

School Food Service Department Elementary School - Nutrition A la Carte Guide

**NOTE: Please limit sales to only one or two items per child per meal.
Cookies must be packaged one per bag and it is recommended that a student only purchase cookie per day.**

The following list provides a guide to the a la carte choices available for elementary schools. The items in the ice cream & yogurt section are listed by "ranking #" according to their nutritional quality with number one being the best choice.

Elementary School ~ Ice Cream & Yogurt								
Ranking #	Item Name/ Description	Brand Name	Unit	Selling Price/Unit	Calories	Total CHO (grams)	Total Fat (grams)	Saturated Fat (grams)
1	4506 - Juice Bars; 3 oz. Real Fruit Juice. CN approved = 3/8 cup fruit juice equivalent. Flavors: Cherry, Orange, Grape, Wild Cherry, Outrageous Orange, Very Berry, Sour Applelicious	J & J Snack Foods	Dozen (72/Box)	\$0.75 KEY: ICE 75	50-60	13-15	0	0
2	4545- Frozen Fruit Bars; 2.5 oz. ½ cup fruit juice equivalent. Flavors: Cherry, Blackberry, Strawberry	Tabatchnick Fine Food	144/case	\$0.75 KEY: ICE 75	80-100	21-25	0	0
3	4454 - Ice Milk/Ice Cream Cup; 3 oz. Vanilla Chocolate	Rich's Ice Cream	2 Dozen/Box	\$0.75 KEY: ICE 75	70 70	14 15	1.5 1.5	1.5 1

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4	4453 - <u>Italian Ice</u> ; 4 oz. Frozen individual cups, fruit concentrate (fruit juices) Flavors: Rainbow, Sunburst, Hurricane, Cotton Candy, Gator	Philly Swirl Italian Ice	Case (24/Case)	\$0.75 KEY: ICE 75	98	25	0	0
5	4455 - <u>Cake Bar (éclair)</u> ; 3 oz. (70 gm.) Reduced Fat. Strawberry or Chocolate Shortcake Bars with vanilla lowfat ice cream	Rich's Ice Cream	Dozen (2 Dozen/Box)	\$0.75 KEY: ICE 75	130-140	22-23	3.5-4.5	1-1.5
6	4449 - <u>Ice Cream/Milk Sandwich</u> ; 4 oz. Low fat vanilla ice cream between two chocolate flavored wafers	Rich's Ice Cream	Dozen (2 Dozen/Box)	\$0.75 KEY: ICE 75	160	30	3	1

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Elementary School ~ Beverages								
Item #	Item Name/ Description	Serving Size	Calories	Sodium (mg)	Potassium (mg)	Total CHO (gm)	Total Fat (gm)	Selling Price/Unit
2811 A-C	<u>RipTide "F5" Fusion - Nutrient Dense Beverage</u> (48 cans/Case) Mixed Berry, Blue Lemonade, Green Apple	8 oz.	50	0	45	13	0	\$1.00 KEY: BEV 100
2035 A&B	<u>V8 Fusion</u> - (24 cans/Case) Pomegranate Blueberry & Strawberry Banana	8 oz.	100 120	60 70	280 250	23 28	0 0	\$1.75 KEY: BEV 175
2815 A-C	<u>Milk Assorted - Velda</u> (50/Case) Skim - Half Pint $\frac{1}{2}$ % Low Fat Chocolate - Half Pint 1% Low Fat Unflavored - Half Pint	8 oz.	90 150 100	125 210 125	0 0 0	11 26 11	0 1.5 2.5	MILK (\$0.60)
See Order Form	<u>Juice Assorted - M&B</u> Carton/Pouches	4 oz.	50-100	0-10	122	14-28	0	JUICE (\$0.50)
2019 A-C	<u>Juicy Juice Aseptic</u> (40/Case) Apple, Fruit Punch, Kiwi Strawberry	4.23 oz.	60	10	110-120	15	0	\$0.75 KEY: BEV 75

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2008	<u>Crystal Geyser</u> (35/Case)	16.9 oz.	0	0	0	0	0	\$1.00 KEY: BEV 100
2009	<u>Crystal Geysers</u> (28/Case)	8 oz.	0	0	0	0	0	\$0.75 KEY: BEV 75

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Elementary School ~ A la Carte Snacks List									
Item #	Product Name & Brand (Pack Size/Serving Size)	Calories	Total Fat (gm)	Saturated Fat (gm)	Total CHO (gm)	Dietary Fiber (gm)	Sodium (mg)	Protein (gm)	Selling Price/Unit
2284	<u>Crackers</u> - Nabisco (500/2 pk.) Saltine	27	0.5	0	4	0	90	0.6	\$0.15 SNK 15
2481	<u>Graham Cracker - MJM Marketing</u> (150/1 oz.) Orange Flavored Tropical Treats	115	3	0.9	20	1.3	94	1.5	\$0.50 KEY: SNK50
2392	<u>Graham Cracker Giant Animal Shaped - MJM Marketing</u> (300/0.9 oz.) Apple Cinnamon Bear	108	3	0.5	19	1.4	92	1.4	\$0.50 KEY: SNK50
2299	<u>Graham Cracker - MJM Marketing</u> (150/0.9 oz.) Honey Flavored	102	2.8	0.7	18	1.2	131	1.4	\$0.50 KEY: SNK50
2395-A	<u>Graham Crackers Whole Grain - MJM Marketing</u> (150/1 oz.) Chocolate Raspberry Sound Bites	113	3	0.9	21	1.7	101	1.8	\$0.50 KEY: SNK50
2395-B	Vanilla Sound Bites	115	3.3	0.9	20	1.4	137	1.6	
2395-C	Vanilla All Sport Bites	114	3.3	0.9	20	1.2	94	1.6	
2395-D	Vanilla Dino Bites	116	3.4	0.9	20	1.5	97	1.6	

