

Elementary School Level

Portion sizes are strictly limited at this tier. Beverages are legally capped at 8 ounces or less.

Savory Snacks & Chips

- Baked Lay's Potato Chips (Original or BBQ - 0.875 oz)
- Popchips (Sea Salt or BBQ - 0.8 oz)
- Reduced-Fat Cheez-It Baked Cheddar Crackers (Whole Grain - 0.75 oz)
- Whole Grain Goldfish Crackers (Cheddar or Colors - 0.75 oz)
- Goldfish Pretzels (0.75 oz)
- Rold Gold Heartzel Pretzels (0.7 oz)

Sweet Treats & Baked Goods

- Quaker Chewy Granola Bars (25% Less Sugar versions)
- Nature Valley Oats 'n Honey Granola Bars (1-bar pouch)
- Kellogg's Rice Krispies Treats (Whole Grain Mini Squares)
- Grandma's Mini Cookies (School-compliant Whole Grain Vanilla or Chocolate Chip)
- Mott's Medleys Assorted Fruit Snacks
- Scooby-Doo! Fruit Flavored Snacks
- Bear Grahams (Apple Cinnamon or Chocolate)

Protein & Chilled Items

- Low-Fat Mozzarella String Cheese Sticks
- Zee Zees Applesauce Cups or Fruit Cups (Packed in 100% Juice)
- Buddy Fruits 100% Fruit Snack Squeeze Pouches
- Yoplait Go-GURT Portable Low-Fat Yogurt Squeeze Tubes

Beverages

- 100% Fruit Juice Boxes (Apple, Orange, or Grape - **Max 8 oz**, no added sugar)
- Low-Fat (1%) or Fat-Free White Milk Cartons (**Max 8 oz**)
- Fat-Free Chocolate Milk Cartons (**Max 8 oz**)

- Plain Water (Bottled, any size, with or without carbonation)
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Middle School Level

Allows expanded milk and juice portions up to 12 ounces. Spicy baked chips are high-volume sellers for this age group.

Savory Snacks & Chips

- Reduced-Fat Cheetos (Baked Crunchy or Baked Flamin' Hot)
- Doritos Reduced-Fat Tortilla Chips (Nacho Cheese, Cool Ranch, or Spicy Flamin' Hot)
- Baked Lay's Potato Chips (Original or BBQ - up to 1.125 oz)
- Smartfood Delight Popcorn (White Cheddar)
- SkinnyPop Popcorn (Original)
- Dick & Jane Educational Snacks (Whole Grain)

Sweet Treats & Baked Goods

- Quaker Chewy Granola Bars (Standard school-compliant flavors)
- Kellogg's Rice Krispies Treats (Whole Grain Original or Chocolate Drizzle)
- Betty Crocker Fruit Roll-Ups (Reduced Sugar)
- Pop-Tarts Made with Whole Grain (Single-pastry packs of Frosted Strawberry or Cinnamon)
- Zee Zees Soft Baked Bars (Cinnamon Crisp or Berry Dees)

Protein & Chilled Items

- Low-Fat Mozzarella String Cheese Sticks
- Jack Link's Turkey Jerky or Low-Sodium Beef Sticks
- Sabra Hummus Cups with Whole Grain Pretzels
- Yoplait Simply Yogurt Single-Serve Cups

Beverages

- 100% Fruit Juice Boxes or Bottles (**Max 12 oz**, no added sugar)
- Envy Sparkling 100% Juice (**Max 12 oz**)

- Switch Sparkling 100% Juice (**Max 12 oz**)
 - Low-Fat (1%) or Fat-Free White Milk Cartons (**Max 12 oz**)
 - Fat-Free Chocolate Milk Cartons (**Max 12 oz**)
 - Plain Water (Bottled, any size)
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High School Level

Includes choices from prior lists, plus federal allowances for calorie-free/low-calorie flavored hydration options.

Savory Snacks & Chips

- Reduced-Fat Cheetos (Baked Crunchy or Baked Flamin' Hot)
- Doritos Reduced-Fat Tortilla Chips (All school-compliant flavors)
- Popchips (Sour Cream & Onion or BBQ)
- Smartfood Delight Popcorn (White Cheddar)
- SkinnyPop Popcorn (Original)

Sweet Treats & Baked Goods

- Pop-Tarts Made with Whole Grain (Single-pastry packs)
- Nature Valley Oats 'n Honey Granola Bars (Standard 2-bar pouch)
- Grandma's Mini Cookies (School-compliant formats)
- Zee Zees Soft Baked Bars (All flavors)

Protein & Chilled Items

- Jack Link's Turkey Jerky or Low-Sodium Beef Sticks
- Sabra Hummus Cups with Whole Grain Pretzels
- Low-Fat Mozzarella String Cheese Sticks
- Yoplait Simply Yogurt Single-Serve Cups

Beverages

- 100% Fruit Juice Bottles (**Max 12 oz**, no added sugar)
- Envy or Switch Sparkling 100% Juice (**Max 12 oz**)

- Low-Fat (1%) or Fat-Free Milk Cartons (**Max 12 oz**)
- Gatorade G2 Low-Sugar Sports Drinks (**Max 12 oz** bottles)
- Propel Electrolyte Water (Flavored, Zero Calories, any size)
- ICE Sparkling Water (Flavored, Zero Calories, any size)
- Plain Water (Bottled, any size)