Fontana Unified School District

Smart Snack List

The USDA's Smart Snacks are school nutrition standards for all foods and beverages sold or given 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 school 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 availability may vary. Alternative items may be available at different stores. Manufacturers' ingredients and distribution are 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/.

No items on this list contain the following: nuts, nut products and food dyes such as 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 *(no sugar added)*	1 cup (106g)
Dole	Fruit Cups *(packed in 100% juice)*	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 - *all flavors*	1 bar
Chips, Crackers		
Manufacturer	**Name/Description**	**Serving Size**
Frito Lay	Oven Baked Lay Potato Chips - *BBQ, Original, Sour Cream & Onion*	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 - *All flavors*	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 - all flavors	5.3 oz
Dannon	Light and Fit - all flavors	5.3 oz
Siggi's Icelandic	Yogurt - all flavors	5.3 oz
Yoplait	Simply GoGurt *(all flavors)*	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*	I 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

This institution is an equal opportunity provider.