

ARUSD Approved Food List 2018-2019

Food Item	Flavors/ Variety	Store	School	Brand Name	IW	Servings/Case	Calories	% Cal of Fat	% Cal of Sat Fat	Trans Fat	% Sugar by	Sodium
							≤200 E/M	≤35%	<10%	<0.5 g	weight	≤200mg
NUTS and SEEDS												
100 Calorie Pack - Vanilla Roasted Almonds		T	E/M	Emerald	X	7	100	Exempt 72%	5%	0	6%	35
100 Calorie Pack - Natural Walnuts & Almonds		T	E/M	Emerald	X	7	100	Exempt 81%	9%	0	6%	0
100 Calorie Pack - Dry Roasted Almond		T	E/M	Emerald	X	7	100	Exempt 81%	5%	0	6%	35
100 Calorie Pack - Cinnamon Roast Almond		T	E/M	Emerald	X	7	100	Exempt 72%	5%	0	6%	25
100 Calorie Pack - Cocoa Roast Almond Dark Chocolate		T	E/M	Emerald	X	7	100	Exempt 72%	5%	0	6%	15
GRANOLA BARS												
Oats and honey bars		C	E/M	Nature Valley	X	48	190	28%	2%	0	29%	160
		T	E/M	Nature Valley	X	12	190	28%	2%	0	29%	160
Trail Mix Granola Bar		C	E/M	Nature Valley	X	48	140	26%	0%	0	31%	65
		T	E/M	Nature Valley	X	6	140	26%	0%	0	31%	65
Chewy Chocolate Chip		C	E/M	Quaker	X	24	100	27%	9%	0	29%	60
		T	E/M	Quaker	X	10	100	27%	9%	0	29%	60
Chewy Peanut Butter Chocolate Chip		C	E/M	Quaker	X	20	100	25%	9%	0	29%	95
		T	E/M	Quaker	X	10	100	25%	9%	0	29%	95
Chewy Oatmeal Raisin 90 cal		C	E/M	Quaker	X	16	90	15%	0%	0	29%	80
Chewy Honey Almond Flax		C	E/M	Kashi/TLC	X	8	140	32%	0%	0	14%	105
		T	E/M	Kashi/TLC	X	6	140	32%	0%	0	14%	105
Chewy Peanut Butter		C	E/M	Kashi/TLC	X	8	140	32%	3%	0	14%	85
		T	E/M	Kashi/TLC	X	140	32%	3%	0	14%	85	85
Chewy Trail Mix		C	E/M	Kashi/TLC	X	9	140	32%	3%	0	17%	95
		T	E/M	Kashi/TLC	X	6	140	32%	3%	0	17%	95
Chewy Chocolate Almond with Sea Salt and Chia		T	E/M	Kashi	X	6	140	26%	6%	0	20%	120
Chewy Dark Mocha Almond		T	E/M	Kashi	X	6	130	24%	3%	0	17%	90
Chewy Dark Chocolate		T	E/M	Kashi	X	6	120	15%	4%	0	23%	65
Crunchy Pumpkin Spice Flax		T	E/M	Kashi	X	6	170	32%	3%	0	25%	115
Crunchy Granola & Seed		T	M	Kashi	X	5	180	30%	5%	0	23%	100
Stone Ground Whole Wheat Fig Bar		C	E/M	Nature's Bakery	X	36	90	4%	5%	0	32%	35
	<u>Apple Cinnamon</u>	C	E/M	Nature's Bakery	X	12	90	4%	0%	0	32%	35
	<u>Blueberry</u>	C	E/M	Nature's Bakery	X	12	90	4%	0%	0	32%	35
	<u>Raspberry</u>	C	E/M	Nature's Bakery	X	12	90	4%	0%	0	32%	35
Soft & Chewy Granola Bars		C	E/M	Kirkland Signature	X	60	100	4%	5%	0	25%	40
Organic Kid Z Bar		C	E/M	Clif	X	36						
	<u>Chocolate Brownie</u>	C	E/M	Clif	X	12	130	5%	8%	0	30%	140
	<u>Chocolate Chip</u>	C	E/M	Clif	X	12	130	5%	8%	0	33%	100
	<u>Iced Oatmeal</u>	C	E/M	Clif	X	12	130	5%	8%	0	33%	115
	<u>Cookie</u>	C	E/M	Clif	X	12	130	5%	8%	0	33%	115
Apple Berry Flavored Chewy Granola Bars		T	E/M	Simply Balanced	X	8	90	2%	0%	0	24%	15

