



## Summary Chart of A La Carte Items for (Excluding Fresh Produce)

See: <http://www.realfoodforkidsmontgomery.org/A%20La%20Carte.pdf> for nutritional information and ingredients  
(E)—Elementary Only (S)—Secondary Only

<b>Drinks</b>	
Capri Sun 100% Juice – 6 oz. (E)	
Pearl Soy Milk (E)	
Apple & Eve Fruit Punch – 8 oz.	
Steve's Frozen Chillers	
Ridgefield's Fruit Smoothies – 8 oz.	
Naked Juice (S)	
Cosmic Smoothies (S)	
Tas-Tea (S)	
Fruit Wave Zero (Flavored Sweetened Water) – 12 oz. (S)	
Envy Sparkling Juice – Strawberry Kiwi (S)	
Envy Sparkling Juice – Açai Berry (S)	
Envy Sparkling Juice – Fruit Punch (S)	
Crystal Geyser Spring Water	

<b>Snacks</b>	
Welch's Fruit Snacks	
Craisins – Strawberry and Orange	
Raisins	
Kangaroo Pita Chips – Multi Grain Sea Salt	
Eagle Popped Crisps	
Boulder Canyon Baked Hot Fries	
Doritos Wild White Chips	
Lays Kettle Cooked Potato Chips	
TGI Fridays Baked Crunchy Fries - Cheddar Cheese	
Smartfood Delight White Cheddar Popcorn	
Smartfood Delight Sea Salt Popcorn	
Smartfood Delight Caramel Sea Salt Popcorn	
Tostitos Oven Baked Scoops	
Cheez-it Crackers	
Cheese Sticks – Co-Jack, Light Mozzarella String Cheese (Land O'Lakes)	
Appleways Oatmeal Bar, Strawberry and Apple	
Zee Zee's Cocoa Cherry Nutrition Bar	
Upstate Farms Yogurt – 8 oz, Strawberry Banana, Cherry Vanilla, Peach (S)	
Yoplait Trix Yogurt – 4 oz., Raspberry Rainbow, Strawberry Banana Bash, Triple Cherry (S)	
Zerts Brownie Batter Pudding Cups	
Whole Grain Soft Pretzels	
Get Vertical Roasted Red Pepper Hummus	
Roasted Chick Peas	

<b>Cookies</b>	
Chocolate Chip	
Candy	
Oatmeal Raisin	
Sugar	
Double Chocolate	
Rich's Chocolate Cookies	

<b>Ice Creams and Frozen Desserts</b>	
Hershey's Chocolate Vanilla Twist Cone	
Hershey's Cookies and Cream Ice Cream Cone	
Hershey's Fudge-O Bar	
Hershey's Mighty Mini Ice Cream Sandwich	
Hershey's Cookies and Cream Ice Cream Sandwich	
Hershey's Vanilla Ice Cream Cup	
Hershey's Chocolate Sundae Cup	
Hershey's Vanilla Ice Cream Sandwich	
Whole Fruit Sorbets (various flavors)	

Any additional items not on the list – please add above.