

A La Carte Items

updated 11.2019

Item	Inv #	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carb	Fiber	Sugar	Added Sugar	Protein	Vit D	Calcium	Iron	Potassium	Vit A	Vit C	Allergens
Snacks																			
Baked Fantastix Chili Cheese	143	130	5g	1g	0g	0mg	200mg	19g	2g	0g	0g	2g	-	7mg	4% DV	4mg	10% DV	0% DV	Dairy
Baked Fantastix Flamin Hot	10438	130	5g	1g	0g	0mg	200mg	20g	2g	1g	0g	2g	-	0% DV	4% DV	-	10% DV	0% DV	Red dye, dairy
RF Cheetos Puffs Mellow Cheese	10439	90	3.5g	0.5g	0g	0mg	140mg	13g	1g	0g	0g	2g	0%DV	14mg	1mg	0%DV	0%DV	0%DV	Dairy
RF Cheetos Puffs Flamin Hot	144	90	3.5g	0.5g	0g	0mg	140mg	13g	1g	0g	-	2g	0%DV	6%DV	2%DV	40mg	0%DV	0% DV	Red dye, dairy
Doritos RF Cool Ranch	172	130	5g	0.5g	0g	0mg	150mg	20g	2g	0g	-	2g	-	2%DV	2%DV	-	0%DV	0% DV	Red dye, dairy
Doritos RF Nacho Chz	173	130	5g	1g	0g	0mg	200mg	20g	2g	0g	-	2g	-	2%DV	2%DV	-	2%DV	0% DV	Red dye, dairy
Doritos RF SS Chili	174	130	5g	0.5g	0g	0mg	200mg	20g	2g	0g	-	2g	0mcg	2%DV	0%DV	0%DV	0%DV	0% DV	Soy, wheat
Doritos RF Flamas	13988	130	5g	0.5g	0g	0mg	200mg	20g	1g	1g	0g	2g	0mcg	2%DV	0%DV	0%DV	0%DV	0%DV	Red dye, dairy
Sun Chips Harvest Cheddar Snack Mix	10430	110	4g	0g	0g	0mg	200mg	15g	2g	1g	-	2g	-	0%DV	2%DV	-	0%DV	0%DV	Dairy, wheat
Ruffles Baked SC & Cheddar	11652	100	2.5g	0g	0g	0mg	200mg	17g	1g	2g	1g	1g	0mcg	10mg	0.2mg	180mg	0%DV	0%DV	Soy, dairy
KP Soft Pretzels	561	190	0g	0g	0g	0mg	135mg	40g	5g	1g	-	9g	-	2%DV	10%DV	-	0%DV	0%DV	Wheat, soy
Popcorn Indiana Kettle Pop	525	130	5g	0g	0g	0mg	130mg	21g	2g	9g	-	1g	-	0%DV	0%DV	-	0%DV	0%DV	-
Lay's Baked BBQ	179	140	3.5g	0.5g	0g	0mg	180mg	24g	2g	3g	3g	2g	0%DV	0%DV	0%DV	4%DV	0%DV	0%DV	Dairy, soy
Lay's Baked Original	176	140	4g	0.5g	0g	0mg	180mg	24g	2g	3g	2g	2g	0mcg	10mg	0.3mg	250mg	0%DV	4%DV	Soy
Lay's Baked SC & Onion	177	140	3.5g	0.5g	0g	0mg	190mg	24g	2g	3g	2g	2g	0%DV	0%DV	0%DV	4%DV	0%DV	0%DV	Dairy, soy
Lays Kettle Cooked Salt & Vinegar	14975	180	7g	1g	0g	0mg	180mg	28g	2g	2g	-	3g	0mcg	10mg	1mg	570mg	0%DV	10%DV	-
Lays Kettle Cooked BBQ	15426	180	7g	1g	0g	0mg	190mg	27g	2g	3g	1g	3g	0%DV	0%DV	4%DV	10%DV	0%DV	10%DV	Dairy
Lays Kettle Cooked Original	15427	180	7g	1g	0g	0mg	190mg	27g	2g	1g	-	3g	0%DV	0%DV	4%DV	10%DV	0%DV	0%DV	-
Funyuns Onion Rings	14990	100	3.5g	0.5g	0g	0mg	125mg	14g	1g	1g	0g	2g	0%DV	0%DV	2%DV	0%DV	0%DV	0%DV	Dairy
Rold Gold Hartzel Pretz	560	80	1g	0g	0g	0mg	200mg	16g	2g	0g	-	2g	-	2%DV	4%DV	2%DV	0%DV	0%DV	Wheat
Grandma's Mini Chocolate Chip Cookie	17257	160	6g	1.5g	0g	0mg	160mg	25g	3g	11g	9g	2g	0%DV	0%DV	6%DV	2%DV	-	-	Dairy, Soy, wheat
Rice Krispies Treat WG	576	160	4g	1g	0g	0mg	140mg	30g	1g	11g	11g	2g	-	0%DV	10%DV	-	6%DV	0%DV	Dairy, soy
Rice Krispies Treat WG Choc Chip	13989	190	5g	2g	0g	0mg	150mg	34g	1g	14g	14g	2g	0%DV	0%DV	10%DV	-	0%DV	0%DV	Dairy, soy
