

**Bartow County School Nutrition
Beverages, Snacks, Condiments
Carbohydrate Counts SY18-19**

Beverages

Gatorade G2 Fruit Punch	7g
Gatorade G2 Orange	7g
Gatorade G2 Raspberry Glacier Freeze	7g
Gatorade G2 Grape	7g
Mayfield Tea Bottle (16oz)	0g
Switch- Orange Tangerine	30g
Switch- Berry Kiwi	30g
Switch- Apple	27g
Switch- Fruit Punch	30g
Apple & Eve 6.75 oz Juice Box – Orange Tangerine	25g
Apple & Eve 6.75 oz Juice Box – Grape	29g
Apple & Eve 6.75 oz Juice box – Fruit Punch	24g
Apple & Eve 6.75 oz Juice Box – Strawberry Kiwi	24g
SideKicks Frozen Juice Cup- Sour Cherry, Blue Raspberry Lemon, Kiwi Strawberry	20g
Sparkling ICE Water	0g
Naked Fruit Juice Smoothie, Strawberry Banana	38g
Naked Fruit Juice Smoothie, Mighty Mango	43g
Naked Fruit Juice Smoothie, Green Machine	42g

Snacks/Extras (All snacks items required to be whole-grain rich)

Cheetos®, Puffs, Cheddar	14g
Cheetos®, Puffs, Flamin’ Hot	14g
Chips, Lay’s®, Baked BBQ	19g
Chips, Lay’s®, Baked Original	20g
Doritos®, Sweet Chili	20g
Doritos®, Cool Ranch	20g
Doritos®, Nacho Cheese	20g
Doritos®, Flamas	20g
Cereal Bar, Coco Puffs®	30g
Cereal Bar, Trix®	30g
Cereal Bar, Cinnamon Toast Crunch®	30g
Yogurt, Strawberry 4oz cup	14g
Popcorn, White Cheddar	9g
Popcorn, Sea Salt Caramel	10g
Pop-Tart®, Cinnamon	37g
Pop-Tart®, Strawberry	38g
Cheez-It®, Cheddar	14g
Cheez-It®, Atomic	14g
Soft Pretzel	30g
Cupcake, Chocolate	26g
Cupcake, Vanilla	27g
Cookies, Grandma’s® Mini Chocolate Chip (individually wrapped)	25g
Cookie, Chocolate Chip, 1.85 oz	34g

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Cookie, Candy Coated Pieces 1.0 oz	18g
Muffin, Apple Cinnamon	23g
Muffin, Banana	24g
Muffin, Blueberry	30g
Muffin, Chocolate Chip	28g
Mozzarella String Cheese	1g
Keebler® Elf Grahams	21g
Quaker® Kid's Mix Snack Mix	17g
Cereal, Golden Grahams®	24g
Cereal, Honey Nut Cheerios®	22g
Cereal, Cinnamon Toast Crunch®	22g
Cereal, Trix®, 25% Less Sugar	24g
Cereal, Rice Chex®	24g
Cereal, Cocoa Puffs®, 25% Less Sugar	25g
Mini Rice Krispy Treat	9g
Beef Jerky	1g
Strawberry Ice Cream Cup	19g
Chocolate Ice Cream Cup	19g
Vanilla Ice Cream Cup	20g
Fudge Stix Ice Cream	15g
Fudge Bar Ice Cream	22g
Ice Cream Sandwich	26g
Cookies & Cream Ice Cream Sandwich	28g
Orange Sherbet Pop Ups	20g
Strawberry Shortcake Bar Ice Cream	23g
Chocolate Shortcake Bar Ice Cream	22g
Sour Swell Cherry Bar Ice Cream	12g
Cotton Candy Bar Ice Cream	15g
Birthday Cake Cone Ice Cream	33g
Crumbled Cookie Cone Ice Cream	31g
Vanilla & Chocolate Cone Ice Cream	27g

Condiments/Dressings

Ketchup (individual packet)	3g
Mustard (individual Packet)	0g
Jelly Packet	9g
Taco Sauce (individual packet)	0g
Pancake Syrup (individual Packet)	31g
Mayonnaise(individual Packet)	0g
Tartar Sauce (individual packet)	2g
BBQ Sauce (1oz individual cup)	9g
Marinara Sauce (1oz individual cup)	3g
Ranch Dressing (1oz individual cup)	2g
Golden Italian Dressing (1oz individual cup)	1g
Honey Mustard Dressing (1oz individual cup)	8g
Caesar Dressing (.75oz individual cup)	3g
Mandarin Orange Dressing (2 tbsp portion)	9g
Mandarin Orange Dressing (4 tbsp portion)	18g
Sweet and Sour Sauce (1oz individual cup)	12g
Sour Cream (1 Tbsp)	1.5g
Salsa (2 Tbsp)	2g

Please contact Kalin Bryan, MS, RDN, LD for further nutrition information at kalin.bryan@bartow.k12.ga.us.

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