



Manteca Unified School District

Smart Snack List



The USDA's Smart Snacks are school nutrition standards for all foods and beverages sold or available to students during the school day. A school day is defined as 12:00 A.M. until 30 minutes after school is over. The USDA Final Rule was finalized and by June 30, 2017, all schools districts must fully comply with the requirements of the final rule.

The following lists are foods that meet the California Department of Education (CDE) Smart Snack Regulation for all grade levels. The list is NOT all inclusive. All food items are subject to change and store availability may vary. Alternative items may be available at different stores. Manufacturer's ingredients and distribution is subject to change.

If you have any questions, please contact Nutrition Education at 209-825-3200.

Fruit Cups/Fruit Snacks/Fruit Juice

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Food 4 Less	Amazon
All Brands	100% Fruit Juice	≤ 8 fl oz. (Elementary) < 12 fl oz. (High School)	x	x	x	x
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	x	x	x	x
All Brands	Fresh Fruit and Vegetables - Individual Bags/Platters	1/2 cup	x	x	x	x
Del Monte	Fruit Cups (<i>no sugar added</i>)	1 cup (106g)	x	x	x	x
Dole	Fruit Cups (<i>packed in 100% juice</i>)	1 container (113g)	x		x	x
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)	x	x	x	x
Motts	Applesauce	1 cup (111g)	x	x	x	x
Sunmaid	Raisins	1 box (42.5g)	x		x	x
Welch's	Mixed Fruit Snacks (<i>Made with Real Fruit</i>)	1 pouch (25.5g)	x	x	x	x

Chips/Crackers/Pretzels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Food 4 Less	Amazon
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	x		x	
Frito Lay	Oven Baked Whole Grain Cheetos	0.875 oz (24.8g)	x	x	x	x
Frito Lay	Oven Baked Lay Potato Chips	0.875 oz (24.8g)	x	x	x	x
Frito Lay	Rold Gold Heartzels Pretzels	0.70 oz (19.8g)	x	x	x	x
Frito Lay	Smartfood delight White Cheddar Popcorn	0.5 oz (14g)	x	x	x	x
Frito Lay	SunChips Harvest Cheddar Snack Mix	0.875 oz (24.8g)	x	x	x	x
Keebler	Scooby Doo Graham Crackers	0.75 oz	x	x	x	x
Kellogg's	Whole Grain Cheez-It Crackers	1 each (28g)	x		x	x
Pepperidge Farm	Whole Grain Baked Goldfish Crackers	0.75 oz	x		x	x
PopCorner	Popcorner Chips	1 oz bag (28g)	x	x		x
Quaker	Rice Cakes - All Flavors	1 Rice Cake	x		x	
Tostitos	Tostitos Scoops	0.87 oz	x	x	x	x

Yogurt/Cheese

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Food 4 Less	Amazon
Activia	Reduced-fat, Low-fat, or Greek Yogurt (<i>all flavors</i>)	1 container (113g)	x	x	x	x
Dannon	Danimals - yogurt smoothies	1 bottle (3.1 fl oz.)	x	x	x	x
Dannon	Oikos greek yogurt	5.3 oz (150g)	x	x	x	x
Frigo, Kraft, or Sargento	String Cheese	1 Stick (28g)	x	x	x	x
The Laughing cow	Babybel cheese wedge (<i>all flavors</i>)	1 piece	x	x	x	x
Yoplait	GoGurt (<i>all flavors</i>)	1 tube (64g)	x	x	x	x
Yoplait	Original or Light (<i>all flavors</i>)	6 oz	x	x	x	x

Miscellaneous

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Food 4 Less	Amazon
Betty Crocker	Double Chocolate Oatmeal Bar	1 bar (35g)	x			x
Creamsicle (Ice cream)	Original Cream Bar	1 bar (65g)	x		x	
Dick&Jane	Fun & Fitness Whole Grain Crackers	1 oz (29g)				
Fudgsicle (Ice cream)	Fudge Pops (<i>no added sugar</i>)	2 pops (79g)	x		x	
Great Value (Ice cream)	Low-Fat Vanilla Ice Cream Sandwiches	1 sandwich (84g)	x			
Great Value / Kirkland	Whole Grain Granola Bars	0.84 oz	x	x		
Jack Links	Beef Jerky (<i>Original, Peppered Beef, Teriyaki</i>)	0.85 oz	x	x	x	x
Kellogg's	Nutri-Grain Cereal Bars (<i>Apple Cinnamon, Blueberry, Strawberry</i>)	1.3 oz (1 bar)	x	x	x	x
Kellogg's	Rice Krispies Treats (<i>Made with Whole-Grain</i>)	1.41 oz				x
Nestle (Ice cream)	Outshine Fruit Bars	1 bar (72g)	x	x	x	
Otter Pops	100% Fruit Juice Otter Pops	1 Pop (57g)		x		
Quaker	Chewy Granola Bars (<i>Chocolate Chip, Peanut Butter, Cookies&Cream</i>)	0.84 oz	x	x	x	x
Panda Express	Chicken Potstickers	3 pieces				
Panda Express	Grilled Teriyaki Chicken	Kid's Meal Entrée				
Panda Express	Mixed Vegetables	Kid's Meal Entrée / Side				
Panda Express	Sweet Sour Chicken Breast	Kid's Meal Entrée				
Skinny Cow (Ice Cream)	Vanilla Gone Wild (<i>no sugar added</i>)	4 fl oz (1 sandwich)	x		x	
Subway	Veggie Delite® (<i>includes 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers</i>)	6 inch sandwich				
Subway	Veggie Delite® (<i>includes 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers</i>)	Kid's Meal sandwich				
Subway	Black Forest Ham(<i>includes 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers</i>)	Kid's Meal sandwich				
Subway	Roast Beef (<i>includes 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers</i>)	Kid's Meal sandwich				
Subway	Turkey Breast(<i>includes 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers</i>)	Kid's Meal sandwich				

This institution is an equal opportunity provider. *Esta institución es un proveedor de igualdad de oportunidades.*

Revised on:5/10/2019