

Smart Snack Compliant Food & Beverage List K-12

USDA's/California Project Lean 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.

Please Notify your cafeteria lead if planning to host an event involving food. Also please avoid planning food related events during school meal times to help avoid food waste.

The following list is of foods and beverages that meet the standards for all grade levels. This list is ***not all inclusive***. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the standards, use the links provided for an online calculator or visit [Upland Unified School District](#). If you have additional questions, please contact the District Office at (909) 985-1864.

California Standards Online Calculator for Elementary & Middle/High Schools

[CA Standards Smart Snacks Calculator Elementary](#)

&

[CA Standards Smart Snacks Calculator Middle/High School](#)

Fruit/Vegetable Snack Variety									
Manufacturer	Name/Description	Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
All Brands	Individual Fruit Cups in Water or 100% Natural Juice	1/2 cup	X	X	X	X	X	X	X
All Brands	Dried Fruit with NO Added Sugars	1/4 Cup	X	X	X	X	X	X	X
All Brands	Fresh Fruit and Vegetables - Individual Bags or Platter	1/2 Cup	X	X	X	X	X	X	X
Country Orchard	Organic Juice Pops	1 Pop (53 mL)	X	X	X		X		
Crispy Fruit (100% Dried Fruit)	All Mango	18 grams	X	X	X				
Crispy Fruit (100% Dried Fruit)	All Apple	15 grams	X	X	X				
Crispy Fruit (100% Dried Fruit)	All Strawberry	12 grams	X	X	X				
Kirkland	Organic Applesauce	3.17 oz	X	X					X
Kirkland	Organic Fruit & Vegetable Pouches	1 Pouch (90 grams)	X	X					X
Materne - GoGo SqueeZ	Apple Sauce Pouch 3.2 oz	1 Pouch (90 grams)	X	X	X	X	X	X	X
Materne - GoGo SqueeZ	Variety Pack	1 Pouch (90 grams)	X	X					X
Motts	Unsweetened Apple Sauce (3.9 oz)	111 grams	X	X	X				
Noka	Superfood Smoothie Pouches	1 Pouch (120 grams)	X	X			X		
North Coast Organic	Apple Sauce + Probiotics Apple (4 pack)	1 Pouch (90 grams)	X	X			X		
North Coast Organic	Fruit + Veggie Applesauce (Mango, Sweet Potato, Apricot) 4 pack	1 Pouch (90 grams)	X	X			X		
Organics	Raisins Seedless	28.3 grams	X	X	X				
Santa Cruz Organic	AppleSauce Original, Cinnamon (6 Pack)	1 Bowl (113 grams)	X	X			X		
Santa Cruz Organic	Apple Strawberry Sauce & Apple Cinnamon Pouch (4 pack)	1 Pouch (90 grams)	X	X			X		
Signature Select	Applesauce Unsweetened	113 grams	X	X	X				
Solely	Fruit Jerky (All Flavors)	1 Serving (23 grams)	X	X			X		

Fruit/Vegetable Snack Variety Cont.

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Sprouts Brand	AppleSauce Original, Cinnamon (4 pack)	1 Bowl (113 grams)	X	X			X		
Sun Maid	Raisins	28 grams	X	X	X	X		X	
That's It	Fruit Bar (Apple Mango, Apple Strawberry, Apple Blueberry)	1.2 oz (35 grams)	X	X	X	X	X	X	
Tree Top	Apple Sauce 3.2 oz	1 Pouch (90 grams)	X	X	X	X		X	
Tree Top	Apple Sauce cups no added sugar	4 fl oz	X	X	X			X	

Crunchy Bites

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Blue Diamond	Almonds Whole Natural	1 Pack (1.5 oz)	X	X	X				
Jolly Time	Healthy Pop Microwave popcorn	1 cup popped	X	X	X	X		X	
Quaker	Rice Crisps Variety Pack	26 grams & 19 grams	X	X	X			X	X
Quaker	Rice Cakes (All Flavors)	13 grams	X	X	X	X		X	
Lundburg	Rice Cakes (All Flavors)	1 Cake	X	X			X		
Planters	Salted Peanuts	1 Pack (28 grams)	X	X					
Sprouts Brand	Rice Cakes (All Flavors)	1 Cake (6.7 grams)	X	X			X		
Wonderful	Pistachios No Shells Variety Pack	1 Pack (.75 oz)	X	X					X
Snyders	Mini Pretzels Individual Packs	1 Pack (26 g)	X	X	X				

Frozen Treats

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Fudgsicle	The Original Fudge Pops no sugar added	1 Bar	X	X	X	X		X	

Frozen Treats Cont.

