

Santa Maria-Bonita School District

Suggested Smart Snack List

for Food And Beverages Sold or Served During School Hours

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014, and merges the previous California Nutrition Standards.

The following is a list of foods and beverages that meet the standards for all grade levels as of October 1, 2018. This list is up to date to the best of our knowledge; however, product formulation changes frequently without notice. This list is not all-inclusive, additional items may be used if identified to be compliant by referring to the smart snacks regulations at <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. Manufactures' ingredients and distribution change frequently.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water natural juices	1/2 cup
All Brands	Dried Fruit with No added Sugar	1/4 cup
All Brands	Fresh Fruit and vegetables – individual bags or platters	1/2 cup
Andros	Fruit Me Up Pouches-All Flavors	1 pouch (133g)
Brother's	Fruit Chips 100% Fruit Freeze Dried – all flavors	1 pouch (133g)
Brother's	All Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeez Pouch-All Flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)
Chiquita	Fruit Chips 100% Fruit Freeze Dried – all flavors	1 pouch (30g)
Clif	Organic Twisted Fruit-All Flavors	1 twist (20g)
Crunchies	Freezed Dried Fruit-All Flavors	1/4 cup
Crunch Pak	Dipper Fruit Packs-All Flavors	1 container (2.75oz)
Del Monte	Fruit Cups No Sugar Added	1 cup (106g)
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)
Del Monte	Fruit Burst Pouch-All Flavors	1 pouch (90g)
Disney	Fruit Crisps Freeze Dried Fruit Slices-All Flavors	1 bag (7g)

Dole	Fruit Cups in 100% Juice-All Flavors	1 container (113g)
Dole	Fruit Bows in 100% Juice (Cherry mixed fruit)	1 container (113g)
Dole	Fruit Bowls in 100% Juice	4 oz
Dole		4.3 oz
Dole	Fruit Squish'ems	3.2 oz
Dole	Dole Fruit Bowls in 100% Juice	7 oz
Dole	Fruit Squish' ems	1 pouch
Earth's Best		1 cup1(113g)
Earth's Best	Organic Applesauce-Original	1 cup1(113g)
Earthboud Farm	Organi Raisins	1 box (43g)
Go Go Squeez		1 pouch (90g)
Great Value	Diced Pears (no sugar added)	1 cup
Great Value	Light No Sugar added applesauce	1 unit (113g)
Great Value	Unsweetened Applesauce	1/2 cup
Great Value	All Natural No Sugar Added Applesauce-Individual Cups	4oz unit (113g)
Great Value	Dried Apricots	7 pieces
Great Value	No Sugar Added Fruit Cups-Peaches	1 bowl (108g)
Happy Squeeze		1 pouch (99g)
Kirkland	Sunsweet Dried Apricots	About 6
Kirkland	Sunsweet Dried Plums	About 6
Kirkland	Real Sliced Fruit-Freeze Dried-Individual Bags	1 bag
Materne		1 pouch (90g)
Mott's	Applesauce Snack & Go-All Flavors	1 container (113g)
Mott's		1 container (111g)
Mott's	Healthy Harvest No Added Sugar-Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)
Mott's		1 cup (111g)
Mott's	Natural Apple Sauce	1 cup (111g)
Neo USA	Fruzel Fruit Jelly Cups	1 cup
Ridgefield		4.4 fl. Oz., (127g) (130ml)
Smuckers	Fruit Fulls-Pure Blended Fruit	1 pouch (4oz)
Sunmaid	Raisins	1 bocx (42.5g)
Sunsweet	Dried Apricots	1 1/2 oz (about 6 pieces)
Sunsweet	Dried Plums	1 1/2 oz (about 5 pieces)

Tree Top	No Sugar Added Natural Apple Sauce-Individual	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)
Welchs		1.5 oz pouch
Welchs	Welchs Fruit Snacks Mixed Frit	1.5 oz pouch