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2409	<u>Waffle Graham</u> - MJM Marketing (300/0.9 oz.) Strawberry Flavored	105	2.7	0.4	19	1.2	88	1.4	\$0.50 KEY: SNK50
2397	<u>Jungle Animal Crackers</u> - Mrs. GoodCookie (200/1.0 oz.) Animal Crackers	120	3	0	22	0	60	2	\$0.50 KEY: SNK50
2308	<u>Cheez-its Cracker</u> - Sunshine (100/0.77 oz.) Scrabble	100	3	1	14	0.9	230	3	\$0.50 KEY: SNK50
2411-A	<u>Goldfish</u> - Pepperidge Farms (300 /0.75 oz.) Cheddar	100	3.5	1	14	0.9	180	2	\$0.50 KEY: SNK50
2411-B	Kickin' Ranch	100	3	1	14	0.9	190	3	
2411-C	Hot N Spicy	100	3	1	14	0.9	190	3	
2411-D	Cheddar WG	100	3.5	1	14	1	170	3	
2321	Pretzel	90	1.5	0	17	0.9	300	2	
2373-A	<u>Baked Lays</u> - Frito Lay (60/0.875 oz.) Original	100	1.5	0	20	2	160	2	\$0.50 KEY: SNK50
2373-C	BBQ	110	2.5	0	19	2	190	2	SNK50
2373-D	Sour Cream & Onion	110	3	0	19	2	190	2	SNK50

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2606	<u>Baked Doritos Nacho Cheese</u> - Pepsico (88/0.75 oz.)	90	3	0.5	16	1	170	2	\$0.50 KEY: SNK50
2370-A	<u>Reduced Fat Doritos RF</u> - - Frito Lay (72/1 oz.) Doritos RF - Nacho Cheese	130	5	1	19	2	220	2	\$0.50 KEY: SNK50
2370-B	Doritos RF - Cooler Ranch	130	5	1	19	2	160	2	SNK50
2374	Doritos RF - Spicy Sweet Chili	130	5	0.5	20	2	180	2	
2400-A	<u>Cheetos Crunchy Reduced Fat</u> - Frito Lay (104/ 0.875oz.) Regular Cheese Flavor	120	4.5	1	17	0	210	2	\$0.50 KEY: SNK50
2400-B	Hot Cheese Flavor	120	4.5	0.5	17	0	210	2	SNK50
2305	<u>Cheetos Fantastix</u> - Frito Lay (104/ 0.875oz.) Flamin' Hot	130	5	1	20	1	210	2	\$0.50 KEY: SNK50
2311	<u>Baked Tostitos Scoops</u> - Tostitos (72/0.875 oz.) Tostitos Scoops, Baked	110	2.5	0	19	2	110	2	\$0.50 KEY: SNK50
2488	<u>Snack Mix</u> - Quaker (104/0.875 oz.) Kid's Mix Snack	110	4	1	18	1	200	2	\$0.50 KEY: SNK50

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2306 2307	Smart Cookies - Dick & Jane - (48/1.5 oz.) States & Capitals Presidents	130	3.5	1.5	22	0.5	105	2	\$0.50 KEY: SNK50
2319	Cookie Soft Baked Chocolate Chip - Gradma (72/1.22 oz.) Chocolate Chip	150	6	1.5	23	2	110	2	\$0.50 KEY: SNK50
3100-A 3100-B 3100-C 3100-D 3100-E	Cookie Dough - Silver Lake (324/Case) Serving Size = 1.0 oz Cookie <i>*See Recommendation</i> Sugar Carnival Chocolate Chip Oatmeal Raisin White Chocolate Chunk	120 120 120 120 120	5.0 5.0 5.0 4.0 5.0	3.5 3.0 3.5 2.5 3.5	18 18 18 19 18	0 0 0 0.5 0	140 125 125 120 130	1 1 1 1 1	\$0.25 KEY: SNK25
2499-B 2499-D 2499-C	Granola Bars Chewy - Quaker (120/.84 oz.) ~277 Low Fat Oatmeal Raisin Low Fat Strawberry Vanilla Low Fat Chocolate Chunk	90 90 90	1.5 1.5 2	0 0 0.5	19 19 19	1 1 1	80 75 80	1 1 1	\$0.75 KEY: SNK75

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	Organic Z-Bars - Clif Bar (1.62/1.2 oz.)								\$1.25
2313-A	Peanut Butter	140	5	1	20	3	170	3	KEY: SNK125
2313-B	Brownie	120	3	1	22	3	125	3	
2313-C	Chocolate Chip	130	4	1.5	20	3	100	3	
	Sunflower Seeds - Dakota Gourmet (150/1 oz.)								\$0.50
2602-A	Lightly Salted	170	14	1.5	5	2	85	6	KEY: SNK50
2602-B	Honey Roasted	170	12	1.5	8	1.5	110	5	
2602-C	Blaze-in Hot	170	16	1.5	5	2	115	6	
	Trail Mix (Peanut Free) - Dakota Gourmet (1.5 oz.)								\$0.50
2322	Trail Mix	130	6	1	16	2	50	4	KEY: SNK50

**** Any item that is currently being served for the reimbursable breakfast & lunch program may be considered an approved item for sale as a la carte. Example: Fresh Fruit, Canned/Cupped Fruit, etc.**

Do not use this list when purchasing snack items for the National School Lunch Reimbursable After School Snack Program or the Bulk Snack Program.