



# ADELANTO ELEMENTARY SCHOOL DISTRICT

Child Nutrition Services

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Adelanto Elementary School District is focused on the health of our students. Our district has established nutrition standards for all snacks sold or served in school by any entity, including parent/student organizations, teachers, and fundraisers. These standards are in effect from any time before school through 1/2 hour after school, in accordance with the state, federal and our Wellness Policy.

Attached is a list of Smart Snack items that can be purchased at local groceries stores. We also offer some Smart Snack Items that can be purchased through Child Nutrition Services.

What is a Smart Snack?

Must meet one of the following standards:

- Be a fruit, vegetable, dairy, protein or whole grain item as the first ingredient or
- Be a combination food containing at least 1/2 cup fruit or vegetable

Must also meet several nutrient requirements:

- Calorie Limits: \* Snack items: <200 calories \*Entrée items: <350 calories • Sodium Limits: \*Snack items: '200mg \*Entrée items: '480mg
- Fat Limit:
- Total fat: '35% of calories o Saturated fat: SIO% of calories o Trans fat: ZERO grams • Sugar Limit:
- 35% of weight from total sugars in foods

## Nutrient Standards for Beverages

- Plain water (no limit)
- Milk (unflavored low-fat, unflavored or flavored fat-free milk, and milk alternatives)
- 100% fruit or vegetable juice (no added sweeteners) o Elementary School up to 80z portions o Middle School up to 120z portions

## Adelanto Elementary School District Approved Food List — Smart Snacks

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. Alternative items may be available at different stores. Manufacture's ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the standards, visit the online calculator <http://www.californiaprojectclean.org/doc.asp?adp=192&id=293>. If you have additional questions, please contact the Child Nutrition Services department.

### Applesauce/Fruit Cups/Fruit Snacks

| Manufacturer | Name / Description                                      | Serving Size   | Walmart | Costco | Cardenas | Stater Bros |
|--------------|---------------------------------------------------------|----------------|---------|--------|----------|-------------|
| All Brands   | Individual Fruit Cups in Water or Natural Juices        | h cup          | x       | x      | x        | x           |
| All Brands   | Dried Fruit with No Added Sugar                         | % cup          | x       | x      | x        |             |
| All Brands   | Fresh Fruit and vegetables- Individual Bags or Platters | % cup          | x       | x      | x        | x           |
| Andros       | Fruit Me Up Pouches- All Flavors                        | 1 pouch (133g) |         |        | x        |             |
| Brother's    | Ail Natural Fruit Crisps                                | 1 bag          | x       | x      |          |             |
| Buddy Fruits | 100% Fruit Snack Squeeze Pouch- All flavors             | 1 pouch (90g)  | x       |        |          | x           |
| Buddy Fruits | Yogurt Snack Squeeze- All Flavors                       | 1 pouch (90g)  |         |        |          |             |
|              |                                                         |                |         |        |          |             |