Chips/Pretzels/Popcorn/Corn Nuts

Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped
Corn Nuts	Original, Ranch, Chile Picante	4 oz
Corn Nuts	Variety Pack	1 package (1/3 cup)
Frito Lay	Baked Lays-Original	1.1 oz
Frito Lay	Baked Lays-BBQ	1.1 oz
Frito Lay	Baked Lays-Sour Cream and Onino	1.1 oz
Frito Lay	Baked Potato Chips Ruffles	1.1 oz
Frito Lay	Baked Ruffles Cheddar & SC	1 oz
Frito Lay	Tostitos Scoops	.875 oz
Frito Lay	Reduced Fat Tostitos	.875 oz
Frito Lay	Reduced Fat Doritos Nacho Cheese	1 oz
Frito Lay	Reduced Fat Doritos Cool Ranch	1 oz
Frito Lay	Reduced Fat Doritos Sweet Chili	1 oz
Frito Lay	Reduced Fat Cheeto Puffs	.7 oz
Frito Lay	Baked Cheetos-Crunchy w/ 10% Ca	.875 oz
Frito Lay	Baked Cheetos-Flamin' Hot w/ 10% Ca	.875 oz
Frito Lay	Cheetos Fantastix! Baked Snacks - Chile Cheese (WGR)	1 oz
Frito Lay	Cheetos Fantastix! Baked Snacks-Flamin Hot (WGR)	1 oz
Frito Lay	Rold Gold Heartzels Pretzels	.7 oz
Frito Lay	SmartFood White Cheddar Popcorn	.5 oz
Frito Lay	WF Kids Mix Snack Mix	0.875
General Mills	Simply Chex Brand, Snack Mixes	1 oz
General Mills	Chex Mix, Hot 'n Spicy Mix, 0.92 oz	
General Mills	Chex Mix Snack Mix-Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)
General Mills	Chex Mix-Traditional Sweet n Salty, Trail Mix Caramel Crunch	1/2 cup
Jolly Time	Healthy Popcorn (94%)	5 cups popped
Jolly Time	Healthy Pop Butter 94% Fat Free-100 Calorie Pack	1 package
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	
Kellogg's	Eagle Whole Grain Popped Crisp Honey BBQ	.78 oz

Kellogg's	Eagle Whole Grain Popped Crisp Sour Crm/Onion	.78 oz
Kellogg's	Eagle Whole Grain Popped Crisp Sea Salt	.71 oz
Popchips	Popchips Sea Salt Potato	.8 oz
Popchips	Popchips BBQ Potato	.8 oz
Popchips	Popchips Sour Cream & Onion Potato	.8 oz
Popchips	Popchips Cheddar & Cream Potato	.8 oz
Popchips	Popchips Nacho Cheese Tortilla	1 oz
Popchips	Popchips Ranch Tortilla	1 oz
Popchips	Katy Perry's Kettle Corn	1 oz
Popcorners	Sweet Cinnamon	1 package (28g)
Popcorners	Memphis BBQ	1 package (28g)
Quaker	Rice Cakes-All Flavors	1 package
Quaker	Rice Crisps-Apple Cinnamon	1 oz
Quaker	Rice Crisps-Chocolate	1 oz
Quaker	Rice Crisps-Sea Salt & Peppercorn	16 pieces
Wholesome Goodness	Tortilla Chips-Sea Salt or Multigrain Flax	8 chips