Butter Crunch	8562	175	6.6g	1.95g	0g	12.5mg	149mg	27.5g	2.5g	13.3g	-	1.9g	-	0%DV	7%DV	-	0%DV	0%DV	Eggs, Wheat
Chocolate Chip	8562	176	8.8g	1.95g	0g	6.25mg	149mg	27.6g	2.8g	13.3g	-	1.9g	-	0%DV	0%DV	-	0%DV	0%DV	Eggs, Wheat
Fudge Chip	8562	170	6.6g	1.8g	0g	5.26mg	87.6mg	25g	2.5g	13.2g	-	1.9g	-	0%DV	8%DV	-	0%DV	0%DV	Eggs, Wheat
Butter Crunchers	8558	150	5.7g	1.6g	0g	10mg	135mg	22g	2g	10.75g	-	2g	-	0%DV	5%DV	-	0%DV	0%DV	Wheat, eggs, soy, milk
Chocolate Chippers	8558	145	5.5g	1.6g	0g	5.7mg	89.9mg	22.3g	2g	10.5g	-	1.5g	-	0%DV	5%DV	-	0%DV	0%DV	Wheat, eggs, soy
Brookie	17055	199	7g	2.2g	0g	10mg	55mg	33g	2g	17g	14g	3g	4%DV	2%DV	6%DV	2%DV	-	-	Wheat, eggs, dairy, soy
Cheez-It WG	207	100	3.5g	1g	0g	5mg	150mg	14g	1g	0g	-	2g	0%DV	0%DV	4%DV	0%DV	-	-	Soy, wheat, dairy
Goldfish	209	100	4g	0.5g	0g	0mg	170mg	14g	1g	0g	-	2g	-	2%DV	4%DV	-	0%DV	0%DV	Dairy, wheat
Beef Jerky Original	13270	70	1g	0g	0g	25mg	200mg	6g	0g	6g	-	10g	-	0%DV	6%DV	-	0%DV	0%DV	-
Beef Jerky Teriyaki	13271	70	1g	0g	0g	25mg	200mg	6g	0g	6g	-	10g	-	0%DV	6%DV	-	0%DV	0%DV	Wheat, soy
Fruit Snacks Assorted	14172	130	0g	0g	0g	0mg	55mg	37g	9g	15g	-	0g	-	0%DV	0%DV	-	0%DV	100%DV	-
Fruit Snacks Mixed Berry	14173	130	0g	0g	0g	0g	55mg	38g	9g	15g	-	0g	-	0%DV	0%DV	-	0%DV	100%DV	-
Fruit Roll Up Hot Colors	15429	50	1g	0.5g	0g	0mg	55mg	11g	2g	4g	-	0g	-	0%DV	0%DV	-	0%DV	25%DV	Red dye
Fruit Roll Up Strawberry	15430	50	1g	0.5g	0g	0mg	55mg	11g	2g	4g	-	0g	-	0%DV	0%DV	-	0%DV	25%DV	Red dye
Fruit Roll Up Crazy Colors	14731	50	1g	0.5g	0g	0mg	55mg	11g	2g	4g	-	0g	-	0%DV	0%DV	-	0%DV	25%DV	Red dye
Apple Slices	10598	30	0g	0g	0g	0mg	0mg	7g	1g	6g	-	0g	-	2%DV	0%DV	-	0%DV	35%DV	-
Yogurt Straw Banana	777	180	0g	0g	0g	5mg	105mg	38g	0g	29g	-	6g	-	60%DV	0mg	-	0IU	4%DV	Dairy

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Icecream																			
Cone, Chocolate Vanila Twist	12542	150	2g	1.5g	0g	5mg	95mg	30g	0g	21g	-	3g	-	10%DV	0%DV	-	6%DV	0%DV	Dairy, soy, wheat
Cone, Cookies & Cream	12543	120	1.5g	1g	0g	5mg	100mg	25g	1g	14g	-	2g	-	10%DV	4%DV	-	2%DV	0%DV	Dairy, soy, wheat
Cone, Crazy	12544	120	2g	1g	0g	5mg	80mg	24g	0g	10g	-	2g	-	6%DV	0%DV	-	6%DV	0%DV	Dairy, soy, wheat
Chocolate Scooter	12545	170	6g	1.5g	0g	5mg	85mg	26g	0g	13g	11g	2g	0%DV	8%DV	2%DV	4%DV	0%DV	0%DV	Dairy, soy, wheat, red dye
Strawberry Scooter	12546	160	6g	1.5g	0g	0mg	75mg	25g	0g	13g	12g	2g	0%DV	8%DV	0%DV	2%DV	0%DV	0%DV	Dairy, soy, wheat, red dye, coconut
Salted Caramel Crunch	14856	150	4.5g	1.5g	0g	0mg	135mg	23g	0g	12g	-	4g	-	8%DV	0%DV	-	10%DV	0%DV	Dairy, soy, wheat
Icecream Sandwich Mini	12537	120	2.5g	1g	0g	5mg	70mg	12g	0g	10g	-	2g	-	8%DV	4%DV	-	6%DV	0%DV	Dairy, soy, wheat

