



2019-20 A la Carte Nutrition Information

Jeffco Food and Nutrition services works to bring in a variety of a la carte items to provide student's options. We follow all USDA Smart Snack guidelines.

Note: Food and Nutrition Services attempts to provide the most up-to-date and accurate information possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. Nutrition information is provided by manufacturers and USDA, and is subject to change without notification. **Revised: July 25, 2019**

A la Carte Food Choices

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Snack Items										
Annie's Organic Bunny Grahams	160	6	34%	0.5	3%	140	24	3	3	Whole Grain
Brookie	199	7	32%	2.2	10%	55	33	2	3	Whole Grain, Reduced Fat
Candy Chip Cookie	140	4.5	29%	1.5	10%	115	25	1	2	Whole Grain
Celebration Bar	200	8	36%	2	9%	130	30	1	2	Whole Grain
Cheez-Its Cheddar Crackers	100	3.5	32%	1	9%	150	14	1	2	Whole Grain
Chex Mix Cheddar	110	2.5	20%	0.5	4%	135	20	2	2	Whole Grain
Chex Mix Hot & Spicy	110	3	25%	0.5	4%	160	19	1	2	Whole Grain
Chocolate Chip Cookie	140	4	26%	1.5	10%	100	26	2	2	Whole Grain
Dick & Jane Cookies	130	4	28%	1	7%	95	22	1	2	Whole Grain
Fresh Baked Carnival Cookie	170	6	32%	1.5	8%	130	27	1	2	Whole Grain
Fresh Baked Chocolate Chip Cookie	160	6	34%	1.5	8%	105	27	2	2	Whole Grain

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Frosted Holiday Cookie	170	6	32%	1.5	8%	55	27	1	2	Whole Grain
Fruit Roll-Up Crazy Colors	50	1	18%	0.5	9%	55	11	2	0	
Goldfish Cheddar Crackers	100	4	36%	0.5	5%	170	14	1	2	Whole Grain
Goldfish Grahams French Toast	130	4.5	31%	1	7%	140	21	2	2	Whole Grain, No Artificial Flavors/Preservatives
Grandma's Mini Chocolate Chip Cookies	160	6	34%	1.5	8%	160	25	3	2	Whole Grain
Hard Boiled Egg	80	5	56%	1.5	17%	60	1	0	6	
Jack Link's Beef Jerky Original	70	1	13%	0	0%	200	6	0	10	
Jack Link's Beef Jerky Teriyaki	70	1	13%	0	0%	200	6	0	10	
Kellogg's Scooby Doo Cinnamon Graham Cracker	120	3.5	26%	1	8%	115	21	1	2	Whole Grain
Mini Muffin- Birthday Cake	170	6	32%	1.5	8%	125	24	1	3	Whole Grain
Mott's Fruit Snacks Assorted Fruit	130	0	0%	0	0%	55	38	9	0	No Artificial Flavors/Colors
Mott's Fruit Snacks Mixed Berry	130	0	0%	0	0%	55	38	9	0	No Artificial Flavors/Colors
Muffin- Blueberry	190	6	28%	2	9%	130	30	2	3	Whole Grain
Muffin- Chocolate Chip	200	6	27%	2	9%	130	32	2	4	Whole Grain
Nature Valley Oats 'N Honey Granola Bar	190	7	11%		1%	480	29	2	3	Whole Grain
Nutri-Grain Bar Strawberry	160	4	23%	0.5	3%	150	30	3	2	Whole Grain
Quaker Chewy Granola Bar Cookies n' Cream	150	4	24%	1	6%	135	29	4	2	Whole Grain
Rice Krispy Treat	160	4	23%	1	6%	140	30	0	2	Whole Grain
Triple Chocolate Filled Cookie	200	7	32%	2	9%	130	31	3	3	Whole Grain
Welch's Fruit Snacks	80	0	0%	0	0%	10	20	0	0	Made with Real Fruit
Zeezee Birthday Cake Bar	150	5	30%	1.5	9%	45	24	2	2	Whole Grain
Zeezee Birthday Cake Grahamz	120	4	30%	1	8%	50	21	0	2	Whole Grain
Zeezee Campfire S'mores Bar	150	5	30%	1.5	9%	50	24	1	2	Whole Grain
Zeezee Original Hummus	110	2	16%	0	0%	100	18	5	6	
Zeezee Roasted Red Pepper Hummus	110	2	16%	0	0%	100	18	5	6	