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/ High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Dryer's	Outshine Fruit Bars Frozen (Strawberry, Pineapple, Grape, Tangerine)	1 Bar	X	X	X	X		X	X
Dryer's	Outshine No Sugar Frozen Fruit Bars Variety Pack (Strawberry Tangerine & Raspberry)	1 Bar	X	X	X	X		X	X
Dryer's	Outshine No Sugar Frozen Fruit Bars Variety Pack (Cherry, Tangerine & Grape)	1 Bar	X	X	X	X		X	X
Weight Watchers	Giant Chocolate Fudge Ice Cream Bar	1 Bar	X	X	X			X	
Otter-Pops	100% Fruit Juice Fast Freeze Juice Bars	1 Bar	X	X					X
Yasso	Greek Yogurt Bars: Chocolate Fudge	1 Bar	X	X	X				

Crackers/Graham Crackers

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/ High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Bevita	Snacks Bite Variety (Blueberry, Chocolate, Cinnamon Brown Sugar)	1 pack (28 grams)	X	X	X				
Kellogg's	Scooby-Doo! Cinnamon Baked Graham Cracker	1 Pouch	X	X	X			X	X
Nabisco	Honey Graham Crackers Honey & Chocolate Snack Packs - 12-1 oz	1 Pack (1 oz)	X	X	X	X		X	
Nabisco	Wheat Thins Whole Wheat Original	16 crackers	X	X	X	X		X	X
Nabisco	Triscuits-All Flavors	6 Crackers	X	X	X	X		X	X
Nabisco	Wheat Thins Whole Wheat Original 1 oz packages	1 oz	X	X	X				
Nabisco	Triscuits - Organic Crackers Thin Crisp - All flavors	15 crackers	X	X	X			X	

Yogurt/Cheese/Pudding

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/ High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Activia	Non-Fat Greek Yogurt (All Flavors)	1 Serving (113 grams)	X	X	X				

Yogurt/Cheese/Pudding Cont.

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Dannon	Oikos Triple Zero Greek Yogurt (all flavors) 5.3 oz	1 Container (150 grams)	X	X	X	X		X	X
Dannon Light + Fit	Greek Yogurt (All Flavors) 5.3 oz	1 Container (150 grams)	X	X	X	X		X	X
Chobani Zero Sugar	Zero Sugar Greek Yogurt (All Flavors) 5.3 oz	1 Container (150 grams)	X	X	X	X	X	X	
Chobani	NonFat Greek Yogurt (All Flavors) 5.3 oz	1 Container (150 grams)	X	X	X	X		X	
Dannon	Danimal Smoothie Variety	1 Bottle (93 ml)	X	X					X
Lucerne	String Cheese Mozzarella Reduced Fat	1 Piece (24 g)	X	X	X				
Sargento	String Cheese Light	1 Piece (21 g)	X	X	X			X	
Sargento	Reduced Fat - Colby Jack, Cheddar, Sharp Cheddar	1 Piece (21 grams)	X	X	X			X	
The Laughing Cow	Babybel Light	1 Wedge (21 grams)	X	X	X				X
The Laughing Cow	Cheese Wedges Light	1 Wedge	X	X	X			X	
Yoplait	Light Yogurt - All Flavors	1 Serving (6 oz)	X	X	X	X		X	X

Cereal/Breakfast Bars/Granola Bars

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Bevita	Breakfast Biscuits Cinnamon Brown Sugar	1 Pack (50 grams)	X	X				X	X
Bevita	Breakfast Biscuits Blueberry	1 Pack (50 grams)	X	X				X	X

Cereal/Breakfast Bars/ Granola Bars Cont.