| Manufacturer    | Name / Description                                     | Serving Size         | Walmart | Costco | Cardenas | Stater Bros |
|-----------------|--------------------------------------------------------|----------------------|---------|--------|----------|-------------|
| Buddy Fruits    | Pure Fruit Jiggle Gel                                  | 1 pouch (3.20z)      | x       |        |          | x           |
|                 | Organic Twisted Fruit- All Flavors                     | 1 twist (20g)        | x       |        |          |             |
| Crunchies       | Freeze Dried Fruit individual packets- All Flavors     | % cup                | x       |        |          |             |
| Crunch Pak      | Dipper Fruit Packs- All Flavors                        | 1 container (2.750z) | x       |        |          |             |
| Del Monte       | Fruit Cups No Sugar Added- All Flavors                 | 1 cup (106g)         | x       |        | x        | x           |
| Del Monte       | Fruit Naturals No Sugar Added                          | el container (1 cup) | x       |        | x        | x           |
| Del Monte       | Fruit Burst Pouch- All Flavors                         | 1 pouch (90g)        |         |        | x        |             |
| Disney          | Fruit Crisps Freeze Dried Fruit Slices- Atl Flavors    | 1 bag (7g)           | x       |        |          |             |
| Dole            | Fruit Cups in 100% Juice- All Flavors                  | 1 container (113g)   | x       |        | x        | x           |
| Dole            | Fruit Squish'ems                                       | 1 pouch              | x       |        |          | x           |
| Earth's Best    | Organic Applesauce- Cinnamon                           | 1 cup (113g)         | x       |        |          |             |
| Earth's Best    | Organic Applesauce- Original                           | 1 cup (113g)         | x       |        |          |             |
| Earthbound Farm | Organic Raisins                                        | 1 box (43g)          |         |        |          |             |
| Go Go Squeez    | Go Go Squeez Applesauce Pouches                        | 1 pouch (90g)        |         |        |          | x           |
| Great Value     | All Natural No Sugar Added Applesauce- Individual Cups | 40z unit (113g)      | x       |        |          |             |
| Great Value     | Unsweetened Applesauce                                 | h cup                | x       |        |          |             |
| Great Value     | Dried Apricots                                         | 7 pieces             | x       |        |          |             |
| Great Value     | No Sugar Added Fruit Cups- Peaches                     | 1 bowl (108g)        | x       |        |          |             |
| Happy Squeeze   | Fruit & Veggie TVVIST Pouch- All Flavors               | 1 pouch (99g)        | x       |        |          |             |
| Happy Squeeze   | Greek Yogurt Pouch- All flavors                        | 1 pouch (90g)        |         |        |          |             |
| Kirkland        | Sunsweet Dried Apricots                                | About 6              |         | x      |          |             |

| Manufacturer | Name / Description                                                                                            | Serving Size           | Walmart | Costco | Cardenas | Stater Bros |
|--------------|---------------------------------------------------------------------------------------------------------------|------------------------|---------|--------|----------|-------------|
| Kirkland     | Sunsweet Dried Plums                                                                                          | About 6                |         | x      |          |             |
| Kirkland     | Real Sliced Fruit- Freeze Dried-Individual Bags                                                               | 1 bag                  |         | x      |          |             |
| Materne      | Gö Go Squeeze- All Flavors                                                                                    | 1 pouch (90g)          |         | x      |          |             |
| Motts        | Applesauce Snaék & Go- All Flavors                                                                            | 1 pouch (90g)          | x       |        | x        | x           |
| Motts        | Health'/Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry                               | 1 cup (113g)           | x       |        |          | x           |
| Motts        | Motts Medley's Fruit & Veggie Snack                                                                           | 1 cup (113g)           |         |        |          |             |
| Motts        | Natural Apple Sauce                                                                                           | 1 cup (113g)           | x       |        |          | x           |
| Smuckers     | Fruit Fulls- Pure Blended Fruit                                                                               | 1 pouch (4 oz)         |         |        |          | x           |
| Annie's      | Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate                                                     | About 28 cookies (30g) | x       |        |          |             |
| Crunchmaster | Multi-seed- Five Seed                                                                                         | 14 crackers            |         | x      |          |             |
| Crunchmaster | Grammy Crisps- Cinnamon Sugar                                                                                 | 25 crackers            | x       |        |          |             |
| Kashi        | Kashi Teff thins —Red Sea Salt, Lemon Chickpea Chili<br>Kashi Crackers- Original 7 grain, Fire roasted Veggie | 15 crackers            |         |        |          |             |
| Kashi        | Soft Baked Cookies- All Flavors                                                                               | 1 cookie (30 )         |         |        |          |             |
| Kellogg's    | Special K popcorn chips- Kettle, White Cheddar                                                                | 1 package              | x       |        |          |             |
| Kellogg's    | Special K Cracker Chips- Parmesan Sesame                                                                      | 27-30 chips (30g)      | x       |        |          | x           |
| Nabisco      | 100 Calorie Packs- Mini Teddy Grahams                                                                         | 1 package (22g)        | x       |        |          | x           |
| Nabisco      | Triscuit- All Flavors                                                                                         | About 6 crackers       | x       |        |          | x           |
| Nabisco      | Triscuit Thin Crisps- All Flavors                                                                             | About 15 crackers      | x       |        |          | x           |
| Nabisco      | Wheat Thins- Hint of Salt                                                                                     | About 16 pieces (1oz)  | x       |        |          | x           |

| Manufacturer | Name / Description                                                                | Serving Size  | Walmart | Costco | Cardenas | Stater Bros |
|--------------|-----------------------------------------------------------------------------------|---------------|---------|--------|----------|-------------|
| Nabisco      | Wheat Thins Toasted Chips-<br>Garden Valley Vegetable,<br>Great Plains Multigrain | 8 chips (28g) | X       |        |          | X           |

