

**WTPS Food Service Department**  
**Snack & Beverage Carb/Allergen**  
**2023-2024**

Item	Item #	Total Carbs	Allergens					
			Milk	Wheat	Soy	Egg	Peanut	Treenut
Beverage - Drink, Apple Sparkling 8.4 oz Can (MS/HS)	421305	22						
Beverage - Drink, Blackberry Sparkling 8.4 oz Can (MS/HS)	421347	22						
Beverage - Drink, Clementine Sparkling 8.4 oz (MS/HS)	421370	21						
Beverage - Drink, Peach Sparkling 8.4 oz (MS/HS)	1839279	21						
Beverage - Drink, Pomergranate Sparkling 8.4 oz (MS/HS)	95026	22						
Beverage - Drink, Glacier Cherry (HS)	7245526	1						
Beverage - Drink, Grape 12 oz (HS)	5698758	8						
Beverage - Drink, Fruit Punch 12 oz (HS)	5708029	13						
Beverage - Flavored Water, Strawberry Kiwi 16.9 oz (HS)	5914833	0						
Beverage - Flavored Water, Berry 16.9 oz (HS)	5914825	0						
Beverage - Juice, Apple 10 oz (MS/HS)	9029067	34						
Beverage - Juice, Black Cherry Sparkling 7.5 oz (MS)	1007843	17						
Beverage - Juice, Kiwi Berry Sparkling 7.5 oz (MS)	1007604	30						
Beverage - Juice, Fruit Punch Sparkling 7.5 oz (MS)	1007845	30						
Beverage - Juice, Orange Tangerine Sparkling 7.5 oz (MS)	1007844	30						
Beverage - Juice, Strawberry Watermelon Sparkling 7.5 oz (MS)	1007847	29						
Beverage - Juice, Grapefruit Ruby Red 10 oz (MS/HS)	7221484	39						
Chips - Cheetos, Crunchy Baked Limon Hot SS .875 oz	8181525	15	X					
Chips - Cheetos, Crunchy Baked WG Flamin'Hot SS .88 oz	2939505	16	X					
Chips - Cheetos, Crunchy Baked WG SS 1 oz	5599983	16	X					
Chips - Cheetos, Puffs RF SS Bag .7 oz	7756661	13	X					
Chips - Cheetos, Sticks Chili SS Fantastix 1 oz	345306	19	X					
Chips - Doritos, Cool Ranch RF SS 1 oz	354217	19	X					
Chips - Doritos, Flamas RF SS 1 oz	9584141	20	X					
Chips - Doritos, Nacho Cheese RF SS 1 oz	5496682	20	X					
Chips - Doritos, Sweet N Spicy RF SS 1 oz	6754733	20	X	X	X			
Chips - Doritos, Wild White RF SS 1oz	7709369	20	X					
Chips - Munchies, Snack Mix WG SS .87 oz	338558	17	X	X				
Chips - Potato Crisps BBQ Baked SS .875 oz	1513209	19	X		X			
Chips - Potato, Crisps Regular Baked SS .875 oz	4551388	19			X			
Chips - Potato, Crisps Sour Cream & Cheddar SS .8 oz	9862467	17	X		X			
Chips - Potato, Crisps Sour Cream & Onion SS .875 oz	1551399	19	X		X			
Chips - Potato, Kettle Applewood BBQ 1.37 oz	2600708	26	X					
Chips - Potato, Kettle Jalepeno SS 1.37 oz	8621484	19	X					
Chips - Potato, Kettle Original SS 1.37 oz	8621526	27	X					
Chips - Potato, Kettle Salt & Vinegar SS 1.37 oz	8621492	28						
Chips - Tostitos, Rounds SS .87 oz	6925390	19						
Chips - Tostitos, Scoops Baked Bowl Shaped SS .875 oz	4853958	19						
Condiment - Sprinkles, Rainbow 4/6 lb	4242862	75						
Cookies - Brookie WG IW FZN 1.5 oz	1945991	23	X	X	X	X		
Cookies - Chocolate Chip, WG 1 oz FZN	4307687	18		X	X	X		
ALTERNATE - Chocolate Chip, Dough FZN 1 oz	7201650	17	X	X	X	X		
Cookies - Sugar, 1 oz FZN	4430738	18		X	X	X		
ALTERNATE - Sugar, Dough FZN 1 oz.	9201658	17	X	X	X	X		
Snack - Chex, Mix Cheddar SS .92 oz	6963649	22	X	X	X			
Snack - Cookies, Chocolate Chip Mini Grandma's 1.22 oz bag	1453731	24	X	X	X		X	X
Snack - Cracker, Blueberry Lemon Bites SS WGR 1 oz	5154084	21	X	X	X			
Snack - Cracker, Cheddar Cheese Square SS.75 oz	7612294	14	X	X	X			
Snack - Cracker, Giant Goldfish Cinnamon Graham SS .9 oz (ES)	4692964	19		X	X			
Snack - Cracker, Goldfish Cheddar WG SS .75 oz	4977252	14	X	X				
Snack - Cracker, Graham Chocolate WG SS 1 oz	4491921	20		X	X			
Snack - Cracker, Graham Cinnamon WG SS 1 oz	599311	21		X	X			
Snack - Cracker, Graham Scooby Doo Cinnamon SS 1 oz.	9749672	21		X	X			
Snack - Cracker, Vegetable WG SS IW 1 oz	4290848	18	X	X	X			
Snack - Fruit RollUp, Crazy Colors .5 oz (ES)	1075357	12						
Snack - Fruit Snack, Scooby Doo .9 oz	5301619	19						
Snack - Funiyuns, Baked .75 oz	6498798	14	X					
Snack - Oatmeal Bar, Chocolate Chip WG SS 1.24 oz (ES)	1810134	23	X	X	X	X		
Snack - Popcorn, Cheddar Cheese RF .5 oz	6416038	9	X					
Snack - Popcorn, Sweet & Salty 1 oz	3998975	20						
Snack - Pretzels, Goldfish SS .75 oz	6358444	16	X	X				
Snack - Pretzels, Soft Baked PBKD WGR FZN 2.2 oz	334664	30		X				

