains: Milk
Stock #	Item	Serving Size	Carbs	Allergens
1304531	Sunflower Seeds, Honey Roasted	1 Package	11g	None
2606031	Yogurt, 4 oz. Raspberry Cherry	1	14g	Contains: Milk
2606131	Yogurt, 4oz. Strawberry Vanilla	1	14g	Contains: Milk
1105731	Baked Cheetos	1 bag	16g	Contains: Milk
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	20g	Contains: Milk

2025-26 Middle & High School Nutrition Information

For: A la Carte Snacks, Desserts and Drinks

Updated 7/24/25

1105430	Doritos Sweet Chili Chips	1 bag	20g	Contains: Soy and wheat, gluten
1106030	Doritos Wild White Nacho Chips	1 bag	20g	Contains: Milk
1106230	Doritos Flamas Chips	1 bag	20g	Contains: Milk
1105330	Smartfood White Cheddar Popcorn	1 bag	9g	Contains: Milk
3103030	Izze-Clementine Sparkling Juice	1 can	21g	None
3103130	Izze-Apple Sparkling Juice	1 can	24g	None
3103230	Izze-Strawberry Sparkling Juice	1 can	22g	None
3103330	Izze-Blackberry Sparkling Juice	1 can	22g	None
3104030	Juicy Juice Apple	1 bottle	35g	None
3104430	Tropicana Orange Juice	1 bottle	33g	None
3105230 3105330 3105530	Gatorade G2 (all flavors)	1 bottle	8g	None
3105830 3106030	Sparkling Ice (all flavors)	1 bottle	0g	None

2025-26 Middle & High School Nutrition Information
For:
A la Carte Snacks, Desserts and Drinks

Updated 7/24/25

2025-26 Middle & High School Nutrition Information
For:
A la Carte Snacks, Desserts and Drinks

Updated 7/24/25