



Deer Valley
Unified School District

Deer Valley Unified School District Approved Food List-Smart Snacks

USDA Smart Snacks are nutrition standards required for all foods and beverages sold to students during the school day (outside of school meals). These standards ensure that snacks are healthier, age-appropriate, and support student wellness.

The following list of foods and beverages meets the standards for grades K–8. This list is **not all-inclusive**. Alternative items may be available at different stores. Manufacturers and distributors change frequently. Some snacks may be compliant depending on the **serving size**.

To check if a snack or beverage is Smart Snack compliant, use the USDA Smart Snacks Product Calculator: <https://foodplanner.healthiergeneration.org/calculator/>

Fruits & Fruit Based Snacks

Category	Example Snacks/ Brands	Portion Size	Notes
Applesauce/ fruit cups	Del Monte, Dole, Motts, Musselman's, Tree Top, Santa Cruz, store brands	½ cup	Must be packed in 100% juice or unsweetened.
Dried Fruit (no added sugar)	Cherries, blueberries, raisins, apricots	½ cup	Some fruits may contain small amounts of sweetener for processing
Fresh Fruits & Veggies	Any brand, individual packs or platters	½ cup	Available at most stores
Canned/Frozen Fruit	100% juice, extra light or light syrup	½ cup	No added sugar

Fruit Crisps / Freeze-Dried	Brother's All Natural, Crispy Green, Disney Brothers, Crunchies, Sensible Foods	1 bag or ¼ cup	Single serve packs
Fruit Pouches	GoGo Squeez, Motts Snack & Go, Buddy Fruits, Plum Kids Mashups, Tree Top, Organic Slammers	1 pouch (90 grams)	Multiple flavors available

Chips, Pretzels, and Popcorn

Category	Example Snacks/ Brands	Portion Size	Notes
Microwave Popcorn	Act II 94% FF, Jolly Time Healthy Pop, Orville Redenbacher Smart Pop	1–2 cups popped	100-calorie or 94% fat free varieties
Ready-to-eat popcorn	Boom Chicka Pop (Sea Salt)	1 cup	100-calorie or 94% fat free varieties
Corn nuts	Original, Ranch, BBQ	⅓ cup	Roasted Snack
Baked chips	Lays Baked (Ruffles, BBQ, Original),	About 1 oz (16 chips)	Oven-baked versions only

	Tostitos Baked Scoops		
Pop chips	All flavors	1 oz (~20 chips)	Air-popped
Rice cakes & Rice Snacks	Quaker Rice Cakes (all flavors), Quaker Mini Rice Snacks (Apple Cinnamon, Chocolate)	1 cake or 1 oz	Light and crunchy options Made from brown rice

Nuts & Seeds-

Use caution if selling or serving nut products due to potential danger to individuals with peanut or tree nut allergies.

Category	Example Snacks/Brands	Portion Size	Notes
Almonds	Blue Diamond, Kirkland, Emerald 100 Cal Packs, Wonderful	1 oz (about 24 nuts)	Raw, dry roasted, or lightly salted
Pistachios	Wonderful, Planters, Kirkland, Fry's Private Selection	¼–½ cup (with shells)	Both shelled and in-shell options
Cashews	Planters, Kirkland Unsalted	¼ cup	Dry roasted, halves & pieces
Peanuts	Planters, Hoody's, Kirkland	28g (about 40 pieces)	Dry roasted, lightly salted

Mixed Nuts	Kirkland Unsalted Mix	¼ cup	Salt-free preferred
Pumpkin Seeds	KIND Raw Pumpkin Seeds	⅓ cup	Single packs available
Macadamia Nuts		¼ cup	Available at most stores

Crackers & Cookies

Category	Example Snacks/Brands	Portion Size	Notes
Graham Snacks	Annie's Bunny Grahams (Honey, Chocolate, Chocolate Chip), Nabisco Teddy Grahams	About 30g (~24–31 cookies)	Whole grain or reduced sugar
Wheat/Grain Crackers	Nabisco Triscuit (all flavors), Wheat Thins (original, reduced fat, multigrain), Kroger Wheat Crisps	6–16 crackers	Whole grain options
Graham Crackers	Signature Select Graham Crackers (Cinnamon, Low-Fat Honey)	2 whole crackers	Lower fat versions
Cracker Chips	Kellogg's Special K Cracker Chips (Sea	27–30 chips	Oven-baked