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Icecream Sandwich	12538	180	3.5g	1.5g	0g	10mg	150mg	33g	1g	20g	-	4g	-	10%DV	0%DV	-	8%DV	0%DV	Dairy, soy, wheat
Icecream Sandwich Minty	12539	180	3.5g	1.5g	0g	10mg	150mg	33g	1g	20g	-	4g	-	10%DV	0%DV	-	8%DV	0%DV	Dairy, soy, wheat
Icecream Sandwich Cookies & Cream	14104	150	2.g	1.5g	0g	5mg	150mg	29g	1g	13g	-	3g	-	6%DV	2%DV	-	6%DV	0%DV	Dairy, soy, wheat
Icream Sandwich Brownie Batter	14855	150	4.5g	1.5g	0g	0mg	135mg	23g	0g	12g	10g	3g	0%DV	10%DV	2%DV	4%DV	0%DV	0%DV	Dairy, soy, wheat

Item	Inv #	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carb	Fiber	Sugar	Added Sugar	Protein	Vit D	Calcium	Iron	Potassium	Vit A	Vit C	Allergens
Beverages																			
Capri Sun Apple Splash	356	80	0g	0g	0g	0mg	25mg	21g	0g	20g	-	0g	-	2%DV	2%DV	-	0%DV	0%DV	-
Capri Sun Berry Breeze	357	90	0g	0g	0g	0mg	25mg	21g	0g	20g	-	0g	-	2%DV	2%DV	-	0%DV	2%DV	-
Capri Sun Fruit Dive	358	80	0g	0g	0g	0mg	25mg	21g	0g	20g	-	0g	-	2%DV	2%DV	-	0%DV	2%DV	-
Crystal Light Lemonade	247	5	0g	0g	0g	0mg	35mg	0g	0g	0g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	Soy
Fruit20 Grape	8565	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g	0g	0mcg	0mg	0mg	0mg	0IU	0mg	-
Fruit20 Lemon	8566	0	0g	0g	0g	0mg	75mg	0g	0g	-	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Fruit20 Orange	8567	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Gatorade Glacier Freeze G2	310	30	0g	0g	0g	0mg	160mg	8g	0g	7g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Gatorade Grape G2	308	30	0g	0g	0g	0mg	160mg	8g	0g	7g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	Red dye
Gatorade Orange G2	309	35	0g	0g	0g	0mg	160mg	8g	-	7g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	Red dye
Gatorade Fruit Punch G2	16195	30	0g	0g	0g	0mg	160mg	8g	0g	7g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	Red dye
Gatorade Lemon Lime G2	16196	30	0g	0g	0g	0mg	160mg	8g	0g	7g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Gatorade Zero Glacier Cherry	17258	10	0g	0g	0g	0mg	270mg	1g	0g	0g	0g	0g	0%DV	0%DV	0%DV	0%DV	-	-	-
Mountain Dew Kickstart Org Pineapple	17259	60	0g	0g	0g	0mg	130mg	15g	0g	14g	11g	0g	0%DV	0%DV	0%DV	0%DV	-	-	Coconut, tree nuts
Tropicana Fruit Medley 100% Juice	13251	140	0g	0g	0g	0mg	25mg	34g	0g	32g	32g	2g	0%DV	2%DV	-	6%DV	-	80%DV	Pineapple
Tropicana Orange 100% Juice	8572	140	0g	0g	0g	0mg	20mg	33g	0g	28g	-	2g	-	2%DV	0%DV	-	0%DV	100%DV	-
Thirster Apple 100% Juice	8571	140	0g	0g	0g	0mg	35mg	35g	0g	35g	-	0g	-	0%DV	0%DV	-	0%DV	120%DV	-
Naked Juice Smoothie Berry Blast	16197	160	0g	0g	0g	0mg	10mg	38g	0g	32g	-	2g	0%DV	2%DV	2%DV	8%DV	0%DV	0%DV	-
Naked Juice Smoothie Mighty Mango	16199	180	0g	0g	0g	0mg	10mg	43g	3g	35g	0g	1g	0%DV	0%DV	2%DV	8%DV	130%DV	6%DV	-
