

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

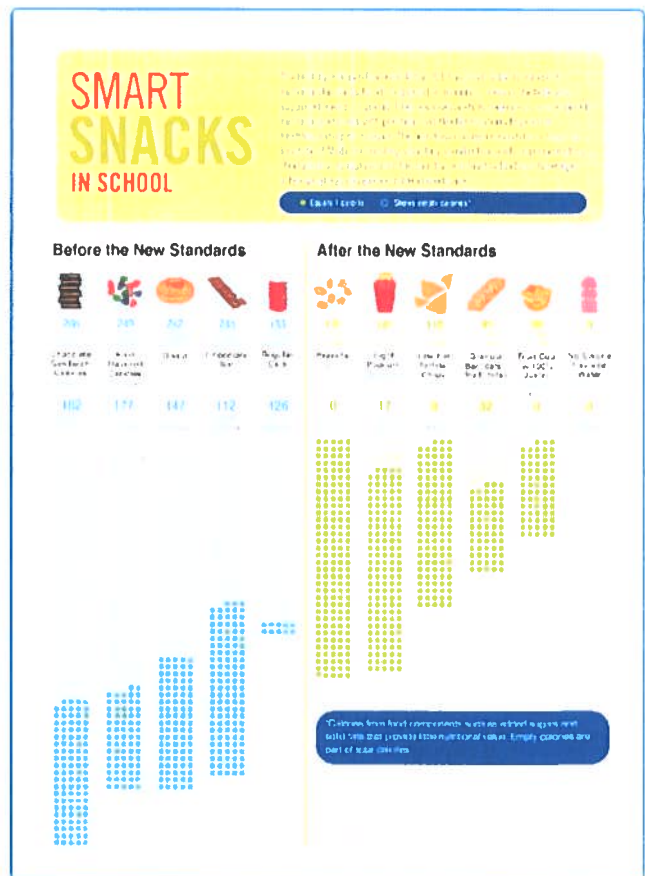
Nutrition Standards for Foods

• **Any food sold in schools must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

• **Foods must also meet several nutrient requirements:**

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods



Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
 - No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.



Grocery Compliant Food List

This list is an example of items that meet smart snack standards. You can find these along with other items at your grocery store.

This list is not comprehensive and is intended to provide a base-line sample of products that meet nutritional guidelines set forth in legislation.

Allergens and Restrictions:

*Nuts, nut butters and peanuts are not served at the Elementary Sites due to high food allergy prevalence. Before providing any food to students be aware of the food allergies that students in the classroom may have. Avoidance of these foods will be necessary.

Per BP 5030 homemade goods are not allowed for classroom celebrations, store bought items will be acceptable.

Beverages:

Water

100% fruit or vegetable juice

Fruit drinks with at least 50% juice

1% Milk or Fat Free Chocolate or Fat Free Strawberry Milk

For Secondary only: Electrolyte replacement beverages w/ 42 grams or less of sugar per 20 oz bottle

Snack Items, listed by Manufacture:

[Austin](#)

Sea Animal Crackers, 1 oz

Zoo Animal Crackers, 1 oz

[Back to Nature \(Kraft\)](#)

Crispy Wheats, 1 oz

Crispy Cheddar Crackers, 1 oz

[Blue Bunny \(Well's Dairy, Inc.\)](#)

Tigger Twister (Chocolate and Vanilla Pudding on a stick, 1.75 fl oz)

Fudge Bar, 3.0 fl oz

Carb Freedom Juice Bars, 1.75 fl oz Flavors: Grape, Raspberry, Strawberry

Cool Daze Fudge Dream Bar

Campbell's

V8 Juice, 12 oz

Dannon

Light and Fit Non-Fat Yogurt, 8 oz container

David's

Sunflower Seeds 1 oz bag

Del Monte

Plastic Fruit Cup, 4 oz; Mixed Fruit and Peaches

Dole

Pineapple Tidbit Cup 3.1 oz

Tropical Fruit Cup 3.1 oz

Fruit Bowls, 4 oz – types of fruit available listed below:

Pears

Mandarin Oranges

Tropical Fruit Salad

Diced Peaches

Mixed Fruit

Pineapple Tidbits

Frito-Lay

Baked Lays, 1-1/8 oz

Baked Lays, Sour Cream and Onion, 1-1/8 oz

Baked Ruffles Original, 1-1/8 oz

Baked Cheetos, 1.25 oz

Gatorade

Frost – Cascade Crash, Riptide Rush, & Glacier Freeze, 8 oz

Instant Mix-Lemon Lime (1 1/3 Tbsp), 8 oz

Fierce Melon, Berry and Grape, 8 oz

Lemon Lime, fruit Punch, Orange (12 bottles), 8 oz

General Mills

Cinnamon Toast Crunch Crisps, 1 oz

Healthy Choice

Low Fat Fudge Bars, 1 bar

Sorbet & Cream Bars, 1 bar

Honey Maid

Graham Crackers, 8 crackers

Jolly Time

Microwave Popcorn, Healthy Pop Minis: Butter Flavor, 1.2 oz; Kettle Corn Flavor 1.19 oz

Keebler

Honey Rite Grahams with Calcium, 3 pack

Honey Grahams, 3 pack

Graham Select – Cinnamon, 3 pack

Graham Select, Low Fat, 3 pack

Chocolate Graham Crackers, 3 pack

Cinnamon Elf Grahams, 1 oz

Original Elf Grahams, 1 oz

Chocolate Elf Grahams, 1 oz

Scooby Doo Graham Cracker Sticks, 1 oz

Journey Multigrain Cereal Bar, Chocolate, 1.4 oz, Peanut Butter Fudge 1.3 oz, Apple Cinnamon 1.3 oz, Carmel 1.3 oz