### Pastries/Bagels

| Manufacturer | Name/Description                                                                                | Serving Size   | WalMart | Costco | Cardenas | Stater Bros |
|--------------|-------------------------------------------------------------------------------------------------|----------------|---------|--------|----------|-------------|
| Kellogg's    | Pop Tarts Low Fat/ whole<br>grain- Brown Sugar or<br>Strawberry (for secondary<br>Schools only) | 1 pastry (50g) |         |        | X        | X           |

### Cheese/ Yogurt

| Manufacturer        | Name/Description                                        | Serving Size          | WalMart | Costco | Cardenas | Stater Bros |
|---------------------|---------------------------------------------------------|-----------------------|---------|--------|----------|-------------|
| Sargento            | Reduced Fat- Colby Jack,<br>Cheddar, Sharp Cheddar      | 1 stick               | X       |        |          | X           |
| Stater Bros         | Light String Cheese                                     | 1 stick               |         |        |          | X           |
| Stoneyfield         | YoKids Squeezers Organic<br>Lowfat Yogurt- All Flavors  | 1 tube (5%)           |         |        |          | X           |
| The Laughing<br>Cow | Babybel Light                                           | 1 piece               |         | X      |          | X           |
| The Laughing<br>Cow | Cheese Wedges Light- All<br>Flavors                     | 1 wedge               | X       | X      |          |             |
| Yoplait             | Plenti-All                                              | 1 container<br>(155g) |         |        |          |             |
| Yoplait             | Greek Whips Plenti- All<br>Flavors                      | 1 container<br>(113g) |         |        |          |             |
| Yoplait             | Original Yogurt- All Flavors                            | 6oz                   | X       | X      | X        | X           |
| Yoplait             | Reduced Fat Yogurt- All<br>Flavors                      | 8 ff oz or less       | X       | X      | X        | X           |
| Yoplait             | GoGurt- Portable Low Fat<br>Yogurt- All Flavors         | 1 tube (64g)          |         |        | X        | X           |
| Yoplait             | Gogurt twisted- Portable Low<br>Fat Yogurt- All Flavors | 1 tube (64g)          |         |        |          |             |

| Manufacturer    | Name/Description                                    | Serving Size         | WalMart | Costco | Cardenas | Stater Bros |
|-----------------|-----------------------------------------------------|----------------------|---------|--------|----------|-------------|
| Yoplait         | Simply GoGurt- Portable Low Fat Yogurt- All Flavors | 1 tube (64g)         | x       | X      | X        | X           |
| Yoplait         | Yoplait Kids Yogurt- All Flavors                    | 1 container          | x       |        | X        | X           |
| Yoplait         | Light Yogurt- All Flavors                           | 60z                  | X       | X      | X        | X           |
| Yoplait         | Greek 100- All Flavors                              | 5.30z (150g)         |         |        | X        | X           |
| Yoplait         | Pro-Force Protein Yogurt For Kids- All Flavors      | 1 container (3.5 oz) | X       |        |          |             |
| Weight Watchers | String Cheese                                       | 1 stick              | X       |        |          | X           |

### Cereal/Breakfast Bars

| Manufacturer | Name/Description                                                    | Serving Size | WalMart | Costco | Cardenas | Stater Bros |
|--------------|---------------------------------------------------------------------|--------------|---------|--------|----------|-------------|
| Fiber One    | Streusel Bar- Strawberry or Blueberry                               | 1 bar (40g)  |         |        |          | X           |
| Kashi        | Soft and Chewy Bars-All                                             | 1 Bar (40g)  |         |        |          |             |
| Kashi        | Soft Baked Cereal Bars- All                                         | 1 bar (35g)  | X       |        |          | x           |
| Kellogg's    | Nutri-Grain Cereal Bars (Soft Baked and Harvest)- All Flavors       | 1 bar (37g)  | X       | X      | X        | X           |
| Kellogg's    | Special K Bar- Chewy (Salted Pretzel, Berry Medley, Blueberry Bliss | 1 bar (25g)  |         |        |          |             |
| Quaker       | Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread             | 1 bar (42g)  | X       | X      |          |             |

