|  |  |  |
| --- | --- | --- |
| **2023-2024 SMART SNACK BEVERAGE’S** | **CARBS** | **ALLERGENS** |
| **G2 Beverage** |  |  |
| G2 Grape - Lower Sugar | 8 | Citric Acid, Dye - Red & Blue |
| G2 Fruit Punch - Lower Sugar | 8 | Citric Acid, Dye - Red |
| G2 Glacier Freeze - Lower Sugar | 8 | Citric Acid, Dye - Blue |
| **ADIRONDACK WATERS** |  |  |
| All Flavors (Grape, Lemon, Lime, Orange, Raspberry, Strawberry) | 0 | Citric Acid |
| **PLAIN WATER** |  |  |
| Nirvana Water | 0 | None |
| **CAPRI SUN** |  |  |
| Berry Breeze 100% Juice | 21 | None |
| Fruit Dive 100% Juice | 20 | None |
| **FRUIT 2 O** |  |  |
| Fruit 2 O - All Flavors | 0 | Citric Acid |
| **Upstate Dairy** |  |  |
| Orange Juice | 29 | None |
| Chocolate Milk - Low Fat (12oz.) | 48 | Corn |
| Strawberry Milk - Low Fat (12oz.) | 41 | Corn, Dye - Red |
| **SILK MILK** |  |  |
| Chocolate, Aseptic 8oz. | 25 | Soy |
| Vanilla, Aseptic 8oz. | 18 | Soy |
| **LACTAID** |  |  |
| Lactaid, 8oz. Unflavored | 13 | Milk |
| **Other** |  |  |
| Apple Cider (12oz.) | 45 | None |
|  |  |  |
| **IZZE** |  |  |
| Apple | 24 | None |
| Clementine | 21 | None |
| Blackberry | 22 | None |
| Mango | 23 | None |
| Grapefruit | 22 | None |
| Orange Lemonade | 21 | None |
| Peach | 22 | None |
| Pomegranate | 22 | None |
| Cherry Lime | 23 | None |
| **SWITCH BEVERAGES** |  |  |
| Switch Fruit Punch | 28 | None |
| Switch Black Cherry | 28 | None |
| Switch Orange Tangerine | 24 | None |
| Switch Kiwi Berry | 24 | None |
| Switch Strawberry/Watermelon | 27 | None |
| Switch Smoothie - Mango | 30 | None |
| CAPRI SUN |  |  |
| Capri Sun - 100% Juice Fruit Punch | 21 | None |
| JUICE BREAKS - ES Foods |  |  |
| Fruit Juice | 15 | None |
| Apple Juice | 15 | None |