



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. To find out if a food or beverage not listed below meets the nutrition standards, visit the online calculator at

<https://foodplanner.healthiergeneration.org/calculator/>.

If you have any questions, please contact Nutrition Education at 209-825-3200. **No items on this list contain nuts or nut products. No items on this list contain the following food dyes: Blue 1, Blue 2, Green 3, Red 40, Yellow 5, Yellow 6.**

Fruit Cups, Fruit Snacks, Fruit Juice

| Manufacturer | Name/Description | Serving Size |
|----------------------|--|--|
| All Brands | 100% Fruit Juice | ≤ 8 fl oz. (Elementary) < 12 fl oz. (High School) |
| All Brands | Individual Fruit Cups in Water or Natural Juices | 1/2 cup |
| All Brands | Fresh Fruit and Vegetables - Individual Bags/Platters/Whole Fruit or Veg | 1/2 cup |
| All Brands | Dried Fruit with NO Added Sugar | 1/4 cup |
| Del Monte | Fruit Cups (<i>no sugar added</i>) | 1 cup (106g) |
| Dole | Fruit Cups (<i>packed in 100% juice</i>) | 1 container (113g) |
| Go Go Squeez | Go Go Squeez Applesauce Pouches | 1 pouch (90g) |
| Motts | Applesauce | 1 cup (111g) |
| Sunmaid | Raisins | 1 box (42.5g) |
| Welch's Fruit Snacks | Berries 'n Cherries, Mixed Fruit | 1.55 oz pkg |
| That's It Fruit Bars | Fruit Bars - <i>all flavors</i> | 1 bar |

Chips, Crackers

| Manufacturer | Name/Description | Serving Size |
|-----------------|--|--------------------------|
| Frito Lay | Oven Baked Lay Potato Chips - <i>BBQ, Original, Sour Cream & Onion</i> | 0.875 oz or 1.125 oz bag |
| Frito Lay | Rold Gold Heartzels Pretzels | 0.70 oz (19.8g) |
| General Mills | Simply Chex- Chocolate Caramel, Cheddar, Strawberry Yogurt | .92 oz bag |
| Kellogg's | Whole Grain Cheez-It Crackers | .75 oz bag |
| Pepperidge Farm | Whole Grain Baked Goldfish Crackers | 0.75 oz |
| Popcorners | Sweet Cinnamon, Memphis BBQ, Kettle Corn | 1 oz pkg (28 g) |
| Quaker | Rice Crisps - <i>All flavors</i> | 1 pkg .67 oz (19g) |

Yogurt (<= 12 grams of added sugar per 6 ounces), Cheese

| Manufacturer | Name/Description | Serving Size |
|-------------------|---|---------------|
| All brands | Reduced Fat String Cheese | 1 Stick (28g) |
| Babybel | Babybel Reduced Fat Cheese | 1 wedge |
| Chobani | Non-Fat Greek Yogurt - <i>all flavors</i> | 5.3 oz |
| Dannon | Light and Fit - <i>all flavors</i> | 5.3 oz |
| Siggi's Icelandic | Yogurt - <i>all flavors</i> | 5.3 oz |
| Yoplait | Simply GoGurt (<i>all flavors</i>) | 1 tube (64g) |

Grahams

| Manufacturer | Name/Description | Serving Size |
|--------------|------------------|----------------|
| Annie's | Bunny grahams | 1 packet (35g) |



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| | | |
|-----------------|---|------------------|
| Keebler | Scooby Doo Graham Crackers- Cinnamon, Chocolate | 0.75 oz |
| Nabisco | Teddy Grahams- All flavors | 1 package (28 g) |
| Nature's Valley | Crisps- All flavors | 1.2 oz package |

Ice Cream, Frozen Fruit Bars

| Manufacturer | Name/Description | Serving Size |
|----------------|---|---------------|
| Talenti | Sorbetto Bars - Raspberry, Mango, Strawberry, Lemon | 1 bar (36.6g) |
| Outshine | Fruit Bars -all flavors | 1 bar (72g) |
| Popsicle | Fudgsicle No Sugar Added | 1 bar |
| Sweet Nothings | Smoothie Pops - all flavors | 1 pop (57g) |
| Yasso | Bars- all flavors | 1 bar (62 g) |

Granola Bars

| Manufacturer | Name/Description | Serving Size |
|--------------------|---|----------------|
| Amazon Happy Belly | Fruit and Grain Bars - All flavors | 1 bar |
| KIND | KIND Kids Granola Chewy Bar Chocolate Chip | 1 bar |
| Nature's Bakery | Fig Bars - Strawberry, Blueberry, Raspberry, Cinnamon | 1 bar |
| Nature's Bakery | Oatmeal Crumble Bar - Strawberry, Raspberry Lemon, Apple Cinnamon | 1 bar |
| Kellogg's | Nutri-Grain Cereal Bars - Apple Cinnamon, Blueberry, Strawberry | 1.3 oz (1 bar) |

Miscellaneous

| Manufacturer | Name/Description | Serving Size |
|--------------|--|--------------|
| Jack Link | Chicken Tender Bites, Sweet BBQ | 1 oz pack |
| Kellogg's | Rice Krispies Treats (Made with Whole-Grain) | 1.41 oz |
| Made Good | Crispy Vanilla Squares - All flavors | 1 bar |

Some items may be manufactured in a facility that also processes peanuts, tree nuts, dairy, eggs, wheat, soy, fish, and shellfish

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