

Smart Snacks Allergens & Carb Counts

Product	Serving Size	Carbs (g)	Peanuts	Tree Nuts	Egg	Wheat	Gluten	Milk	Soy	Sesame
Pretzel, Soft 2.2oz	1 pretzel	30				Contains	Contains			
Pretzel, Soft Rod 1oz	1 pretzel	14				Contains	Contains			
Doritos Nacho Cheese	1 bag	20						Contains		
Doritos, Cool Ranch	1 bag	20						Contains		
Doritos, Spicy Sweet Chili	1 bag	20				Contains	Contains		Contains	
Doritos, Flamas	1 bag	20						Contains		
Baked Lays, Original	1 bag	19							Contains	
Baked Lays, BBQ	1 bag	19						Contains	Contains	
Baked Lays, Sour Cream & Onion	1 bag	19						Contains	Contains	
Cheetos, Cheese Puffs Cheddar	1 bag	13						Contains		
Cheetos, Oven Baked Crunchy	1 bag	16						Contains		
Cheetos, Oven Baked Flamin Hot	1 bag	16						Contains		
Tostitos, Oven Baked Scoops	1 bag	19								
Popcorn Indiana Sweet & Salty	1 bag	20								
Popcorn, Smartfood White Ched.	1 bag	9						Contains		
Snack Mix, Chex Cheddar	1 bag	20				Contains	Contains	Contains	Contains	
Lays, Kettle Cooked Smoked BBQ	1 bag	27						Contains		
Lays, Kettle Cooked Original	1 bag	27								
Lays, Kettle Cooked Jalapeno Cheddar RF	1 bag	27						Contains		

Lays, Kettle Cooked Sea Salt & Vinegar	1 bag	28								
Ruffles, Cheddar & Sour Cream	1 bag	17						Contains	Contains	
Crackers, Cheez-It WG 0.75oz	1 bag	14				Contains	Contains	Contains	Contains	
Goldfish WG Cheddar 0.75oz	1 bag	14				Contains	Contains	Contains	May Contain	
Choc. Chip Cookie Dough WG	1 cookie	18			Contains	Contains	Contains		Contains	
Sugar Cookie Dough WG 1oz	1 cookie	18			Contains	Contains	Contains		Contains	
Double Choc. Chip Cookie Dough	1 cookie	17			Contains	Contains	Contains	Contains	Contains	
Nutri Grain, Strawberry Bar	1 bar	39				Contains	Contains	Contains	Contains	
Rice Krispies Treats Bar WG	1 bar	30						Contains	Contains	
Cereal Bar, Cinn. Toast Crunch	1 bar	30				Contains	Contains		Contains	
Betty Crocker Oatmeal Chip	1 bar	25			Contains	Contains	Contains	May Contain	Contains	
Cereal Bar, Cocoa Puffs 1.42oz	1 bar	29				Contains	Contains		Contains	
Cereal Bar, Trix 1.42oz	1 bar	29				Contains	Contains		Contains	
Cheerios, Plain Bowl 0.68oz	1 bowl	14								
Cinnamon Toast Crunch WG RS Bowl	1 bowl	22				Contains	Contains		Contains	
Danimals Strawberry Yogurt 4oz	1 yogurt	12						Contains		
Pop-Tart, Strawberry WG 1.76oz	1 pastry	36				Contains	Contains		Contains	
Pop-Tart, Brown Sugar Cinnamon WG	1 pastry	37				Contains	Contains		Contains	

Fruit Snack, Rollup Crazy Colors 0.5oz	1 fruit rollup	11								
Pop-Tart, Frosted Fudge WG	1 pastry	37				Contains	Contains		Contains	
String Cheese Light 1oz	1 stick	1						Contains		
Fruit Snack, Mott's Medleys Assorted Fruit 1.6oz	1 bag	38								
Fruit Punch Freeze Polar Blast Bar	1 bar	21								
Chocolate Scooter Bar	1 bar	26				Contains	Contains	Contains	Contains	
Strawberry Scooter Bar	1 bar	25				Contains	Contains	Contains	Contains	
LF Cookies & Cream Cone	1 cone	24	Shared Equipment	Shared Equipment		Contains	Contains	Contains	Contains	
LF Crazy Cone	1 cone	26	Shared Equipment	Shared Equipment		Contains	Contains	Contains	Contains	
Strawberry Tropi-Kool Fruit Bar	1 bar	28								
Mango Tropi-Kool Fruit Bar	1 bar	27								
Vanilla Mighty Mini Sandwich	1 bar	19				Contains	Contains	Contains	Contains	
LF Vanilla Ice Cream Sandwich	1 bar	27				Contains	Contains	Contains	Contains	
LF Cookies & Cream Ice Cream Sandwich	1 bar	27				Contains	Contains	Contains	Contains	
FF Cotton Candy Twister Cup	1 cup	22						Contains		
FF Vanilla Yogurt Cup	1 cup	20						Contains		
Orange Sherbert Cup	1 cup	30						Contains		
Raspberry Sherbert Cup	1 cup	30						Contains		
LF Chocolate Sundae Cup	1 cup	18						Contains		
LF Strawberry Sundae Cup	1 cup	18						Contains		