Naked Juice Smoothie Straw Banana	16200	160	0g	0g	0g	0mg	5mg	38g	0g	29g	0g	2g	0%DV	0%DV	4%DV	8%DV	130%DV	6%DV	-
Nestle Water	766	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Snapple 100% Juice Fruit Punch	664	170	0g	0g	0g	0mg	20mg	42g	0g	42g	0g	0g	-	10%DV	6%DV	-	30%DV	100%DV	Pineapple
Snapple 100% Juice Green Apple	665	170	0g	0g	0g	0mg	30mg	41g	0g	39g	-	0g	-	15%DV	6%DV	-	15%DV	100%DV	-
Snapple 100% Juice Grape	13185	170	0g	0g	0g	0mg	30mg	42g	0g	41g	-	0g	-	14.9%DV	5.9%DV	-	14.9%DV	100%DV	-
Snapple Diet Variety Tea	10615	10	0g	0g	0g	0mg	15mg	1g	0g	0g	-	0g	-	0mg	0mg	-	0 IU	0mg	-
Sparling Ice Black Cherry	14491	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Sparkling Ice Black Raspberry	10286	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0%DV	0%DV	-	10%DV	0%DV	-
Sparkling Ice Cherry Limeade	10609	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	-	0mg	0mg	-	0 IU	0mg	-
Sparkling Ice Coconut Pineapple	10605	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0mg	0mg	-	10%DV	0mg	Pineapple, coconut
Sparkling Ice Grape Raspberry	14495	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0%DV	0%DV	-	10%DV	0%DV	-
Sparkling Ice Kiwi Strawberry	10599	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	-	0%DV	-	10%DV	-	-
Sparkling Ice Lemon Lime	10606	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0%DV	0%DV	-	10%DV	0%DV	-
Sparkling Ice Lemonade	10288	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0mg	0mg	-	10%DV	0mg	-
Sparkling Ice Mystery Fruit	15821	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	-	0%DV	0%DV	-	0%DV	0%DV	-
Sparkling Ice Orange Mango	10285	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	24%DV	0%DV	0%DV	0%DV	0%DV	0%DV	-
Sparkling Ice Peach Nectarine	10604	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0mg	0mg	0%DV	10%DV	0mg	-
Sparkling Ice Pink Grapefruit	10607	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0mg	0mg	-	10%DV	0mg	-
Sparkling Ice Pomegranate Blueberry	10602	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Red dye
Sparkling Ice Strawberry Lemonade	10287	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	-	0mg	0mg	-	0 IU	0mg	-
Sparkling Ice Strawberry Watermelon	10608	0	0g	0g	0g	0mg	0mg	0g	0g	0g	-	0g	10%DV	0%DV	0%DV	-	10%DV	0%DV	-
Switch 100% Juice Apple	712	110	0g	0g	0g	0mg	5mg	27g	0g	26g	-	0g	-	0%DV	0%DV	-	0%DV	100%DV	-
Switch 100% Juice Blk cherry	713	120	0g	0g	0g	0mg	5mg	30g	0g	29g	-	0g	-	0mg	0mg	-	0IU	100%DV	-
Switch 100% Juice Fruit Punch	714	120	0g	0g	0g	0mg	5mg	30g	0g	28g	-	0g	-	0%DV	0%DV	-	0%DV	100%DV	Pineapple
Switch 100% Juice Kiwi Berry	715	110	0g	0g	0g	0mg	15mg	26g	0g	25g	-	0g	-	0%DV	0%DV	-	0%DV	100%DV	-
Switch 100% Juice Orange	716	110	0g	0g	0g	0mg	10mg	26mg	0g	25g	-	0g	-	0mg	0mg	-	0%DV	100%DV	-