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											weight ≤35%	Sodium ≤200mg
Nutrigrain Apple Cinnamon		C	E/M	Kellogg's	X	16	120	23%	4%	0	33%	110
Nutrigrain Strawberry		C	E/M	Kellogg's	X	16	120	25%	3%	0	30%	125
Nutrigrain BlueBerry		C	E/M	Kellogg's	X	16	120	25%	4%	-	32%	110
Peanut Butter Crunch		C	E/M	Full Bar	X	15	170	24%	5%	0	20%	95
Fruit & Nut		C	E/M	Kirkland	X	60	100	23%	9%	0	25%	40
Chocolate Chip Chewy Granola Bars		T	E/M	Cascadian Farms	X	10	140	32%	6%	0	26%	85
Organic Go Bar, Chewy Oat bar with Veggies, Chocolate Brown		T	E/M	Plum	X	6	130	21%	7%	0	25%	105
Go Bar, Chewy Oat w/ Veggies, Chocolate Chip		T	E/M	Plum	X	6	130	21%	3%	0	25%	110
Chewy Gluten Free, Home Grown Oatmeal Cookie, Oatmeal & Spice		T	E/M	Annies	X	5	110	27%	8%	0	25%	10
Chewy with a Crunch Bar, Peanut Butter Dark Chocolate		T	E/M	KIND	X	5	150	30%	6%	0	23%	85
Blue Berry Cereal Bars Made with fruit filling		T	E/M	Market Pantry	X	8	140	19%	0%	0	35%	130
Chewy Mixed Berry		T	E/M	Market Pantry	X	8	140	16%	3%	0	32%	95
Chewy Strawberry		T	E/M	Market Pantry	X	8	140	16%	3%	0	32%	90
Chewy Apple Cinamon		T	E/M	Market Pantry	X	8	140	16%	3%	0	32%	85
Chewy Granola Bars - Chocolate Chunk		W	E/M	Great Value	X	24	90	2%	3%	0	29%	50
Chewy Granola Bar		W	E/M	Quaker	X	24	100	5%	6%	0	29%	90
Chewy Granola Bar												
	Dark Chocolate Chunk	W	E/M	Quaker	X	8	90	3%	0%	0	29%	80
	Peanut Butter Chocolate Chip S'mores	W	E/M	Quaker	X	8	100	5%	6%	0	29%	90
		W	E/M	Quaker	X	8	100	3%	3%	0	33%	75
Baked Bars- Lemon		W	E/M	Fiber One	X	12	90	5%	7%	0	32%	80
Chocolate Peaut Butter Granola Bar		W	E/M	Fiber One	X	10	90	4%	5%	0	21%	80
Crunchy Granola Bar		W	E/M	Nature Valley	X	24	100	6%	0%	0	14%	90
Fruit & Grian Ceral Bars		W	E/M	Great Value	X	8	130	5%	5%	0	32%	90
CRACKERS and COOKIES												
Teddy Grahams Honey		T	E/M	Nabisco	X	12	130	27%	2%	0	27%	95
Teddy Grahams Chocolate		T	E/M	Nabisco	X	12	130	31%	2%	0	27%	115
Teddy Grahams Cinnamon		T	E/M	Nabisco	X	12	120	30%	8%	0	25%	100
Honey Bunny Grahams		C	E/M	Annie's Homegrown	X	8	140	29%	0%	0	23%	150
Chocolate Chip Bunny Grahams		C	E/M	Annie's Homegrown	X	8	130	31%	0%	0	23%	95
100 Calorie Cheddar		C	E/M	Chex	X	8	100	23%	3%	0	13%	170
Scooby-Doo (Baked Graham Cracker Sticks)		T	E/M	Keebler	X	12	120	5%	5%	0	30%	115
Mini Nilla Wafers		T	E/M	Nabisco	X	12	130	8%	5%	0	35%	110
Animal Crackers		W	E/M	Stauffers	X	12	180	4%	0%	0	20%	150
Mini Nilla Wafers		W	E/M	Nabisco	X	12	130	8%	5%	0	35%	110
Teddy Grahams Honey		W	E/M	Nabisco	X	12	120	6%	3%	0	25%	90

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POTATO CHIPS												
Pop Chips		C	E/M	Pop Chips	X	30						
	<u>Barbecue Potato</u>				X	10	120	30%	0%	0	11%	190