Cookies, Crackers & Muffins

Annie's		31 cookies
Cheez-its	Cheez it Crackers 9 g Whole Grain Atomic Cheddar	.75 oz
Cheez-its	Cheez it Crackers 9 g Whole Grain	.75 oz
Crunchmaster	Multi-seed-Five Seed	14 crackers
Crunchmaster	Grammy Crisps-Cinnamon Sugar	25 crackers
General Mills		1.6 oz
Homekist	Honey Graham Crackers	2 full cracker sheets
Honey Maid Crackers	Dippers Honey	1 pack (31g)
Kashi	Soft-Baked Cookie-All Flavors	1 cookie (30g)
Kashi	Snack Crackers-Not Cheddar	15 crackers
Keebler	Honey Graham	.78 oz
Keebler	Scooby Doo Grahams	1 oz
Keebler	Bug Bites	1 oz
Keebler	Gripz	.95 oz
Keebler	Elf Grahams	1 oz
Keebler	Animal Cracker, Spicalty Channels	1 oz
Kellogg's	Special K Cracker Chips Individual Bags	1 package
Kellogg's	Special K Cracker Chips-Sea Salt	27-30 chips (30g)
Kellogg's	Special K Craker Chips-Sour Cream & Onion	27-30 chips (30g)
Kellogg's	Special K Craker Chips-Southwest Ranch	27-30 chips (30g)
Kellogg's	Special K Craker Chips-Cheddar	27-30 chips (30g)
Kellogg's	Pop-tarts WG Frosted Cinnamon	1.76 oz
Kellogg's	Pop-tarts WG Frosted Strawberry	1.76 oz

Kellogg's		1.76 oz
Kellogg's	Crunchmainia, French Toast	1.76 oz
Nabisco	Honey Maid Teddy Grahams-Cinnamon	1 oz
Nabisco	Honey Maid Teddy Grahams-Chocolatey Chip	1 oz
Nabisco	Honey Maid Teddy Grahams-Honey	1 oz
Nabisco	Honey Maid Teddy Grahams-Chocolate	1 oz
Nabisco	Honey Maid Lil' Squares-Honey	1.06 oz
Nabisco	Teddy Graham Cookies	1 pack (21g)
Nabisco	Teddy Graham Lunchbox Cookies	1 pack (28)
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs-Seet & Salty	1 package (22g)
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)
Nabisco	Honey Maid Grahamfuls-All Flavors	1 pack (25g)
Nabisco	Honey Maid Lil' Squares-Cinnamon	29 pieces
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate	1 pouch (35g)
Nabisco	Belvita Soft Baked Cookie-Chocolate	1 cookie
Nabisco	Belvita Soft Baked Cookie-Banana	1 cookie
Nabisco	Belvita Soft Baked Cookie-Berry	1 cookie
Nabisco	Belvita Soft Baked-Banana Bread	1.76 oz
Nabisco	Belvita Soft Baked-Mixed Berry	1.76 oz
Nabisco	Belvita Soft Baked-Oats & Chocolate	1.76 oz
Nabisco	Triscuit-All Flavors	about 6 crackers
Nabisco	Triscuit Thin Crisps-All Flavors	about 15 crackers
Nabisco	Wheat Thins-Original, Reduced Fat, Multigrain Toasted Chips	about 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips-Garden Valley Vegetable	13 chips (28g)
Nabisco	Wheat Thins Toasted Chips-Great Plains Multigrain	13 chips (28g)
Otis Spunkmeyer	Delicious Essentials-Chocolate Chip Cookie	1 oz
Otis Spunkmeyer	Delicious Essentials-Oatmeal Raisin Cookie	1 oz
Otis Spunkmeyer	Delicious Essentials-Sugar Cookie	1 oz
Otis Spunkmeyer	Delicious Essentials-Carnival Cookie	1 oz
Otis Spunkmeyer	Delicious Essentials-Chocolate Chip Cookie	1.5 oz
Otis Spunkmeyer	Delicious Essentials_Oatmeal Raisin Cookie	1.5 oz
Otis Spunkmeyer	Delicious Essentials-Sugar Cookie	1.5 oz
Otis Spunkmeyer	Delicious Essentials-Carnival Cookie	1.5 oz
Otis Spunkmeyer	Delicious Essentials-Chocolat Brownie	1.5 oz
Pedderidge Farm	Baked Naturals Cracker Chips-Multigrain	27 (30g)
Pedderidge Farm	Goldfish Grahams-Vanilla Cupcake	35 pieces
Pedderidge Farm	Goldfish Grahams-Cookies & Cream	35 pieces

Pedderidge Farm	Goldfish Grahams-Whole Grain Cinnamon	41 pieces
Pedderidge Farm	Goldfish Grahams-Smores	52 pieces
Pedderidge Farm	Goldfish Crackers-WG Cheddar	.75 oz
Pedderidge Farm	Goldfish Crackers-WG Xtra Cheddar	.75 oz
Pedderidge Farm	Goldfish Crackers-WG Colors Cheddar	.75 oz

