



San Pasqual
- Union School District -

Smart Snacks

Approved List

To be used as a guide for
Parents & Staff



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What are smart snacks?

Smart snacks are nutrition standards established by the USDA as part of the [Healthy, Hunger-Free Kids Act of 2010](#) and became effective July 1, 2014. The standards apply to all foods sold and served on school campuses during the school day.

What is the definition of the school day?

The USDA defines the school day as the period from midnight the night before to 30 minutes after the end of the official school day.

What is the definition of the school campus?

The USDA defines the school campus as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

What campus events are impacted by Smart Snacks standards?

The standards pertain to all campus food sales and foods distributed at campus events during the defined school day. Community organization events (PTO, DELAC, Foundation), evening, and weekend events are excluded.

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards: • Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or • Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and • The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

This booklet is to be used as a guide to assist teachers and parents when looking for alternatives to be used in the classroom.

What if I want to sell or serve a food not on the list of approved foods?

You can contact the child nutrition department at **760-728-7092**, and they will be happy to assist you. You can also connect to the alliance for a healthier smart snacks calculator at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/smart-snacks-in-school> to determine if the product meets the requirements. You must provide documentation from the website to the SPUSD administration before selling or serving the product.

If you would like additional information about smart snacks standards, please visit <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>.

The following pages show approved smart snacks for school. These are all allowed for classroom parties.

San Pasqual Union School District Approved Food List – Smart Snacks

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 list is of foods and beverages that meet the standards for all grade levels. This list is ***not all inclusive***, additional items may be used if identified to be compliant by the quick reference cards. Alternative items may be available at different stores. Manufacturers’ ingredients and distribution change frequently. If you have additional questions, please contact the Food and Nutrition Services Department **Office: (760) 745-4931** or **Email: [Jessica Hurtado](#)**

Applesauce/Fruit Cups/Fruit Snacks

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
1	All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
2	All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
3	All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X
4	Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)		
5	Brother’s	All Natural Fruit Crisps	1 bag	X	X
6	Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X	
7	Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X	
8	Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X	
9	Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X	
10	Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X	
11	Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X	
12	Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X	
13	Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
14	Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)		
15	Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X	

16	Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X	
17	Dole	Fruit Squish'ems	1 pouch	X	
18	Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	X	
19	Earth's Best	Organic Applesauce- Original	1 cup (113g)	X	
20	Earthbound Farm	Organic Raisins	1 box (43g)		
21	Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)		
22	Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X	
23	Great Value	Unsweetened Applesauce	½ cup	X	
24	Great Value	Dried Apricots	7 pieces	X	
25	Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	
26	Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)	X	
27	Kirkland	Sunsweet Dried Apricots	About 6		X
28	Kirkland	Sunsweet Dried Plums	About 6		X
29	Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X
30	Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X
31	Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	
32	Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	
33	Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		
34	Motts	Natural Apple Sauce	1 cup (111g)	X	
35	Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)		
36	Sunmaid	Raisins	1 box (42.5g)	X	X
37	Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X
38	Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
39	Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
40	Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	
41	Corn Nuts	Variety Pack	1 package (1/3 cup)		X
42	General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		
43	General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup	X	
44	Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package		
45	Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		
46	Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	
47	Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X	
48	Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz		
49	Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)		
50	Smart Balance	Smart N' Healthy Popcorn	4 cups popped		
51	Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup		
52	Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz	X	
53	Quaker	Rice Cakes- All Flavors	1 Cake	X	
54	Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	
55	Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips		

Crackers and Grahams

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
56	Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X	
57	Crunchmaster	Multi-seed- Five Seed	14 crackers		X
58	Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X	
59	Homekist	Honey graham Crackers	2 full cracker sheets	X	
60	Kashi	Snack Crackers- Not Cheddar	15 crackers		
61	Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)		
62	Kellogg's	Special K Cracker Chips- Individuakl Bags	1 package	X	
63	Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X	
64	Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	
65	Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X	
66	Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X	
67	Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X
68	Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X
69	Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	
70	Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X	
71	Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		
72	Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X	
73	Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	X	

74	Nabisco	Triscuit- All Flavors	About 6 crackers	X	
75	Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X	
76	Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	
77	Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	
78	Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X	

Bagels

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
79	Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X	
80	Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Beverages

	Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Costco
81	Campbell's	V-8- Spicy Hot, Low Sodium or Regular	< 8 fl oz.	< 12 fl oz.	X	X
82	Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
83	Campbell's	V-8 Fusion Refreshers	< 8 fl oz.	< 12 fl oz.	X	
84	Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X	
85	Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	
86	Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X
87	Capri Sun	Super V- Fruit & Vegetable Drink	1	1 pouch		

			pouch (6 oz)	(6 oz)		
88	Dole	100% Pineapple Juice	< 8 fl oz.	< 12 fl oz.	X	
89	Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
90	Great Value	100% Juice (Apple, Cranberry, Grape)	< 8 fl oz.	< 12 fl oz.	X	
91	Great Value	Vegetable Juice from Concentrate (100% Juice)	< 8 fl oz.	< 12 fl oz.	X	
92	Horizon	Organic Milk- Lowfat- All Flavors	< 8 fl oz.	< 12 fl oz.	X	
93	Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.		
94	Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X
95	Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X
96	Langer's	100% Juices- All Flavors	< 8 fl oz.	< 12 fl oz.		
97	Martinellis	100% Pure Apple Juice	< 8 fl oz.	< 12 fl oz.		X
98	Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X
99	Motts	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
100	Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X	
101	Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	< 8 fl oz.	< 12 fl oz.	X	
102	Simply Orange	100% Juice- All Flavors	< 8 fl oz.	< 12 fl oz.		
103	Seneca	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
104	Sunsweet	100% Prune Juice	< 8 fl oz.	< 12 fl oz.	X	

105	Tummy Tickler	100% Juice- Apple	< 8 fl oz.	< 12 fl oz.	X	
106	Treetop	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	X
107	Treetop	100% Juice Assorted	< 8 fl oz.	< 12 fl oz.		X
108	Treetop	Fresh Pressed Juice	< 8 fl oz.	< 12 fl oz.		
109	Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8 fl oz.	< 12 fl oz.	X	X
110	Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.	X	
111	All Brands	100% Juice (Product Must State 100% Juice)	< 8 fl oz.	< 12 fl oz.	X	X
112	All Brands	Milk- Lowfat 1%, or Fat Free	< 8 fl oz.	< 12 fl oz.	X	X
113	Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X

Yogurt/Cheese/Smoothies

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
114	Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)		
115	Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X
116	Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X	
117	Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X	
118	Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X	
119	Dannon	Light & Fit	6oz (170g)	X	
120	Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X
121	Frigo	Light String Cheese	1 stick (28 g)	X	
122	Great Value	Lowfat Yogurt- All Flavors	6 oz	X	
123	Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X	

124	Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X	
125	Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X
126	Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)	X	
127	Kraft	Mozzarella Cheese String- 2% milk	1 stick	X	
128	Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X	
129	Precious	String Cheese	1 stick (28g)	X	X
130	Precious	Stringsters Reduced Fat String Cheese	1 stick		
131	Sargento	String Cheese	1 stick	X	
132	Sargento	Light String Cheese	1 stick		
133	Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	
134	Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)		
135	Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X	
136	The Laughing Cow	Babybel Light	1 piece		X
137	The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X
138	Yoplait	Original Yogurt- All Flavors	6oz	X	X
139	Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X
140	Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)		
141	Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	
142	Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X
143	Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X	
144	Yoplait	Light Yogurt- All Flavors	6oz	X	X
145	Yoplait	Greek 100- All Flavors	5.3oz (150g)		

146	Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X	
147	Weight Watchers	String Cheese	1 stick	X	

Cereal/Breakfast Bars

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
148	Fiber One	Streusel Bar- Strawberry or Blueberry			
149	Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	
150	Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X
151	Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
152	Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X
153	Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X
154	Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)		
155	Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X	

Granola Bars

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
156	Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X	
157	CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X
158	CLIF	LUNA fiber- All Flavors	1 bar (40g)		
159	Great Value	Crunch Oats & Honey	2 bars (42g)	X	
160	Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X
161	Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X

162	Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	
163	Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X	
164	Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Frozen Fruit Bars

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
165	Blue Bell	Fruit Bars- All Flavors	1 bar	X	
166	Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X	
167	Dryer's	Outshine Fruit Bars and Coconut Water	1 bar		
168	Fruittare	Fruit Bars- All Flavors			
169	Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar		
170	Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X