	<u>Original Potato</u>				X	10	120	30%	0%	0	4%	190
	<u>Sweet Potato</u>				X	10	120	30%	0%	0	11%	115
FRUIT SNACKS												
Fruitables 4.23 fl oz.		T	E/M	Adam and Eve	X	8	60	0%	0%	0	9%	5
Big Slice Pure Kettle Cooked Apples (Natural)		T	E/M	Big Slice	X	1	70	0%	0%	0	12%	5
Mixed Fruit/Fruit Snacks		T	E/M	Welch's	X	22	80	0%	0%	0	11g	0
Fruit Flavored Snacks		C	E/M	MOTTS	X	20	60	0%	0%	0	12 g	0
Fruit Strips Strawberry		T	E/M	Simply Balanced	X	25	45	0%	0%	0	9 g	5
Fruit Strips Wild Berry		T	E/M	Simply Balanced	X	25	45	0%	0%	0	9 g	5
Fruit Strips Pomegranate		T	E/M	Simply Balanced	X	25	45	0%	0%	0	9 g	5
Fruit Strips Cherry Apple		T	E/M	Simply Balanced	X	25	45	0%	0%	0	9 g	5
Apple Sauce Cups/Pouches												
Natural Applesauce (unsweetened)		C	E/M	Tree Top	X	12	50	0%	0%	0	10%	0
Applesauce (sweetened)		C	E/M	Tree Top	X	12	70	0%	0%	0	12%	0
Cinnamon Applesauce		C	E/M	Tree Top	X	12	70	0%	0%	0	13%	0
Strawberry flavored apple sauce		T	E/M	Motts	X	6	50	0%	0%	0	12%	0
Applesauce cups (no sugar added)		T	E/M	Market Pantry	X	6	50	0%	0%	0	10%	15
Apple Fruit Pouches		T	E/M	Market Pantry	X	12	70	0%	0%	0	13%	0
Apple Sauce Naturals Snack & Go		T	E/M	Motts	X	4	40	0%	0%	0	9%	5
Apple Sauce Snack & Go (no sugar added)		T	E/M	Motts	X	4	40	0%	0%	0	9%	5
Apple Sauce Strawberry Snack & Go (no sugar added)		T	E/M	Motts	X	4	40	0%	0%	0	9%	5
GoGo Squeez 100% Fruit, Variety Pack (applebanana, appleapple, applestrawberry)		T	E/M	Materne	X	12	60	0%	0%	0	12-13%	0
GoGo Squeez 100% Fruit		T	E/M	Materne	X	12	50-60	0%	0%	0	12-14%	0
	<u>Apple cinnamon</u>	T	E/M	Materne	X	12	50	0%	0%	0	12%	0
	<u>Apple strawberry</u>	T	E/M	Materne	X	12	60	0%	0%	0	13%	0
	<u>Apple berry</u>	T	E/M	Materne	X	12	60	0%	0%	0	14%	0
	<u>Apple mango</u>	T	E/M	Materne	X	12	80	0%	0%	0	14%	0
	<u>Apple blueberry pomegranate</u>	T	E/M	Materne	X	4	80	0%	0%	0	14%	0
	<u>Apple mango pineapple</u>	T	E/M	Materne	X	4	80	0%	0%	0	14%	0
	<u>Apple banana</u>	T	E/M	Materne	X	4	80	0%	0%	0	14%	0
	<u>Apple peach passion fruit</u>	T	E/M	Materne	X	4	90	0%	0%	0	14%	0
	<u>Apple raspberry cranberry</u>	T	E/M	Materne	X	4	60	0%	0%	0	14%	0
	<u>Apple grape</u>	T	E/M	Materne	X	4	60	0%	0%	0	14%	0
	<u>Apple mandarin</u>	T	E/M	Materne	X	4	60	0%	0%	0	14%	0
	<u>Apple peach</u>	T	E/M	Materne	X	4	80	0%	0%	0	13%	0
	<u>Apple banana</u>	T	E/M	Materne	X	4	60	0%	0%	0	12%	0

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Fruit Burst Squeezers-Blueberry		T	E/M	Del Monte	X	4	80	0%	0%	0	13%	0
Fruit Burst Squeezers-Peach Mango		T	E/M	Del Monte	X	4	80	0%	0%	0	13%	0
Fruit Burst Squeezers-Mixed Berry		T	E/M	Del Monte	X	4	80	0%	0%	0	14%	0