Bagels

Pepperidge Farm	Whole Grains Mini Bagels	1 bagel
Sara Lee's	Soft & Smooth Mini Bagels-Whole Grain, Cinnamon	1 bagel (37g)
Thomas	Bagel IThins-100% Whole Wheat, Everthing, Plain	1 bagel (46g)
Thomas		1 bagel (46g)

Beverages

		Serving Size (Elementary)
All Brands	Milk-Low Fat 1% or Fat Free	≤ 8 fl oz
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz
Campbell's	V-8 Spicy Hot, Low Sodium or Regular	≤ 8 fl oz
Campbell's	V-8 Fusion-Strawberry Banana	≤ 8 fl oz
Campbell's	V-8 Fusion-Peach Mangy	≤ 8 fl oz
Campbell's	V-8 Fusion-Pomegranate Blueberry	≤ 8 fl oz
Campbell's	V-8 Tropical Orange	≤ 8 fl oz
Campbell's	V-8 Fusion-Individual Pouches-All Flavors	1 pouch
Capri Sun	100% Juice Pouches-All Flavors	1 pouch (6.75 oz)
Capri Sun	Fruit Waves-100% Juice-All Flavors	1 pouch (6.75 oz)
Capri Sun	Super V-Fruit & Vegetable Drink	1 pouch (6 oz)
Capri Sun	Fruit & Vegetable Pouch-All Flavors	1 pouch (6 oz)
Capri Sun	Fruit Refreshers	1 pouch (6 oz)
Capri Sun	Organic Juice Pouch	1 pouch (6 oz)
Capri Sun	Apple 100% Juice	6 fl. oz.
Capri Sun	Berry 100% Juice	6 fl. oz.
Capri Sun	Fruit Punch 100% Juice	6 fl. oz.
Dole	100% Pineapple Juice	≤ 8 fl. oz.
Florida's Natural	100% Fruit Juices-All Flavors	≤ 8 fl. oz.
Fruitees	Organic Fruit & Veggies	1 pouch (3.5 oz)
Great Value	Milk	1 cup (8 oz)
Great Value	100% Juice (apple, cranberry, grape)	≤ 8 fl. oz.
Great Value	Vegetable Juice from Concentrate (100% Juice)	≤ 8 fl. oz.
Horizon	Organic Milk-Low Fat-All Flavors	≤ 8 fl. oz.
Juicy Juice	Fruitfuls-All Flavors	1 box (6.75)
Kirkland	Hansen 100% Juice Variety	1 box (6.75)
Kirkland	100% Juice Organic	1 box (6.75)
Kirkland	100% Juice-Pomegranate	≤ 8 fl. oz.
Kirkland	100% Juice-Cranberry/Raspberry	≤ 8 fl. oz.