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Zeezee Strawberry Grahamz	120	4	30%	1	8%	55	21	0	2	Whole Grain
Chips and Popcorn										
Baked Lay's Sour Cream & Onion	140	3.5	23%	0.5	3%	190	24	2	2	Whole Grain
Lay's Kettle Cooked Jalapeno Cheddar	180	7	35%	1	5%	160	27	2	3	Whole Grain, No Artificial Flavors/Colors, No Preservatives
Lay's Kettle Cooked Sea Salt & Vinegar	180	7	35%	1	5%	180	28	2	3	Whole Grain, No Artificial Flavors/Colors, No Preservatives
Oven Baked Cheetos Flamin' Hot	120	4.5	34%	0.5	4%	200	17	1	2	Whole Grain
Oven Baked Lay's BBQ	110	3	25%	0	0%	140	19	1	2	Whole Grain
Oven Baked Lay's Original	140	4	26%	0.5	3%	180	24	2	2	Whole Grain
Oven Baked Ruffles Cheddar & Sour Cream	100	3	27%	0	0%	200	18	1	1	Whole Grain
Pirate's Booty	100	4	36%	0.5	5%	140	14	1	2	Whole Grain
Reduced Fat Cheetos Puffs	90	3.5	35%	0	0%	135	14	1	2	Whole Grain
Reduced Fat Cool Ranch Doritos	130	5	35%	0.5	3%	150	20	2	2	Whole Grain, Reduced Fat
Reduced Fat Flamas Doritos	130	5	35%	0.5	3%	200	20	2	2	Whole Grain, Reduced Fat
Reduced Fat Nacho Cheese Doritos	130	5	35%	1	7%	200	20	2	2	Whole Grain, Reduced Fat
Smartfood White Cheddar Popcorn	70	2.5	32%	0	0%	100	9	2	2	Whole Grain
Frozen Treats										
Chocolate Sundae Crunch Bar	160	5	28%	1.5	8%	45	25	0	3	
Dippin' Dots Cookies 'n Cream	130	3	21%	1	7%	55	25	0	2	
Dippin' Dots Cookie Dough	140	2.5	16%	1.5	10%	65	26	0	2	
Dippin' Dots Cotton Candy	100	1.5	14%	1	9%	20	20	0	1	
Dippin' Dots Rainbow	100	1.5	14%	1	9%	20	20	0	1	
Dippin' Dots Redberry Sherbet	130	2.5	17%	0.5	3%	50	25	0	1	
Froyo Cable Car Chocolate	150	0	0%	0	0%	105	45	0	6	
Froyo Cake Batter	165	2.25	12%	1.5	8%	82.5	31.5	0	4.5	

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Froyo Cookies n' Cream	165	0	0%	0	0%	112.5	36	0	4.5	
Froyo Salted Carmel	165	1.5	8%	0.75	4%	127.5	33	0	3	
Froyo Very Strawberry	150	0	0%	0	0%	105	33	0	3	
FrozFruit Chunky Strawberry Bar	130	0	0%	0	0%	30	32	2	0	
Fudge Bar	130	1.5	10%	1	7%	65	26	0	4	
Johnny Pop Strawberry Banana	50	1	18%	0.5	9%	25	10	0	1	
Johnny Pop Triple Berry	50	0.5	9%	0	0%	25	11	1	1	
Low Fat Ice Cream Sandwich	140	2.5	16%	1	6%	110	25	0	3	
Orange Dream Bar	100	1.5	14%	1	9%	25	20	0	1	
Strawberry Sundae Crunch Bar	160	5	28%	1	6%	80	25	0	3	
Hot Items										
Beef, Bean, and Red Chili Burrito	288	9	28%	2.4	8%	391	40	8	15	Whole Grain
Bosco Apple Stuffed Breadstick	200	3	14%	0.5	2%	170	38	3	5	Whole Grain
Bosco Cheese Stuffed Breadstick	190	6	28%	2	9%	220	25	2	9	Whole Grain
Dill-lux Chicken Sandwich	280	8	26%	2	6%	470	29	1	20	Whole Grain
Grilled Chicken Sandwich	190	3	14%	0.5	2%	450	15	0	21	Grilled Chicken Breast on Whole Grain Bun
Onion Rings (5)	200	8	36%	1.5	7%	200	28	3	3	Whole Grain
Pretzel Bites	160	1.5	8%	1	6%	130	33	3	5	Whole Grain
Soft Pretzel	140	0.5	50%	0	0%	150	30	3	5	Whole Grain
Tornado Ranchero Steak and Cheese	180	6	30%	1.5	8%	350	23	2	8	Whole Grain
Tornado Southwest Chicken, Cheese and Vegetable	160	6	34%	1.5	8%	280	22	2	6	Whole Grain
Twin Mini Cheeseburgers	330	14	38%	6	16%	480	36	4	17	Whole Grain
Milk and Yogurt										
Dannon Creamy Cherry	70	0	0%	0	0%	60	14	0	4	Non Fat Yogurt
Dannon Creamy Raspberry	70	0	0%	0	0%	60	14	0	4	Non Fat Yogurt
Dannon Creamy Strawberry	70	0	0%	0	0%	62.5	14	0	4	Non Fat Yogurt
Dannon Creamy Vanilla	70	0	0%	0	0%	62.5	14	0	4	Non Fat Yogurt