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Cascadian Farm Organic	Cinnamon Apple Chewy Bars No Added Sugar (Cinnamon Apple Chewy Bars)	1 Bar (34 grams)	X	X			X		
Clif Bar	Minis Snack Size Energy Bar (Chocolate Chip, Crunchy Peanut Butter, White Chocolate Macadamia)	1 Bar (28 grams)	X	X	X				
Clif Bar	Thins, Thin & Crispy Snack Bars (Chocolate Chip & White Chocolate Macadamia)	22 grams	X	X	X				
Clif Bar	Clif Kid, Z Bar Chocolate Chip, Iced Oatmeal, Chocolate Brownie	36 grams	X	X	X		X	X	X
Healthy Crunch	Crispy Squares (Vanilla, Double Chocolate, Double Strawberry)	1 Bar (22 grams)	X	X			X		
Kellogg's	Nutri-Grain Cereal Bars - All Flavors	1 Bar (37 g)	X	X	X				
KIND	Breakfast Bar Blueberry Almond	2 Bars (50 grams)		X			X		
KIND	Breakfast Protein Bar Dark Chocolate Cocoa	2 Bars (50 gram)		X			X		
Kirkland	Soft & Chewy Granola Bars Chocolate Chip	1 Bar (24 grams)	X	X					X
Made Good	Chocolate Chip & Mixed Berry Granola Bars	24 grams	X	X	X		X		
Nature's Bakery	Fig Bar (Blueberry, Apple Cinnamon, Original Fig, Strawberry)	1 Bar (57 grams)		X	X		X	X	X
Nature Valley	Oats 'N Honey Crunchy Granola Bar	2 Bars (1.49 oz each)	X		X				X
Nature Valley	Fruit & Nut Chewy Trail mix Granola Bar	1 Bar (35 g)	X	X	X				X

Beverages

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Campbell's	V-8 100% Original Low Sodium Vegetable Juice	8-5.5 oz Can	X	X	X				
Campbell's	V-8 100% Original Low Sodium Vegetable Juice	8-11.5 oz Can		X	X				
Capri Sun	100% Juice Fruit Punch Pouches & All Flavors	10-6 fl oz	X	X	X				
Capri Sun	100% Juice Variety Pack (Fruit Punch, Berry, Apple)	1 pouch(177 ml)	X	X				X	X

Beverages Cont.

Manufacturer	Name/Description	Single Serving Size	Elementary	Middle/High School	Vons	Smart & Final	Sprouts	Stater Brothers	Costco
Dole	100% Pineapple Juice	6-6 fl oz	X	X	X				
Juicy Juice	100% Juice Apple	8-6.75 fl oz	X	X	X				
Kirkland	100% Juice Organic Variety	6.8 oz	X	X				X	X
Martinellis	100% Apple Juice	4-10 fl oz		X	X				
Minute Maid	100% Juice Apple	6-10 fl oz		X	X				
Mott's	100% Apple Juice Original	6-8 fl oz	X		X				
Mott's	100% Original Apple Juice Box	8-6.75 fl oz	X	X	X				
Ocean Spray	100% Cranberry Juice	6-10 fl oz		X	X				
Water	Pure Water, no added artificial sweetener	Any Size	X	X	X	X	X	X	
Welch's	100% Grape Juice	6-10 fl oz		X	X				

Exemptions

The following snacks do not have to meet the calorie, fat, and sugar limits and may be sold in **Elementary, Middle/High Schools:**

- Individually packaged cheese
- Nuts
- Nut Butters
- Seeds
- Eggs
- Fruit
- Non deep-fried vegetables
- Legumes

Non-Food Related Celebrations Based on a Grade Level

Benefits Include:

- Healthy Kids learn better
- Promotes a healthy school environment
- Promotes consistent health messages
- Focuses on person or event rather than on food
- Keeps students with food allergies/special diets safe



NON-FOOD CELEBRATIONS

ELEMENTARY SCHOOLS



BRING COOL PENCILS,
ERASER, STICKERS &
OTHER ART ACCESSORIES
FOR THE CLASS OR
CREATE GOODIE BAGS \$10



CHOOSE A FUN ACTIVITY
FOR THE CLASS \$0



BRING SPECIAL
ACCESSORIES
TO WEAR \$10



VERBAL OR WRITTEN NOTE
OF RECOGNITION FROM
TEACHER, PRINCIPLE OR
CLASS \$0



DONATE FUN BOOKS:
DRAWING BOOKS, COMIC
BOOKS TO THE CLASS \$20



FREE
HOMEWORK/ASSIGNMENT
PASS FOR CLASS \$0



HOST A SPECAIL
EVENT: PAJAMA DAY,
MOVIE, COSTUME,
BEACH PARTY, CRAZY
HAT DAY



NON FOOD CELEBRATIONS:

MIDDLE SCHOOLS



PRIZES: GIVE AWAY OR PLAY GAMES TO EARN PRIZES: BOOKS OR OTHER SCHOOL SUPPLIES, COLORING BOOKS, TICKETS TOWARDS OTHER CLASSROOM PRIZES LIKE FREE HOMEWORK OR EXTRA CREDIT