	Salt, Cheddar, Sour Cream & Onion, Salt & Vinegar)		
Snack Crackers	Kashi Snack Crackers (No Cheddar)	15 crackers	Multigrain
Scooby-Doo Graham Snacks	Kellogg's	1 pouch (28g)	Whole grain
Rice-Based Crackers	Quaker Popped Rice Snacks (Apple Cinnamon, Chocolate), Rice Cakes (all flavors)	1 cake or 1 oz	Light, crunchy options

Yogurt, Cheese, & Smoothies

Category	Example Snacks/Brands	Portion Size	Notes
Yogurt Cups	Chobani (nonfat/low fat), Dannon Light & Fit, Yoplait Original/Light, Great Value, Kroger, Lucerne	5–6 oz (150–170g)	Must be low-fat or nonfat
Yogurt Tubes	Chobani Kids, Yoplait GoGurt, Yoplait Simply GoGurt, Stonyfield YoKids	1 tube (56–64g)	Low-fat only

Yogurt Smoothies	Dannon Danimals	1 bottle (3.1 oz)	Child-size portion
Greek Yogurt	Yoplait Greek 100, Oikos Fruit on the Bottom, Kroger Greek Nonfat	5–6 oz	Low-fat or nonfat
Cheese Sticks	Sargento (Light, Part-Skim, Reduced Fat), Frigo Light, Kraft 2% Mozzarella, Lucerne Light, Kroger Reduced Fat Mozzarella	1 stick (28g)	Must be reduced fat or part-skim
Cheese Wedges	The Laughing Cow (Light varieties)	1 wedge	Portion-controlled
Mini Babybel	Light variety	1 piece	Lower fat
Pudding	Snack Pack Fat Free Chocolate	1 cup (92g)	Only fat-free option

Beverages

Category	Example Snacks/Brands	Portion Size	Notes
100% Fruit Juice	Apple & Eve, Capri Sun 100%, Dole, Juicy Juice, Motts, Tropicana, Welch's, store brands	≤ 8 oz	Must be labeled "100% juice"
Juice Blend	Capri Sun Super V (fruit & veggie blend)	1 pouch (6 oz)	Fruit + vegetable
Low-Sodium Vegetable Juice	Campbell's V8	≤ 8 oz	Low sodium only
Milk	Horizon Organic, O Organics, store brands	8 oz	1% low-fat white or fat-free flavored Refrigerated or shelf stabled
Almond/Plant Milk	Silk Almond Milk	≤ 8 oz	Plain or flavored
Sparkling Juice	Izze, Switch	≤ 8 oz	Jr. High only
Naked Juice	Select flavors (not Blue Machine)	10 oz	Jr. High only
Water	Any brand, plain	Any size	No sweeteners or caffeine

Granola Bars & Breakfast Bars

Category	Example Snacks/ Brands	Portion Size	Notes
Cereal Bars	Kellogg's Nutri-Grain (all flavors), General Mills Cereal Bars (Cinnamon Toast Crunch)	1 bar (37–40g)	Whole grain
Granola Bars	Nature Valley (Trail Mix, Crunch), Quaker Chewy (25% Less Sugar, 90 Calorie), Kashi Chewy, Kind Chewy, Cascadian Farm Organic, CLIF Kid ZBar, Kroger Chewy	1 bar (24–42g)	Lower sugar required
Snack Bars	Special K Chewy Snack Bars (Salted Pretzel Chocolate, Berry Medley, Blueberry Bliss)	1 bar (25g)	Portion controlled
Oats & Honey Bars	Great Value Crunch Oats & Honey	2 bars (42g)	Store brand option

Frozen Treats

Category	Example Snacks/Brands	Portion Size	Notes
Fruit Bars	Nestlé Outshine (Strawberry, Pineapple), Open Nature Fruit & Veggie Bars	1 bar	Fruit-based
Fudge Bars	Fudgsicle Original, Great Value Fudge Bar	1 bar (1.5–2 oz)	Lower fat
Cream Bars	Creamsicle 100 Calorie Original	1 bar (2.5 oz)	Portion-controlled
Frozen Greek Yogurt	Yasso Bars (variety flavors)	1 bar	Protein-rich option
Ice Cream Sandwiches	Skinny Cow (low fat, no sugar added)	1 sandwich	Lighter frozen dessert
Skinny Cow Bars	Fudge variety	1 bar (4 oz)	Portion-controlled