### Granola Bars

| Manufacturer | Name/Description                                                  | Serving Size | WalMart | Costco | Cardenas | Stater Bros |
|--------------|-------------------------------------------------------------------|--------------|---------|--------|----------|-------------|
| Great Value  | Granola Bar- Crunch Oats & Honey (For middle school only)         | 2 bars (42g) | X       |        |          |             |
| Kashi        | Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips | 1 bar (35g)  | X       | X      |          |             |

| Manufacturer   | Name/Description                                                                                                                                                                           | Serving Size       | WalMart | Costco | Cardenas | Stater Bros |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|--------|----------|-------------|
| Nature Valley  | Chewy Trail Mix Bar                                                                                                                                                                        | 1 bar (3%)         | X       | X      |          | X           |
| Quaker         | 25% Less Sugar Chewy Granola Bar- All Flavors                                                                                                                                              | 1 bar (24g)        | X       |        |          | X           |
| Quaker         | 90 Calorie Chewy Granola Bar- All Flavors                                                                                                                                                  | 1 bar (24g)        | X       |        |          | X           |
| Cascadian Farm | Organic Chewy Granola Bar- Fruit & Nut Bar, Oatmeal raisin, Peanut Butter Chocolate Chip, Chocolate Chip, Vanilla Almond Cherry, Dark Chocolate Almond, Dark Chocolate Cranberry Trail Mix | 1 bar (22g or 35g) | X       |        |          |             |
| CLIF Kid       | Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie, S'mores, Lemon Cookie                                                                                             | 1 bar (36g)        |         | X      |          |             |

### Drinks

(if Beverage is sold in large containers with multiple serving sizes, Elementary is restricted to 8 oz and Middle/High school is restricted to 12 oz)

| Manufacturer | Name/Description                               | Serving Size (Elementary) | Serving Size (Middle/High) | WalMart | Costco | Cardenas | Stater Bros |
|--------------|------------------------------------------------|---------------------------|----------------------------|---------|--------|----------|-------------|
| Campbell's   | V-8- Spicy Hot, Low Sodium                     | 5.50z can                 | 11.50z can                 | X       | x      |          |             |
| Campbell's   | V-8 Fusion- Individual Can/Bottle- All Flavors | 80z can                   | 11.50z can/120z bottle     | X       |        |          |             |
| Capri Sun    | 100% Juice Pouches- All Flavors                | 1 pouch (6.75 oz)         | 1 pouch (6.75 oz)          | X       |        |          | X           |
| Capri Sun    | Fruit Waves- 100% Juice- Atl Flavors           | 1 pouch (6.75 oz)         | 1 pouch (6.75 oz)          |         | X      |          | X           |

| <b>Manufacturer</b> | <b>Name/Description</b>                                                     | <b>Serving Size<br/>(Elementary)</b> | <b>Serving Size<br/>(Middle/High)</b> | <b>WalMart</b> | <b>Costco</b> | <b>Cardenas</b> | <b>Stater Bros</b> |
|---------------------|-----------------------------------------------------------------------------|--------------------------------------|---------------------------------------|----------------|---------------|-----------------|--------------------|
| Capri Sun           | Super V- Fruit &<br>Vegetable Drink                                         | 1 pouch (6 oz)                       | 1 pouch (6 oz)                        |                |               |                 | x                  |
| Dole                | 100% Pineapple<br>Juice, Pineapple<br>Orange,<br>Pineapple Orange<br>Banana | 1 Can (6 oz)                         | 1 can (6 oz)                          | x              |               | x               | x                  |
| Great Value         | 100% Juice (Apple,<br>Cranberry, Grape)                                     |                                      | 10 oz (1<br>Bottle)                   | x              |               |                 |                    |
| Horizon             | Organic Milk- Lowfat-<br>All Flavors Milk Box                               | 1 Milk Box                           | 1 Milk Box<br>(8 oz)                  | x              |               | x               | x                  |
| Juicy Juice         | Fruitfuls 100% Juice-<br>All Flavors                                        | 1 Juice Box<br>(6.75 fl oz.)         | 1 Juice Box<br>(6.75 fl oz.)          |                |               | x               | x                  |