Apple Sauce on the go		C	E/M	Matere	X	20	60	0%	0%	0	13%	0
Fruit Cups												
Organic Mango Chunks		C	E/M	Dole	X	16	80	0%	0%	0	18g	0
Peach Cup (extra life syrup)		C	E/M	Del Monte	X	12	50	0%	0%	0	10%	10
Mandarin Oranges Cup (light syrup)		T	E/M	Del Monte	X	4 or 12	70	0%	0%	0	13%	0
Pineapple Tidbits in 100% juice Cup		T	E/M	Del Monte	X	4	60	0%	0%	0	12%	5
Diced Mango Cup (light syrup)		T	E/M	Del Monte	X	4	70	0%	0%	0	15%	0
Variety Pack Fruit Cup (no sugar added)		T	E/M	Del Monte	X	12	30-50	0%	0%	0	4%	0
Peaches/Pears/mandarin oranges		T	E/M	Del Monte	X	12	30-50	0%	0%	0	4%	0
Variety Pack Fruit Cups		C	E/M	Del Monte	X	12	70	0%	0%	0	14%	0
	Mixed Fruit Cup	C	E/M	Del Monte	X	8	70	0%	0%	0	13%	0
	Diced Peach Cup	C	E/M	Del Monte	X	12	70	0%	0%	0	14%	0
Diced Pears in 100% fruit juice		T	E/M	Dole	X	4	80	0%	0%	0	15%	1
Mandarin Oranges Fruit Cup in 100% juice		T	E/M	Dole	X	4	90	0%	0%	0	16%	5
Pineapple Tidbits Fruit Cup in 100% juice		T	E/M	Market Pantry	X	4	60	0%	0%	0	13%	1
Tropical Fruit Cup in 100% juice		T	E/M	Market Pantry	X	4	70	0%	0%	0	12%	5
Organic Sliced Apples		C	E/M	Prize Slice	X	8	89	0%	0%	0	11%	0
Fruit & Veggie Twist, Apple Mango Pear & Kale		C	E/M	happysqueeze	X	12	70	0%	0%	0	13%	5
Mandarin Orange Fruit Cups		C	E/M	Kirkland	X	20	70	0%	0%	0	14%	0
			E/M									
(Dry Fruit Exemption)												
Craisins Dried Cranberries		T	E/M	Ocean Spray	X	6	100	0	0%	0	N/A	0
Natural California Raisins		T	E/M	Sun maid	X	6	90	0	0%	0	N/A	5
JUICE and DRINKS												
CapriSun Juice (100%) Fruit Punch		T	E/M	CapriSun	X	10	80	0	0%	0	N/A	25
V8 Vegetable Juice (100%)		C	E/M	V8	X	48	30	0	0%	0	N/A	450
		T	E/M	V8	X	6	30	0	0%	0	N/A	450
V8 V-Fusion 100% Juice		T	E/M	V8	X	6	110	0	0%	0	N/A	70
100% Apple Juice		T	E/M	Motts	X	6	120	0	0%	0	N/A	10
Hansen's Natural 100% Juice-Variety Pack		C	E/M	Kirkland	X	36						
	<u>Crisp Apple</u>	C	E/M	Kirkland	X	12	95	0	0%	0	N/A	15
	<u>Fruit Punch</u>	C	E/M	Kirkland	X	12	90	0	0%	0	N/A	15
	<u>Apple Berry</u>	C	E/M	Kirkland	X	12	110	0	0%	0	N/A	15
100% Apple Juice		C	E/M	Tree Top	X	27	120	0	0%	0	N/A	25
Juicy Juice 100% Juice - Apple		T	E/M	Nestle	X	8	100	0	0%	0	N/A	15
Juicy Juice 100% Juice - Berry		T	E/M	Nestle	X	8	100	0	0%	0	N/A	15
Juicy Juice Fruitfuls 60% Juice - Punch Splash		T	E/M	Nestle	X	8	100	0	0%	0	N/A	0
Juicy Juice 60% Juice - Apple Quench		T	E/M	Nestle	X	8	60	0	0%	0	N/A	10
100% Juice - Apple		T	E/M	Minute Made	X	10	80	0	0%	0	N/A	15
100% Juice - Fruit Punch		T	E/M	Minute Made	X	10	90	0	0%	0	N/A	15
Pure Coconut Water		T	E/M	VitaCoCo	X	4	60	0	0%	0	N/A	55

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CapriSun 100% Fruit Juice (fruit punch, berry, grape, apple)		C	E/M	CapriSun	X	40	90	0	0%	0	N/A	25