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Milk, 1% White	110	2.5	20%	1.5	12%	130	13	0	8	
Milk, Skim	90	0	0%	0	0%	130	13	0	8	
Milk, Skim Chocolate	120	0	0%	0	0%	180	20	0	8	
Pizza Slice Varieties										
Alpha Cheese Pizza	430	17	36%	8	17%	500	47	3	25	Whole Grain, low fat cheese, low sodium
Alpha Pepperoni Pizza	450	19	38%	9	18%	650	47	4	25	Whole Grain, low fat cheese, low sodium
Big Daddy's Cheese Pizza	360	16	40%	8	20%	480	35	4	18	Whole Grain, low fat cheese, low sodium
Big Daddy's Pepperoni Pizza	370	17	41%	8	19%	560	35	4	19	Whole Grain, low fat cheese, low sodium
Domino's Cheese Pizza	260	7	24%	3.5	12%	540	29	3	20	Whole Grain, low fat cheese, low sodium
Domino's Pepperoni Pizza	270	9	30%	4	13%	570	29	3	20	Whole Grain, low fat cheese, low sodium
Pizza Hut Cheese Pizza	280	9	29%	3.9	13%	520	29	3	21	Whole Grain, low fat cheese, low sodium
Pizza Hut Pepperoni Pizza	290	11	34%	4.4	14%	570	29	3	21	Whole Grain, low fat cheese, low sodium
Thin Crust Cheese Pizza	340	15	40%	6	16%	640	31	3	20	Whole Grain, low fat cheese, low sodium
Thin Crust Pepperoni Pizza	370	18	44%	8	19%	770	31	3	20	Whole Grain, low fat cheese, low sodium
Juice										
Naked Juice Berry Blast	160	0	0%	0	0%	10	37	0	2	100% Juice
Naked Juice Blue Machine	210	0	0%	0	0%	15	50	4	1	100% Juice
Naked Juice Strawberry Banana	160	0	0%	0	0%	5	38	0	2	100% Juice
Naked Juice Mighty Mango	180	0	0%	0	0%	10	43	0	1	100% Juice
Switch Apple	120	0	0%	0	0%	7	29	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Switch Black Cherry	120	0	0%	0	0%	5	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Fruit Punch	120	0	0%	0	0%	5	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Grape	120	0	0%	0	0%	5	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Kiwi Berry	120	0	0%	0	0%	5	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Orange Tangerine	120	0	0%	0	0%	5	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Tropical Pineapple	120	0	0%	0	0%	10	30	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Switch Watermelon Strawberry	120	0	0%	0	0%	5	29	0	0	100% Juice, No Artificial Flavors/Colors, No Added Sugar
Tropicana Apple Juice	140	0	0%	0	0%	25	34	0	1	100% Juice
Tropicana Fruit Medley	140	0	0%	0	0%	25	34	0	2	100% Juice
Tropicana Orange Juice	140	0	0%	0	0%	20	33	0	2	100% Juice
Tropicana Strawberry Kiwi	150	0	0%	0	0%	25	38	0	0	100% Juice
Beverages- High School Only										
Bubly (all flavors)	0	0	0%	0	0%	0	0	0	0	
La Croix	0	0	0%	0	0%	0	0	0	0	
G2 Fruit Punch	30	0	0%	0	0%	160	8	0	0	
G2 Glacier Freeze	30	0	0%	0	0%	160	8	0	0	
G2 Grape	30	0	0%	0	0%	160	8	0	0	
Gatorade Zero Glacier Cherry	10	0	0%	0	0%	270	1	0	0	
Lipton Diet Green Tea with Citrus	0	0	0%	0	0%	210	0	0	0	
Pure Leaf Iced Tea- Unsweetened Black	0	0	0%	0	0%	0	0	0	0	
Pure Leaf Iced Tea- Unsweetened Black Tea Lemon	0	0	0%	0	0%	0	0	0	0	

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Pure Leaf Iced Tea- Unsweetened Green Tea	0	0	0%	0	0%	0	0	0	0	
SoBewater Black and Blue Berry	0	0	0%	0	0%	15	0	0	0	
SoBewater Strawberry Dragonfruit	0	0	0%	0	0%	15	0	0	0	
SoBewater Yumberry	0	0	0%	0	0%	15	0	0	0	
Sparkling Ice Orange Mango	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Black Cherry	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Black Raspberry	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Blue Raspberry	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Orange Passionfruit	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Strawberry Citrus	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice + Caffeine Triple Citrus	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Black Raspberry	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Cherry Limeade	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Crisp Apple	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Ginger Lime	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Kiwi Strawberry	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Lemon Lime	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Lemonade	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Peach Nectarine	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Pineapple Coconut	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Pink Grapefruit	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Pomegranate Blueberry	0	0	0%	0	0%	0	0	0	0	

Product Description	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Sodium (g)	Carbs (g)	Fiber (g)	Protein (g)	Additional Comments
Sparkling Ice Strawberry Lemonade	0	0	0%	0	0%	0	0	0	0	
Sparkling Ice Strawberry Watermelon	0	0	0%	0	0%	0	0	0	0	