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Snack - Raisin, Sour Watermelon SS 1.33 oz	8920011	29							
Snack - Rice Cakes, Apple Cinnamon WG SS .91 oz	1020509	11			X				
Snack - Rice Cakes, Buttermilk Ranch WG SS .67 oz	1018243	13	X		X				
Snack - Rice Crispy Treat, Confetti IW 1.48 oz 4/20	6587941	17	X		X				
Snack - Rice Crispy Treat, WGR IW 1.41 oz 4/20	8733560	17	X		X				
Tortilla - Flour Garlic N Herb 12"	1462051	47		X	X				
Tortilla - Flour Spinach Herb 12"	7234601	47		X	X				
Tortilla - Sun Dried Tomato 12"	9235425	12		X	X				
Tortilla - Honey Wheat 12"	1235423	12		X	X				
Tortilla - Strips Tri-color TFF Bag 10/1 lb ( Teachers Only) (1 oz)	2869204	4							
Water - Bottled 16.9 oz (MS/HS)	5488748	0							
Water - Bottled 8 oz (ES)	6256160	0							
Berry Lemonade	4138263	0							
Black Cherry	4125263	0							
Black Raspberry	4102263	0							
Cherry Limeade	4117263	0							
Coconut Pineapple	4110263	0							
Fruit Punch	4142263	0							
Grape Raspberry	4136263	0							
Kiwi Strawberry	4100263	0							
Lemon Lime	4111263	0							
Lemonade	4108263	0							
Orange Mango	4101263	0							
Peach Nectarine	4109263	0							
Pink Grapefruit	4114263	0							
Strawberry Watermelon	4118263	0							
Strawberry Lemonade	4103263	0							
Bar - Chocolate Éclair RF/LF	3 oz	21	X	X	X				
Bar - Cotton Candy RF/LF	2.5 oz	16	X						
Bar - Creamsicle RF/LF	2.5 oz	21	X						
Bar - Strawberry Shortcake RF/LF	3 oz	20	X	X	X				
Bar - Fudge RF/LF	2.5 oz	21	X						
Cone - Cookies N' Cream RF/LF	3 oz	29	X	X	X				
Cone - Vanilla/Chocolate RF/LF	4 oz	31	X	X	X				
Cup - Frozen Yogurt/Peach RF/LF	4 oz	18	X						
Cup - Fudge Sundae RF/LF	3 oz	16	X						
Cup - Vanilla RF/LF	3 oz	16	X						
Cup - Vanilla/Chocolate RF/LF	3 oz	15	X						
Sandwich - Vanilla RF	4 oz	24	X		X				