Kellogg's

Pop Tart (Brown Sugar Cinnamon) 1.76 oz

Pop Tart (Brown Sugar flavor only), 1 pack, 1.76 oz

Nutri-Grain Bar, Apple Cinnamon flavor, 1.3 oz

Nutri-Grain Muffin Bar, 1.6 oz Banana

Cinnamania Cinnamon Bun flavored Graham Snack, 1.76 oz

Kirkland

Cranberry Grape Juice (2 bottles), 8 oz

Cranberry Raspberry Juice Blend (2 bottles), 8 oz

Frozen concentrated Orange Juice, Calcium Enriched (6 cans) 2 oz

Newman's Own Grape Juice (2 bottles) 8 oz

Premium Drinking water, 8 oz

Skim milk (2-1 gal jugs) 8 oz

*Pistachios, ½ cup with shells **(Not allowed at Elementary Sites)**

Rice crackers and Nuts, ¼ cup

*Roasted and Salted Peanuts, 3 tsp **(Not allowed at Elementary Sites)**

Signature Crunchy Snack, ¼ cup

Knott's Berry Farm

Strawberry Fruit & Grain Bar, 1.76 oz

Kraft

Teddy Grahams Graham Snacks 0.7 oz (Cinnamon and Chocolate flavors)

Teddy Grahams Graham Snacks, 0.5 oz (Cinnamon Flavor)

Ritz Sticks, 1 oz

Ritz Dinosaur Crackers, 1 oz

Krispy

Saltine Crackers, 12 grams

Kudos (Master Foods)

Fruit and Granola Bar, 1.58 oz

Laura Scudders

Mini Pretzels, 1 oz

Lays

Baked Lays, 1.25 oz

Baked Lays, Sour Cream & Onion, 1.125 oz

Martinelli

Apple Juice, 10 oz

Apple Juice, 8 oz

Minute Maid

Orange Juice with Calcium and Vitamin D (2-128 oz Bottles), 8 oz

Mr. Nature **(Not allowed at Elementary Sites)**

*Salted Almonds 1 oz

Raisins, 1 oz

*Salted Peanuts 1 oz, 1.5 oz

*Honey Roasted Peanuts, 1 oz

*Unsalted Trail Mix, 1.1 oz

*Trail Mix, Sweet & Smart, 1.5 oz

Mott's

Applesauce, Individual Cup, 4 oz

Nabisco

Crunchy Toasted Corn Nuts, Original Flavor, 1 oz

Vanilla Wafers, 2 oz

100 Calorie Wheat Thins Minis, .74 oz

Naked Food

Juice – Carrot-O-Copia (1/2 gallon), 8 oz

Juice – Green Machine (1/2 gallon), 8 oz

Juice – Just Orange Juice (1/2 gallon), 8 oz

Nature Valley

100% Natural Crunchy Granola Bar, 1.5 oz - Maple Brown Sugar Flavor, Banana Nut Flavor, Oat's and Honey Flavor, Peanut Butter Flavor

Crunchy Granola Bars, 2 Bar

Oh Boy! Oberto

Natural Style Beef Jerky, .9 oz

Teriyaki Flavor Beef Jerky, .9 oz

Pacific Gold

Beef Jerky Hot & Spicy (2 bags), 1 oz
Original Beef Jerky, 1 oz
Teriyaki Beef Jerky (2 bags), 1 oz
Turkey Jerky (2 bags), 1 oz
Variety Pack Beef Jerky, 1 oz

Pasta Prima

Spinach and Mozzarella Ravioli, 1 cup (6 Ravioli)

Pepperidge Farms

Goldfish Flavor Blast Hot n' Spicy Cheddar Baked Snack Crackers, .75 oz
Pretzel Goldfish, .75 oz
Giant Goldfish Grahams, Cinnamon, .9 oz
Giant Goldfish Grahams, Chocolate, .9 oz
Parmesan Goldfish crackers, .75 oz
Goldfish PhysEdibles: Lemon Baked Animal Crackers, .9 oz, Vanilla Baked Animal Crackers, .9 oz
Goldfish, 1 oz bag

Planter's (Not allowed at Elementary Sites)

*Honey Roasted Peanuts, 1 oz
*Salted Peanuts, 1 oz
*Salted Peanuts, (48-103 bags), 8 fl oz

Plain Gourmet

Bagel (mini), 1 Bagel

Premium Original

Saltine Crackers, 5 crackers

Quaker

Oatmeal Breakfast Square, 1.41 oz

Stauffer's

Animal Crackers, 1 oz
Animal Crackers, 16 pieces

Sunkist

Apricot Fruit Roll, .75 oz

Sunshine

Reduced-fat Cheez-its, 1.5 oz

Traditional Chex Mix 1 oz

Tree Top

Applesauce, Ind. Cup, 4 oz

Apple Juice, 8 oz

Fruit Energy Bar, Apple/Cherry/Berry, 1.5 oz

Fruit & Veggie Bar, Cranberry/Raspberry, 1.5 oz

Fruit Snacks 0.5 oz: Strawberry, Raspberry, Cherry, Grape

Tropicana

Fruit Wise Fruit Bars 1.4 oz Flavors: Cherry Berry, Orange Citrus, Strawberry

Fruit Wise Fruit Strips, .67 oz Flavors: Cherry, Fruit Punch, Grape, Raspberry, Strawberry, Wildberry

Juice Blends, 10 oz

Orange Juice, 10 oz

Utz's

Pretzel Stix, 5 Sticks

Yoplait

Light Yogurt, all flavors, 8 oz