PHYSICAL ACTIVITY TIME: HOST A ACTIVITY BREAK OR SPECIAL EVENT LIKE DANCE PARTY, THEMED PARADE AROUND SCHOOL GROUNDS,



SPECIAL EVENT: LET STUDENTS CHOOSE A SPECIAL ACTIVITY OR HOST SPECIAL EVENT: PAJAMA DAY, THEMED EVENT, GAME DAY, MOVIE DAY, MUSIC OF CLASSES CHOICE



RECOGNITION: GIVE A CERTIFICATE OR RIBBON, POST A SIGN IN THE CLASSROOM, SPECIAL SHOUT-OUT OR WRITTEN NOTE



NON FOOD CELEBRATIONS: HIGH SCHOOL



PRIZES: RELATED TO HOMEWORK OR PROJECTS: LATE ASSIGNMENT PASS, EXTRA CREDIT. REDUCED HOMEWORK, FREE HOMEWORK PASS



FUN/FREE CLASS TIME ACTIVITIES: CLASS OUTSIDE, MUSIC TIME, SOCIAL TIME, GAME TIME, ACTIVITY TIME, MOVIE TIME, READ/HOMEWORK TIME



SPECIAL EVENT: HOST A PEP RALLY, ASSEMBLY, FUN COMPETITION, FIELD TRIP



RECOGNITION: SHOUT OUT IN MORNING ANNOUNCEMENTS, SEND A WRITTEN NOTE IN THE MAIL, CALL, TEXT PARENT ABOUT STUDENT SUCCESS

CA Standards Smart Snacks- Quick Reference Guide

California Food and Beverage Standards for Elementary, Middle and High Schools

Allowable Snacks & Entrees (Applies during the school day until ½ hour after school)

Snacks (Generally regarded as supplementing a meal) individually sold food items must meet the following:

- Not more than **175 calories (Elementary)**
- Not more than **250 calories (Middle/High School)**
- Not more than **35%** of total calories from **fat**
- Not more than **10%** of total calories from **saturated fat**
- Not more than **35%** of total weight from **sugar (natural and added)**
- **Whole Grain:** The purchased grain product must either list its first ingredient as **whole grain** or represents at least **51%** of the weight of the total grains in the products ingredients list.
- For bread or grain products prepared by schools: The weight of the whole grains is at least 51% of the total grain weight of the product.

Exempt Snacks: Nuts, nut butter (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits and non-fried vegetables and legumes that **do not contain added sugars or fat**. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; fruit and non-fried vegetables are exempt from the sugar limit. All must meet the calorie limit based on grade.

Note: Food Items for sale containing non-exempt foods or ingredients combined with non-exempt items shall comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

Entrees (Generally regarded as the primary food in a meal) For **Middle/High Schools only**

Entrees Shall:

- Contain no more than 400 calories per time
- Contain no more than 4 grams of fat per 100 calories (36% fat)

Entrees must include:

- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g. turkey sandwich, baked potato with chili, fruit and cheese platter) or
- A meat/meat alternative alone (e.g. sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

Exemptions:

- Entree sold a la carte on a day served NSLP/SBP
- Entree sold a la carte day after served NSLP/SBP

A la carte entrees cannot be sold in Elementary Schools. Outside entities (e.g. PTA) may sell a “full meal” provided it meets a USDA meal pattern.

Allowable Beverages (Applies during the school day up until ½ hour after school)

The following may be sold:

- Fruit and vegetable-based drinks that are composed of **50% or greater** fruit or vegetable juice and have no added sweetener.
- 2%, 1%, nonfat milk (cow's or goat's); soy milk, rice milk or other similar non-dairy milk alternative that contains Vitamin A & D and at least 25% of the Daily Value for calcium per 8 ounces, contains no added sweeteners exceeding 28 grams of total sugars per 8 ounces. Soy milk, rice milk, and other similar non-dairy milk must contain no more than 5 grams of fat per 8 ounces.
- Water with no added sweetener
- Electrolyte replacement beverages that contain no more than 2.1 grams of added sweetener per fluid ounce, list water as first ingredient, contain between 10-150 milligrams of sodium and 10-90 milligrams of potassium per 8 ounces, and contain no added caffeine. **(High School Only)**
- No beverages with caffeine allowed

TRANS FAT In Foods (Applies during the school day up until ½ hour after school)

Schools and districts may not make available to students enrolled in Kindergarten through grade 12 food containing artificial trans fat. This pertains to vending machines and school service operations. A food is considered to contain artificial trans fat if it contains vegetable shortening, margarine or any kind of partially hydrogenated vegetable oil, unless the manufacturer's documentation on the label lists fat content and less than .5 grams of trans fat per serving.