Organic Juice Drink		C	E/M	Honest Kids	X	40						
	<u>Berry berry good lemonade</u>	C	E/M	Honest Kids	X	10	35	0	0%	0	N/A	8
	<u>Goondess grapeness</u>	C	E/M	Honest Kids	X	10	35	0	0%	0	N/A	8
	<u>super fruit punch</u>	C	E/M	Honest Kids	X	10	35	0	0%	0	N/A	8
	<u>applely ever after</u>	C	E/M	Honest Kids	X	10	35	0	0%	0	N/A	8
DAIRY												
Activia Yogurt Variety Pack		C	E/M	Dannon	X	24						
	<u>Strawberry</u>	C	E/M	Dannon	X	8	110	16%	8%	0	15%	65
	<u>Blue Berry</u>	C	E/M	Dannon	X	8	120	15%	8%	0	17%	55
	<u>Peach</u>	C	E/M	Dannon	X	8	110	16%	8%	0	15%	60
Light & Fit Greek Yogurt - Variety Pack		C	E/M	Dannon	X	18						
	<u>Strawberry</u>	C	E/M	Dannon	X	6	80	0%	0%	0	4%	55
	<u>Peach</u>	C	E/M	Dannon	X	6	80	0%	0%	0	5%	45
	<u>Blueberry</u>	C	E/M	Dannon	X	6	80	0%	0%	0	5%	45
Yogurt - Variety Pack		C	E/M	Yoplait	X	24						
	<u>Harvest Peach</u>	C	E/M	Yoplait	X	8	170	8%	5%	0	15%	85
	<u>Mountain Blue Berry</u>	C	E/M	Yoplait	X	8	170	8%	5%	0	15%	85
	<u>Strawberry</u>	C	E/M	Yoplait	X	8	170	8%	5%	0	15%	85
Greek Yogurt		T	E/M	Chobani	X							
	<u>Blueberry</u>	T	E/M	Chobani	X	4	120	0%	0%	0	15 g	50
	<u>Black Cherry</u>	T	E/M	Chobani	X	4	120	0%	0%	0	16 g	55
Activia Yogurt Variety Pack		S	E/M	Dannon	X	6	90	2%	5%	0	11%	55
	<u>Strawberry</u>	S	E/M	Dannon	X	6	90	2%	5%	0	11%	55
	<u>Peach</u>	S	E/M	Dannon	X	6	90	2%	5%	0	11%	55
Whole milk yogurt tube - Summer strawberry		W	E/M	Annie's Homegrown	X	8	60	3%	6%	0	10%	30
Greek Yogurt Kids		W	E/M	Chobani	X	2	90	3%	5%	0	10%	35
	<u>Grape</u>	W	E/M	Chobani	X	2	90	3%	5%	0	10%	35
	<u>Strawberry</u>	W	E/M	Chobani	X	2	90	3%	5%	0	10%	35
Danimals Smoothie		W	E/M	Dannon	X	6	60	1%	1%	0	10%	40
	<u>Cheerin' Cherry Strawberry Explosion</u>	W	E/M	Dannon	X	6	60	1%	1%	0	10%	40
Danimals Smoothie		W	E/M	Dannon	X	6	60	1%	1%	0	10%	40
	<u>Strawberry Explosion Strikin' Strawberry Kiwi</u>	W	E/M	Dannon	X	6	60	1%	1%	0	10%	40
Go Big Yogurt Tube		W	E/M	Yoplait	X	4	100	2%	4%	0	10%	70
	<u>Strawberry Mixed Berry</u>	W	E/M	Yoplait	X	4	100	2%	4%	0	10%	70

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Nonfat Yogurt												
	Strawberry	W	E/M	Great Value	X	6	80	0%	0%	0	6%	80
	Peach	W	E/M	Great Value	X	6	80	0%	0%	0	7%	75
Light & Fit Greek Yogurt - Cherry		W	E/M	Dannon	X	4	80	0%	0%	0	5%	45
Scooby Doo Yogurt												
	Strawberry	W	E/M	Yoplait	X	4	100	1%	0%	0	11%	60
	Strawberry Banana	W	E/M	Yoplait	X	4	100	1%	0%	0	11%	60
Yogurt Smoothie		W	E/M	Lala	X	10	130	4%	8%	0	8%	85
Original Yogurt		S	E/M	Yoplait	X	8	150	3%	5%	0	10%	95
Original Yogurt	Strawberry	W	E/M	Yoplait	X	4	150	3%	5%	0	10%	95
	Banana	W	E/M	Yoplait	X	4	150	3%	5%	0	10%	95