

Cleveland City Child Nutrition
A La Carte-Smart Snack Menu
2019/2020

Item:	Price:	Carbs:
Adult Meal (Soup, Salad, and Baked Potato)	\$4.00	N/A
Apple or Strawberry Delight Pastry IW	\$0.50	27g
Applesauce, Natural or Strawberry (4oz.)	\$0.50	14g-15g
Baked Potato w/ 2.5 gm spread &/ or 1oz. Sour cream (Adults Only)	\$2.00	N/A
Bread, Breadstick, Roll (1oz.)	\$0.25	15g - 16g
Breakfast Entree (Day of Service Only)	\$1.50	Menu
Brownie, IW	\$0.50	22g
Cereal Bar, Betty Crocker (Choc Chip/Double Choc)	\$0.50	23g-24g
Cereal Bar, Rice Krispie or Cocoa Krispie, Trix, Cocoa Puffs (1.4oz.)	\$0.50	30g
Cereal Pouch (1oz.): Golden Grahams, Cinnamon Toast Crunch, Fruit Loops, Apple Jacks, and Lucky Charms)	\$0.50	20g-24g
Cheetos Baked (Original, Flaming Hot, and Fantastix)	\$0.50	16g-19g
Cheetos, Puff	\$0.50	13g-14g
Chex Mix, Strawberry Yogurt	\$0.75	23g
Chips, Baked (Funyuns .75oz)	\$0.50	14g
Chips, Lays (BBQ, Plain, SC & Cheddar 0.875oz.)	\$0.50	17g-19g
Chips, RF Doritos (Nacho, Ranch, SW/Sour Spicy, Flamas 1oz.)	\$0.50	20g-24g
Chips, Tostitos Scoops (0.875oz)	\$0.50	19g
Cookie, Best Maid, Choc Chip (IW 1.75oz)	\$0.75	31g
Cookie, Rich's, Triple Chocolate (IW 1.7oz.)	\$0.75	31g
Cookie, Best Maid, Sugar or Choc. Chip (1oz.)	\$0.25	18g - 19g
Cracker, Animal, Kellogg's (1oz.)	\$0.50	21g
Crackers, Goldfish (Cheddar or Colors 0.75oz.)	\$0.25	14g
Crackers, Cheez It's (0.75oz.)	\$0.25	14g
Craisins (Orange, Strawberry)	\$0.50	28g
CupCake, IW (Chocolate or White 1.5oz.)	\$0.75	26g-27g
YoDots Frozen Yogurt (Ross and CMS)	\$2.00	12g-25g
Fries (1/2 Cup)	\$0.75	Menu
Fruit Roll Up	\$0.50	11g
Fruit Snack, Scooby	\$0.50	21g
Fruit, Bulk Canned, no sugar added (1/2 cup)	\$0.50	N/A
Fruit Fresh	\$0.75	N/A
Grahams, ABC, Belly Bears, Bug, Dino, Scooby Bones, Sport, or Waffle	\$0.50	20g - 22g
Grahams, Rectangle (Honey or Cinnamon 3ct)	\$0.25	20g
Granola Bar, 90 Cal. Choc Chip	\$0.50	19g

Granola Bar, Chewy Chocolate	\$0.50	27g
Ice Cream Bar (Cotton Candy/ Fudge/ Sour Cherry/ Push-Up)	\$0.50	cc - 33g, f - 22g, sc - 12g, pu - 20g
Ice Cream Shortcake Stick (Chocolate & Strawberry)	\$0.50	22g - 23g
Ice Cream Cone (Choc Swirl/Birthday Cake)	\$0.75	27g-31g
Ice Cream Cup (Strawberry/Vanilla/Chocolate 4oz.)	\$0.50	19g-20g
Ice Cream Sandwich (Vanilla/Cookies&Cream 3.75 oz.)	\$0.50	26g-29g
Ice Cream Stick (FF Fudge 1.75oz.)	\$0.25	15g
Juice Box, 100% Fruit (6.75oz.)	\$0.75	25g-27g
Juice, 100% Fruit (4oz.)	\$0.50	14g-18g
Juice, 100% Fruit (8oz. Carton)	\$0.75	29g
Lunch Entree (Only on Day of Service)	\$2.00	Menu
Milk, Plain or Flavored (8oz.)	\$0.50	13g plain 19g-20g
Muffin (2oz.) (Apple, Blueberry, Banana)	\$0.75	30g-32g
Nutrition-Grain Bar (Apple, Strawberry, Blueberry)	\$0.75	29g-30g
Pop Tart (Strawberry, Fudge) 1 Count	\$0.50	38g
Popcorn, White Cheddar	\$0.50	9g
Popcorn, Kettlecorn	\$0.50	21g
Pudding, Chocolate (4oz.)	\$0.75	20g
Rice Krispie Treat (2oz.)	\$0.75	30g
Rice Krispie Treat (Mini/0.42oz.)	\$0.25	9g
Sidekicks, Frozen Fruit Gel (Straw Kiwi/ Blue Rasp/ Straw Mango 4oz.)	\$0.75	20g-22g
Slush, Rips (Dragon Punch/ Kiwi Straw/ Blue Rasp/ Cherry Limeade)	\$0.75	15g-16g
Soup w/ Crackers or Roll, Special Recipes, 12oz. (Adults Only)	\$2.00	N/A
Tea, B.W. Cooper (12oz.) CHS Only	\$0.50	13g
Tea, B.W. Cooper (16oz.) CHS Only	\$0.75	16g
Tea, Brewed (12oz.) Adults Only	\$0.50	N/A
Tea & Lemonade, Bottled, Milos, 12oz. (CHS & Adults Only)	\$1.00	8g
Vegetable (1/2 cup)	\$0.75	Menu
Water, Sport Cap (24oz.)	\$0.75	0g
Water, Spring (10oz.)	\$0.25	0g
Yogurt, Trix (Cherry/Rasp Rainbow/Straw Banana 4oz.)	\$0.50	15g-17g
Yogurt, Vanilla (4oz.)	\$0.50	38g

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