Kirkland	100% Juice-Pomegranate/Blueberry	≤ 8 fl. oz.
Kirkland	100% Juice-Cranberry/Grape	≤ 8 fl. oz.
Langer's	100% Juice-All Flavors	≤ 8 fl. oz.
Martinellis	100% Pure Apple Juice	≤ 8 fl. oz.
Minute Maid	100% Juice-Apple	≤ 8 fl. oz.
Minute Maid	100% Juice-Fruit Punch	≤ 8 fl. oz.
Minute Maid	100% Juice-Apple White Grape	≤ 8 fl. oz.
Minute Maid	100% Juice-Mixed Berry	≤ 8 fl. oz.
Mott's	100% Juice	≤ 8 fl. oz.
Mott's	Sensibles	≤ 8 fl. oz.
Mott's	100% Apple Juice	≤ 8 fl. oz.
Mott's	Motts Original 23 oz Natural Multiserve	
Mott's	Motts Original 24 oz Multiserve	
Mott's	Motts Original 46 oz Natural Multiserve	
Mott's	Motts Original 48 oz Multiserve	
Mott's	Motts Original 4 oz	
Mott's	Motts Original 3.9 oz Natural	
Mott's	Motts Fruit-Flavored 4 oz	
Mott's	Motts HH 3.9 oz	
Mott's	Motts for Tott's Fruit Punch 6.75 oz	
Niagra Water	Purified Drinking Water	8 fl. oz.
Ocean Spray	100% Juice-Grapefruit	≤ 8 fl. oz.
Ocean Spray	100% Juice-Cranberry	≤ 8 fl. oz.
Ocean Spray	100% Juice-Ruby Red Grapefruit	≤ 8 fl. oz.
Ocean Spray	100% Juice-Cranberry	≤ 8 fl. oz.
Ocean Spray	100% Juice-Pomergranate	≤ 8 fl. oz.
Sam's Choice	100% Juice-Apple Jice Punch Blend	≤ 8 fl. oz.
Sam's Choice	100% Juice-White Grape	≤ 8 fl. oz.
Seneca	100% Apple Juice	≤ 8 fl. oz.
Simply Orange	100% Juice-All Flavors	≤ 8 fl. oz.
Sunsweet	100% Prune Juice	≤ 8 fl. oz.
TreeTop	100% Apple Juice	≤ 8 fl. oz.
TreeTop	100% Organic Apple Juice	≤ 8 fl. oz.
TreeTop	100% Juice Assorted	≤ 8 fl. oz.
TreeTop	Fresh Pressed Juice	≤ 8 fl. oz.
Tropicana	100% Juice-Apple	≤ 8 fl. oz.
Tropicana	100% Juice-Fruit Punch	≤ 8 fl. oz.
Tropicana	100% Juice-Orange	≤ 8 fl. oz.
Tummy Tickler	100% Juice-Apple	≤ 8 fl. oz.
Water	Pure Water, No Added Articial Sweetner and/or Caffeine	ANY SIZE
Welch's	100% Juice-Grape	≤ 8 fl. oz.
Welch's	100% Juice-White Grape Cherry	≤ 8 fl. oz.
Welch's	100% Juice-White Grape Peach	≤ 8 fl. oz.
Welch's	100% Juice-White Grape Blueberry Kiwi	≤ 8 fl. oz.
Welch's	Strawberry Kiwi	≤ 8 fl. oz.

Yogurt/Cheese/Smoothies

Activia	Reduced Fat, Low Fat or Greek Yogurt-All Flavors	1 container (113g)
Chobani	Non-Fat Yogurt-All Flavors	6 oz (170g)
Chobani	Low-Fat Yogurt-All Flavors	6 oz (170g)
Dannon	Danimals-Yogurt Smoothies	1 bottle-3.1 fl. oz.
Dannon	Danimals-Yogurt Yo-Tubes	1 Tube
Dannon	Danimals-Yogurt Nonfat	1 container (113g)
Dannon	Oikos-Fruit on the Bottom (non-fat)	5.3 oz (150g)
Dannon	Light & Fit	1 container (150g)
Fage	Total 0%-Fat Free Yogurt	1 container (6 oz)
Frigo	Light String Cheese	1 stick (28g)
Great Value	Low-Fat Yogurt-All Flavors	6 oz
Great Value	Light-Non-Fat Yogurt-All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch-Strawberry Banana	1 pouch (4.2 oz)
Health Valley	Fruit Yogurt Smoothie Pouch-Pear Mango	1 pouch (4.2 oz)
Kirkland	Low-Fat Yogurt-Peach & Blueberry	8 fl. oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)
Kraft	Mozzarella Chee String-2% Milk	1 stick (24g)
Liberte	Non-Fat Greek Yogurt-All Flavors	5.3 oz
Precious	String Cheese	1 stick (28g)
Precious	Stringsters Reduced Fat String Cheese	1 stick
Sargento	Light String Cheese Snacks	1 stick
Sargento	String Cheese	1 stick
Sargento	Reduced Fat-Colby Jack	1 stick
Sargento	Reduced Fat-Cheddar	1 stick
Sargento	Reduced Fat-Sharp Cheddar	1 stick
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt-All Flavors	1 tube (56g)
Stoneyfield	YoKids-Lowfat Yogurt-All Flavor	1 container (4 oz)
The Laughing Cow	Cheese Wedges-All Flavor	1 wedge
The Laughing Cow	Babybel Light	1 piece
Weight Watchers	String Cheese	1 stick
Yoplait	Go Gurt-All Flavors	1 tube (56g)
Yoplait	Kid Cup	1 container (113g)
Yoplait	Light	1 container (117g)
Yoplait	Light Fat Free Yogurt	6 oz
Yoplait	Light Yogurt Blueberry Patch	4 oz
Yoplait	Light Yogurt Very Vanilla	4 oz
Yoplait	Variety Pack-Light Srawberry & Peach FF Yogurt	
Yoplait	Trix Low Fat Yogurt	4 oz
Yoplait	SIMPLY GO-GURT Strawberry Lowfat Yogurt	2.25 oz
Yoplait	Greek Yogurt 4PK	4 oz
Yoplait	Greek 100 Calories Fat Free Yogurt	5.3 oz

