

**Bartow County School Nutrition
Beverages, Snacks, Condiments
Carbohydrate Counts SY20-21**

Beverages

Gatorade G2 Fruit Punch	8g
Gatorade G2 Orange	8g
Gatorade G2 Lemon Lime	8g
Gatorade G2 Grape	8g
Gatorade G2 Glacier Freeze	8g
Gatorade Zero Glacier Cherry (20 oz)	1g
Gatorade Zero Glacier Freeze (20 oz)	2g
Mayfield Tea Bottle (16oz)	0g
Switch- Orange Tangerine	30g
Switch- Berry Kiwi	30g
Switch- Apple	27g
Switch- Fruit Punch	30g
Switch- Grape	30g
Switch- Black Cherry	30g
Switch- Watermelon Strawberry	29g
Suncup 6 oz Juice Box – Orange Tangerine	24g
Suncup 6 oz Juice Box – Very Berry	26g
Suncup 6 oz Juice box – Fruit Punch	25g
Suncup 6 oz Juice Box- Apple	23g
Apple & Eve 6.75 oz Juice Box – Strawberry Kiwi	22g
SideKicks Frozen Juice Cup- Sour Cherry, Blue Raspberry Lemon, Kiwi Strawberry	22g
Sparkling ICE Water	0g
Sparkling ICE + Caffeine	0g
Izze 8 oz Sparkling Water	22g
Propel Water Beverage, all flavors	0g
Vitamin Water- Fruit Punch; Blueberry Pomegranate	32g
V8 Pomegranate Blueberry Juice	25g
V8 Splash Berry 8 oz	36g

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

Cheetos®, Puffs, Cheddar	13g
Cheetos®, Puffs, Hot	13g
Cheetos®, Baked	16g
Cheetos®, Baked Flaming Hot	16g
Chips, Lay's®, Baked BBQ	19g
Chips, Lay's®, Baked Original	19g
Chips, Baked Funyuns®	14g
Chips, Baked Lays®, Sour Cream & Onion	19g
Chips, Tostitos®, Tortilla Chips	29g
Doritos®, Sweet Chili	20g
Doritos®, Cool Ranch	20g
Doritos®, Nacho Cheese	20g
Doritos®, Flamas	20g
Rold Gold® Hartzels® Pretzels	16g
Yogurt, Strawberry; Strawberry Banana 4oz cup	14g
Pop-Tart®- Cinnamon, Strawberry, Blueberry, Fudge	38g

This institution is an equal opportunity provider.

Cheez-It®, Cheddar	14g
Soft Pretzel	30g
Cupcake, Chocolate	26g
Cupcake, Vanilla	27g
Cookies, Grandma's® Mini Chocolate Chip (individually wrapped)	25g
Cookie, Otis Spunkmeyer Chocolate Chip, 1.85 oz	34g
Cookie, Otis Spunkmeyer Carnival, Choc Chip 1.0 oz	18g
Muffin, Apple	23g
Muffin, Blueberry	24g
Muffin, Chocolate Chip	32g
Mozzarella String Cheese	1g
Cheddar String Cheese	0g
Keebler® Chocolate Elf Grahams	20g
Keebler® Animal Crackers	22g
Quaker® Kid's Mix Snack Mix	17g
Quaker® Chewy Granola Bar, Cookies N Cream	29g
Quaker® Chewy Granola Bar, Chocolate Chunk	19g
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
Cereal, Fruit Loops®, Reduced Sugar	24g
Cereal, Apple Jacks®, Reduced Sugar	24g
Cereal, Frosted Flakes®, Reduced Sugar	24g
Cereal, Cinnamon Frosted Flakes®, Reduced Sugar	24g
Cereal, Frosted Mini Wheats®, Fat Free	24g
Cereal, Chocolate Frosted Mini Wheats®, Low Fat	24g
Cereal, Lucky Charms®, Reduced Sugar	23g
Rice Crispy Treat	30g
Rice Krispies Treat, Chocolate Chip	34g
Fruit roll-Ups Crazy Colors®, Reduced Sugar	11g
Welch's® Fruit Snacks	32g
Beef Jerky	6g
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	29g
Vanilla & Chocolate Cone Ice Cream	27g

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Condiments/Dressings

Ketchup (individual packet)	2g
Mustard (individual Packet)	1g
Jelly Packet	9g
Taco Sauce (individual packet)	1g
Hot Sauce (individual packet)	0g
Pancake Syrup (individual Packet)	30g
Mayonnaise(individual Packet)	1g
Tartar Sauce (individual packet)	2g
BBQ Sauce (1oz individual cup)	10g
Boom Boom Sauce	2g
Marinara Sauce (1oz individual cup)	3g
Ranch Dressing (1oz individual cup)	2g
Jalapeno Ranch Dressing (1oz individual cup)	1g
Blue Cheese Dressing (1oz individual cup)	2g
Golden Italian Dressing (1.5oz individual pouch)	3g
Honey Mustard Dressing (1oz individual cup)	9g
Caesar Dressing (.75oz individual cup)	2g
Mandarin Orange Dressing (2 tbsp portion)	9g
Sour Cream (1 Tbsp)	1.5g
Salsa (2 Tbsp)	2g

Please contact Emily Miller, MS, RDN for further nutrition information at emily.miller@bartow.k12.ga.us.