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 offered to students during the school day and extended school day (includes before/after school activities and parties/celebration during/after school). The new rule went into effect July 1, 2014 and merges the previous California Nutrition Standards. There are no exemptions to these 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. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Child Nutrition office at 805-306-9375 x 4702.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)			X	
Brother's	All Natural Fruit Crisps	1 bag	X	X		
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X			X
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X			X
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X			
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X			
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X			
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X			
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X		X	X
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X		X	X
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)			X	
Disney	Fruit Crisps Freeze Dried Fruit Slices- All 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	4oz unit (113g)	X			
Great Value	Unsweetened Applesauce	½ 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 TWIST Pouch- All Flavors	1 pouch (99g)	X			
Kirkland	Sunsweet Dried Apricots	About 6		X		
Kirkland	Sunsweet Dried Plums	About 6		X		
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X		
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X		
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X		X	X
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X			X
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)				
Motts	Natural Apple Sauce	1 cup (111g)	X			X
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)				X
Stater Bros	Unsweetened apple sauce	1 cup				X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Sunmaid	Raisins	1 box (42.5g)	X	X	X	X
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X		X
Tree Top	All Flavor Pouches	1 pouch (26g)				X

Chips/Pretzels/Popcorn/Corn Nuts

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

Cakes, Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X			X
Crunchmaster	Multi-seed- Five Seed	14 crackers		X		
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X			
Homekist	Honey graham Crackers	2 full cracker sheets	X			
Kashi	Snack Crackers- Not Cheddar	15 crackers				
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)				
Kellogg's	Special K Cracker Chips- Individuakl Bags	1 package	X			
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X			X
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X			X
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X			
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X			X
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X		X
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X		X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X			
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X			
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)				X
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X			X
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	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- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X			X
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X			X
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X			X

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Kellogg's	Pop Tarts Low Fat- Brown Sugar or Strawberry	1 pastry (50g)			X	X
Kellogg's	Pop Tarts Oatmeal Delights- All Flavors	1 pastry (50g)	X			
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)				X
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X		X	X
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X			

Drinks

Manufacturer	Name/Description	Serving Size (Eleme-ntary)	Serving Size (Middle/ High)	Wal-Mart	Cost-co	Card-enas	Stater Bros
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	≤ 8 fl oz.	≤ 12 fl oz.	X	X		
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X		
Campbell's	V-8 Fusion Refreshers	≤ 8 fl oz.	≤ 12 fl oz.	X			
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X			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- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)				X
Dole	100% Pineapple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X		X	X
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.				
Great Value	100% Juice (Apple, Cranberry, Grape)	≤ 8 fl oz.	≤ 12 fl oz.	X			
Great Value	Vegetable Juice from Concentrate (100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X			
Horizon	Organic Milk- Lowfat- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X		X	X
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.			X	X
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X		
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X		
Langer's	100% Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.			X	
Martinellis	100% Pure Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.		X	X	X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X	X
Motts	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X		X	X
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X		X	X
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	≤ 8 fl oz.	≤ 12 fl oz.	X			
Silk	Pure Almond Milk- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X		X	X
Simply Orange	100% Juice- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.				
Seneca	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X			
Sunsweet	100% Prune Juice	≤ 8 fl oz.	≤ 12 fl oz.	X			
Tummy Tickler	100% Juice- Aplle	≤ 8 fl oz.	≤ 12 fl oz.	X			
Treetop	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X	X
Treetop	100% Juice Assorted	≤ 8 fl oz.	≤ 12 fl oz.		X	X	X
Treetop	Fresh Pressed Juice	≤ 8 fl oz.	≤ 12 fl oz.				
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X		X
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			X
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X	X
All Brands	Milk- Lowfat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X	X
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X	X
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)			X	X
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X	X	X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X		X	X
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X		X	X
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X			X
Dannon	Light & Fit	6oz (170g)	X			X
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X		X
Frigo	Light String Cheese	1 stick (28 g)	X			
Great Value	Lowfat Yogurt- All Flavors	6 oz	X			
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X			
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X			
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X		
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)	X			
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X			
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X			
Precious	String Cheese	1 stick (28g)	X	X		X
Precious	Stringsters Reduced Fat String Cheese	1 stick				X
Sargento	String Cheese	1 stick	X			X
Sargento	Light String Cheese	1 stick				X
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X			X
Stater Bros	Light String Cheese	1 stick				X
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)				X
Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X			X
The Laughing Cow	Babybel Light	1 piece		X		X
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X		X
Yoplait	Original Yogurt- All Flavors	6oz	X	X	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X	X	X
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)			X	X
Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X			
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	6oz	X	X	X	X
Yoplait	Greek 100- All Flavors	5.3oz (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	Wal-Mart	Cost-co	Card-enas	Stater Bros
Fiber One	Streusel Bar- Strawberry or Blueberry					X
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X			X
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X	X	X
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X		X	X
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X		X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X		
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp &	1 bar (37h)				

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
	Mixed Berry Crisp Bars					
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X			

Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X		
CLIF	LUNA fiber- All Flavors	1 bar (40g)			X	X
Great Value	Crunch Oats & Honey	2 bars (42g)	X			
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X		
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X		X
Nature Valley	Crunch Granola Bar- Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	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
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X		X

Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)	X			
Blue Bell	Fruit Bars- All Flavors	1 bar	X			
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X			X
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar				X
Fruttare	Fruit Bars- All Flavors					X
Fudgsicle	Fat Free- No Sugar Added	1 bar (65g)	X			X
Fudgsicle	100 Calorie Bar	1 bar (65g)	X			X
Healthy Choice	Premium Fudge Bars	1 bar (64g)		X	X	X
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar				
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich	X			X
Skinny Cow	Cones- All Flavors	1 cone	X			X
Skinny Cow	Bars- All Flavors	1 bar				X
Weight Watchers	Fudge Bars- Giant Latte	1 bar	X			X
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X		