Yoplait	Greek Blended Fat Free Yogurt	5.3 oz
Yoplait	Original Yogurt-All Flavors	6 oz
Yoplait	Reduced Fat Yogurt-All Flavors	8 fl. oz. or less
Yoplait	Go Gurt-Portable Low Fat Yogurt-All Flavors	1 tube (64g)
Yoplait	Go Gurt Protein-Portable Low Fat Yogurt-All Flavors	1 tube (64g)
Yoplait	Simply GO-GURT-Portable Low Fat Yogurt-All Flavors	1 tube (64g)
Yoplait	Yoplait Kids Yogurt-All Flavors	1 container
Yoplait	Light Yogurt-All Flavors	6 oz
Yoplait	Greek 100-All Flavors	5.3 oz (150g)
Yoplait	Pro-Force Protein Yogurt for Kids-All Flavors	1 container (3.5 oz)

Cereal/Breakfast Bars

Fiber One	Streusel Bar-Strawberry	1 ea.
Fiber One	Streusel Bar-Blueberry	1 ea.
General Mills	Cinnamon Toast Crunch Cereal	3/4 cup (31g)
General Mills	Cereal Bar Cinnamon Toast	1.42 oz
Kashi	Soft Baked Cereal Bars-Ripe Strawberry	1 bar (35g)
Kellogg's	Nutri-Grain Soft Baked Breakfast Bars	1 bar (37g)
Kellogg's	Nutri-Grain Soft Baked-Apple Cinnamon	1.55 oz
Kellogg's	Nutri-Grain Soft Baked-Strawberry	1.55 oz
Kellogg's	Nutri-Grain Soft Baked-Blueberry	1.3 oz
Kellogg's	Special K Chewy Snack Bars	1 bar (25g)
Kellogg's	Chewy Cereal Bar	1 bar (36g)
Kellogg's	WG Rice Krispy Treat	1.41 oz
Kellogg's	Special K-90 Calorie-Vanilla Crisp	1 bar (22g)
Kellogg's	Special K-90 Calorie-Strawberry	1 bar (22g)
Kellogg's	Special K-90 Calorie-Chocolate Drizzle	1 bar (22g)
Kellogg's	Special K Cereal Bar-Red Berries	1 bar
Kellogg's	Special K Cereal Bar-Chocolate Pretzel	1 bar
Nabisco	Fig Newtons made w/real fruit	2 oz
Quaker	Soft Baked Bars-Banana Nut	1 bar (42g)
Quaker	Soft Baked Bars-Cinnamon Pecan Bread	1 bar (42g)

Granola Bars

Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut	1 bar (35g)
CLIF	Kid Zbar-Chocolat Chip	1 bar (36g)
CLIF	Kid Zbar-Honey Graham	1 bar (36g)
CLIF	Kid Zbar-Iced Oatmeal	1 bar (36g)
CLIF	Kid Zbar-Chocolate Brownie	1 bar (36g)
CLIF	Organic Z Bars	1 bar (36g)
CLIF	LUNA Fiber-All Flavors	1 bar (40g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars-Oatmeal Cookie	1 bar (35g)

