

# Poudre School District Nutrition Information

<b>ALA CARTE SELECTIONS</b>	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Dietary Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
BOSCO BREADSTICKS w/ SAUCE	460	14	8	75	870	61	5	25			•		•	
CHICKEN FRITTERS - 2.5 oz	170	8	1	25	450	12	0	12					•	
CHICKEN WINGS, HOT&SPICY (5)	516	37	10	142	333	0	0	42					•	
CLUX DELUXE SANDWICH	400	10	2	50	990	50	3	26				•	•	
EGG ROLL - PORK	180	7	2	30	420	22	2	9	•			•	•	
PRETZEL W/ CHEESE	440	8	3	0	880	83	2	13			•		•	
<b>CONDIMENTS</b>														
KETCHUP (INDIV)	10	0	0	0	100	3	0	0						
DRESSING, RANCH (INVID)	20	0	0	0	120	4	0	0			•			
MAYO (INDIV)	40	4	0.5	5	85	1	0	0	•					
MUSTARD (INDIV)	0	0	0	0	70	0	0	0						
SAUCE, SWEET & SOUR (INVID)	60	0	0	0	115	14	0	0						
<b>OTHER ITEMS</b>														
CHEX MIX, CHEDDAR	210	6	1	0	370	35	2	4			•	•	•	
CHEX MIX, HONEY NUT	210	7	1	0	230	36	2	3			•	•	•	•
CHEX MIX, HOT & SPICY	150	4.5	1	0	230	26	1	2			•	•	•	
CHEX MIX, STRAWBERRY	140	4	1.5	0	65	27	2	2			•	•	•	
CHIPS, CHEETOS FLAMING	120	4.5	0.5	0	210	17	0	2			•	•		
CHIPS, RED. FAT DORITOS	130	5	1	0	220	19	2	2			•			
CHIPS, SUNCHIPS CHEDDAR	140	6	1	0	160	19	2	2			•		•	
CHIPS, SUNCHIPS MULTIGRAIN	140	6	1	0	120	18	2	2					•	
COOKIE, CHOC BROWNIE	150	5	1.5	10	150	27	2	2	•		•	•	•	
COOKIE, CHOC CHIP	170	5	1.5	10	100	28	2	2	•		•	•	•	
COOKIE, CARNIVAL	170	5	0.5	10	100	28	2	2	•		•	•	•	
COOKIE, OATMEAL RAISIN	160	5	1.5	15	140	28	2	2	•		•	•	•	
CRACKERS, ANIMAL (INDIV)	130	2	0	0	90	25	0.5	2				•	•	
CRACKERS, GOLDFISH (INDIV)	100	3.5	1	0	180	14	1	2			•		•	
FRUIT BY THE FOOT, VARIETY	80	1.5	0.5	0	35	16	0	0						
FRUIT GUSHERS, STRAWBERRY	90	1	0	0	45	20	0	0						
GRANOLA BAR, CHOC CHIP	90	2	0.5	0	55	19	1	1			•	•	•	•
GRANOLA BAR, OATMEAL	90	1.5	0	0	80	19	1	1			•	•	•	•
GRANOLA BAR, PB CHOC CHIP	100	3	1	0	95	17	1				•	•	•	•
GRANOLA BAR, SWEET & SALTY	170	9	2.5	0	130	19	2	4			•	•	•	•
POPCORN, WHITE CHEDDAR	160	10	2	0	290	14	2	3			•			
RICE KRISPIE TREAT	150	3.5	1	0	170	28	0	1			•	•		
SNACKBAR, CINN TOAST CRUNCH	140	3.5	0.5	0	130	27	2	2					•	

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<b>BEVERAGE SELECTIONS</b>	Nutrition Information								Allergens					
	Serving Size Fluid Ounces	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
GATORADE, BERRY ALL STAR	12	90	0	0	0	160	22	0						
GATORADE, FRUIT PUNCH	11.6	80	0	0	0	160	20	0						
GATORADE, GRAPE G2	12	30	0	0	0	160	7	0						
GATORADE, LEMON LIME	11.6	80	0	0	0	160	20	0						
GATORADE, ORANGE	11.6	80	0	0	0	160	21	0						
IZZE, APPLE	8.4	90	0	0	0	6	23	0						
IZZE, BLACKBERRY	8.4	90	0	0	0	20	22	0						
IZZE, CLEMENTINE	8.4	90	0	0	0	10	22	0						
IZZE, GRAPEFRUIT	8.4	90	0	0	0	5	25	1						
<b>100% JUICE SELECTIONS</b>														
JUICE, APPLE	4	60	0	0	0	0	14	0						
JUICE, APPLE	10	140	0	0	0	15	34	1						
JUICE, CAPRI SUN APPLE	6	80	0	0	0	25	20	0						
JUICE, CAPRI SUN FRUIT	6	80	0	0	0	25	21	0						
JUICE, CRANBERRY	10	180	0	0	0	45	43	1						
JUICE, GRAPEFRUIT	10	170	0	0	0	20	42	0						
JUICE, ORANGE	4	60	0	0	0	0	14	1						
JUICE, ORANGE	10	140	0	0	0	20	33	2						
<b>MILK</b>														
1% MILK	8	100	2.5	1.5	10	125	12	8			•			
SKIM MILK	8	80	0	0	5	125	12	9			•			
SKIM CHOCOLATE MILK	8	130	0	0	5	200	24	8			•			
<b>WATER</b>														
PROPEL, BERRY	12	15	0	0	0	50	4	0						

The data within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.