

International Leadership of Texas School District

Smart Snacks List***



The following is a list of foods and beverages that meet the USDA standards for K-12. This list is not all inclusive. Alternative items may be available at different stores or vendors. Manufacturers' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the Smart Snacks regulations, please call the Child Nutrition department at 972.479.9078.

Applesauce/Fruit cups/Fruit snacks

Manufacturer	Name/Description	Serving Size
All Brands	Dried Fruit w/ No Added Sugar	¼ cup
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)
Earth's Best	Organic Applesauce- Original	1 cup (113g)
Earthbound Farms	Organic Raisins	1 box (43g)
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley, & Summer Strawberry	1 cup (113g)
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)
Motts	Natural Apple Sauce	1 cup (111g)
O Organics	Raisins	1 box (1oz)
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch - All flavors	1 pouch (4 oz)
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

Chips/Pretzels/Popcorn

Manufacturer	Name/Description	Serving Size
General Mills	Chex Mix Snack Mix -Individual Snack Bags, Traditional, Sweet n Salty, Trail Mix	1 pouch (.82 oz.)
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel	½ cup
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)
Rold Gold	Pretzels Heartzel Original	1 package (0.7 oz)
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup
Sunchips	Cheddar, Garden, Original	1 package (.87 oz)
Quaker	Popped Rice Snacks - only Apple and Chocolate	1 oz
Quaker	Rice Cakes- All Flavors	1 Cake

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural - Grab & Go bags	1 bag (1 oz)
David	Original Sunflower Seeds	1 bag (1.75 oz.)
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)
Jack Links	70 calories- Original, Peppered, or Teriyaki	1 bag (.75oz)
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 oz.)

Cookies/Crackers

Manufacturer	Name/Description	Serving Size
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Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)
Kellogg's	Rice Krispy Treat, Whole Grain	1.41 oz.
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate	24 pieces
Nabisco	Triscuit- All Flavors	About 6 crackers
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted	About 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/ High)
PepsiCo	IZZE Apple Juice, Blackberry, Grapefruit, Clementine, Pomegranate	CANNOT HAVE	< 12 fl oz.
	Naked Bold Beets, Green, Berry, Strawberry Banana	CANNOT HAVE	< 12 fl oz.
Martinellis	100% Pure Apple Juice	8 fl oz or less	< 12 fl oz.
Minute Maid	100% Juice - Apple, Fruit Punch, Apple White, Grape,	8 fl oz. or less	< 12 fl oz.
	& Mixed Berry		< 12 fl oz.
Motts	100% Apple Juice	8 fl oz. or less	< 12 fl oz.
Ocean Spray	100% Juice - Grapefruit, Cranberry, Ruby Red, Grapefruit, Cranberry & Pomegranate	8 fl oz. or less	< 12 fl oz. < 12 fl oz.
Treetop	100% Apple Juice	8 fl oz. or less	< 12 fl oz.
Treetop	100% Juice Assorted	8 fl oz or less	< 12 fl oz.
All Brands	100% Juice (Product must state 100% juice)	8 fl oz. or less	< 12 fl oz.
All Brands	Milk 1%, Fat Free (Flavored milk MUST be Fat Free)	8 fl oz. or less	< 12 fl oz.
All Brands	Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain only, No Flavors)	8 fl oz. or less	< 12 fl oz. < 12 fl oz.

Water

Manufacturer	Name/Description	Serving Size
Any	Pure Water, No Added Artificial sweetener and/or Caffeine	Any Size

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size
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)
Chobani	Champions Tube-All Flavors	1 Tube
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 fl. oz.
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)
Dannon	Light & Fit	6 oz (170g)
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)
Frigo	Light String Cheese	1 stick (28g)
Frigo	Light Variety String Cheese	1 stick
Health Valley	Fruit Yogurt Smoothie Pouch - Strawberry Banana, Pear Mango	1 pouch (4.2 oz)
Jamba Juice	All Fruit and Fruit & Veggie Smoothies	8 oz.
LaLa	Yogurt Smoothies - Strawberry	1 bottle (7 oz.)
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz
Sargento	String Cheese	1 stick
Sargento	Light String Cheese	1 stick
Sargento	Reduced Fat - Colby Jack, Cheddar, Sharp Cheddar	1 stick

Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)
Stoneyfield	YoKids - Low-fat Yogurt - All Flavors	1 container (4 oz.)
The Laughing Cow	Babybel Light	1 piece
The Laughing Cow	Cheese Wedges Light - All Flavors	1 wedge

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
CLIF	LUNA fiber - All Flavors	1 bar (40g)
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)
Kashi	Chewy Granola Bars - Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar - Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Kellogg's	Nutrigrain Bar - All Flavors	1.55 oz.
Plum Kids	Organic Jammy Sammy- All Flavors	1 bar (29g)
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	90 Calorie Chewy Granola Bar - All Flavors	1 bar (24g)
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)

Ice Cream/ Frozen Novelties

Manufacturer	Name/Description	Serving Size
Dryers	Outshine fruit bars and coconut water	1 bar
Kona Ice	100% Juice	2 oz.
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar
SunnySky Products	Ice Dogs- All flavors	4 oz
TCBY	Frozen Yogurt On The Go - All Flavors	1 pouch (60g)
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)

Additional Beverages - for HIGH SCHOOLS ONLY

Manufacturer	Name/Description	Serving Size
Coca Cola	Vitaminwater Zero - All Flavors	20 oz
Shasta Beverages	LaCroix sparkling water	12 oz.
Trident Marketing	Mocha Iced Coffe Concentrate	1 ea

***** The Child Nutrition department does not maintain a list of allergens for the approved foods list. Therefore, individual schools and providers must pay careful attention to the ingredient labels of purchased products for student consumption.**

Individual schools are responsible for maintaining product documentation including:

- Ingredient and nutrition labels of each product sold or served.
- Approval of product from the Alliance for a Healthier Generation Smart Snacks Calculator.

This institution is an equal opportunity provider.