Kashi	Chewy Granola Bars-Peanut Butter Chocolate Chips	1 bar (35g)
Nature Valley	Crunchy Granola Bars-Oats n Honey	2 bars (42g)
Nature Valley	Crunchy Granola Bars-Apple Crisp	2 bars (42g)
Nature Valley	Crunchy Granola Bars-Cinnamon	2 bars (42g)
Nature Valley	Crunchy Granola Bars-Maple Brown Sugar	2 bars (42g)
Nature Valley	Snack Bar Granola-Peanut Butter	1.5 oz
Nature Valley	Snack Bar Granola-Oats n Honey	1.5 oz
Quaker	Chewy Granola Bars-All Flavors	1 bar (24g)
Quaker	25% Less Sugar Chewy Granola Bar-All Flavors	1 bar (24g)
Quaker	90 Calorie Chewy Granola Bar-All Flavors	1 bar (24g)

Ice Cream/Frozen Fruit Bars

Blue Bell	Fruit Bars-All Flavors	1 bar
Driftwood	Frog Spit Pushups	1 tube (65g)
Driftwood	Frozen Whole Fruit Cups	4.4 fl. oz.
Driftwood	Ice Cream Cone	1 cone (40g)
Driftwood	Jonny Pops	1 pop (1.55 oz)
Driftwood	Lowfat Fudge Bar	1 bar (70g)
Driftwood	Reduced Fat Ice Cream Sandwich	1 sandwich (3.5 oz)
Driftwood	Sorbet	4.4 fl. oz.
Driftwood	Whole Fruit Premium Juice Barr	3 fl. oz.
Dryer's	Outshine Fruit Bars & Coconut Water	1 bar
Fruittare	Fruit Bars-All Flavors	1 ea.
Kona Zice	Fruit First	8 oz
Menchie's	Frozen Yogurt	1/2 cup (4 fl. Oz., 91g)
Nestle	Outshine Fruit Bars Varsity Pack	1 bar (70/75g)
Otter Pops	Otter Pops 100% Fruit Juice	1/2 cup (85g)
Otter Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)
Rich's Ice Cream	Birthday Cake Cone	3 fl. oz.
Rich's Ice Cream	LF Crumbled Cookie Cone	3 fl. oz.
Rich's Ice Cream	Sour Swell Bar	2.50 fl. oz.
Rich's Ice Cream	LF Vanilla Sanwich	3 fl. oz.
Rich's Ice Cream	LF Strawberry Shortcake Bar	3 fl. oz.
Rich's Ice Cream	LF Chocolate Shortcake Bar	3 fl. oz.
Rich's Ice Cream	Creamy Cotton Candy Bar	2.5 fl. oz
Rich's Ice Cream	Polar Pole-Rainbow	2.75 fl. oz.
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar
Yo Dots	Cookies N Cream	1/2 cup (85g)
Yo Dots	Cookie Dough	1/2 cup (85g)
Yo Dots	Cotton Candy	1/2 cup (85g)

Fresh Fruits and Brands

All Brands	Fresh vegetables	2-4 oz (56g)
All Brands	Fresh fruits	2 servings (168g)

Serving Size (Middle School)
< 12 fl oz
< 12 fl oz
< 12 fl oz
< 12 fl oz
< 12 fl oz
< 12 fl oz
< 12 fl oz
1 pouch
1 pouch (6.75 oz)
1 pouch (6.75 oz)
1 pouch (6 oz)
1 pouch (6 oz)
1 pouch (6 oz)
1 pouch (6 oz)
< 12 fl. oz.
< 12 fl. oz.
1 pouch (3.5 oz)
1.5 cup (12 oz)
< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.
1 box (6.75)
1 box (6.75)
1 box (6.75)
< 12 fl. oz.
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< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.
ANY SIZE
< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.
< 12 fl. oz.