

# Calhoun County Public School District

## Smart Snacks List

The following is a list of foods and beverages that meet the USDA standards for K-12. This list is **not all-inclusive**.

Items may be available at different stores or vendors ex. Amazon, Walmart. Manufacturers' ingredients and distribution change frequently.

### Applesauce/Fruit cups/Fruit snacks

#### Manufacturer Name/Description Serving Size

- All Brands Individual Fruit Cups in Water or Natural Juices ½ cup
- All Brands Dried Fruit w/ No Added Sugar ¼ cup
- All Brands Fresh Fruit & Vegetables-Individual bags or Platters ½ cup
- Brother's All Natural Fruit Crisps 1 bag
- Buddy Fruits 100% Fruit Snack Squeeze Pouch-All Flavors 1 pouch (90g)
- Buddy Fruits Pure Fruit Jiggle Gel 1 pouch (3.2 oz.)
- Chiquita Fruit Chips 100% Fruit Freeze Dried-All Flavors 1 pouch (30g)
- Crunch Pak Dipper Fruit Packs- All Flavors 1 container (2.75 oz.)
- Del Monte Fruit Cups No Sugar Added-All Flavors 1 cup (106g)
- Del Monte Fruit Naturals No Sugar Added 1 container (1 cup)
- Del Monte Fruit Burst Pouch-All Flavors 1 Pouch (90g)
- Disney Fruit Crisps Freeze Dried Fruit Slices- All Flavors 1 bag (7g)
- Dole Fruit Cups in 100% Juice-All Flavors 1 Container (113g)
- Dole Fruit Squish'ems 1 Pouch
- Earthbound Farms Organic Raisins 1 box (43g)
- Great Value All Natural No Sugar Added Applesauce – Individual cups 4oz unit (113g)
- Great Value Dried Apricots 7 pieces
- Great Value No Sugar Added Fruit Cups – Peaches 1 bowl (108 g)
- Happy Squeeze Fruit & Veggie TWIST Pouch – All Flavors 1 pouch (99g)
- Kirkland Real Sliced Fruit – Freeze Dried- Individual Bags 1 bag
- Kroger Applesauce- No Sugar Added 1 container (4 oz.)
- Kroger Seedless Raisins 1 box (1oz)

Materne Go Go Squeeze – All Flavors 1 pouch (90g)  
Motts Applesauce Snack & Go-All Flavors 1 pouch (90g)  
O Organics Raisins 1 box (1oz)  
Peter Rabbit Organics 100% Pure Fruit Snacks Pouch – All flavors 1 pouch (4 oz)  
Peter Rabbit Organics 100% Veg & Fruit Puree Pouch 1 pouch (4.4 oz)  
Plum Kids Organic Mashups- All Flavors 1 pouch (90g)  
Plum Kids Organic Slam Dunk- Fruit & Veggie Dip-All Flavors 1Pack (52g)  
Safeway Realfruit Squeezable Sauce Pouch 1 pouch (90g)  
Safeway Raisins 1 box ( 1oz)  
Sunmaid Raisins 1 box (42.5g)  
Tree Top No Sugar Added Natural Apple Sauce- Individual Cups 1 unit (113g)  
Tree Top All Flavor Pouches 1 pouch (26g)

## **Chips/Pretzels/Popcorn/Corn Nuts**

### **Manufacturer Name/Description Serving Size**

Corn Nuts Original, Ranch, Chile Picante 1 package (1/3cup)  
Corn Nuts Variety Pack 1 package (1/3 cup)  
Frito Lay Baked! Cheetos – Regular and Flamin' Hot .875 oz.  
Frito Lay Reduced Fat Doritos – Cool Ranch, Nacho Cheese 1 oz.  
General Mills Chex Mix Snack Mix –Individual Snack Bags 1 pouch (.82 oz.)  
Traditional, Sweet n Salty, Trail Mix  
Jolly Time Healthy Pop Butter 94% Fat Free – 100 Calorie Pack 1 package  
Lays Baked Potato Chips – BBQ, Cheddar & Sour Cream, 1 oz  
Original, Sour Cream & Onion  
Quaker Popped Rice Snacks – only Apple and Chocolate 1 oz

## **Nuts/Seeds/Jerky**

### **Manufacturer Name/Description Serving Size**

Blue Diamond Almonds Whole Natural – Grab & Go bags 1 bag (1 oz)  
David Original Sunflower Seeds 1 bag (1.75 oz.)  
Emerald 100 calorie Packs- Natural Almonds 1 bag ( 18g)  
Planters 1oz Single Serve Salted Cashews 1 bag (1 oz)

Planters 1oz Single Serve Salted Peanuts 1 bag (1oz)

Wonderful Pistachios 1 bag (1.5 oz.)

## **Cookies/Crackers**

### **Manufacturer Name/Description Serving Size**

Kellogg's Special K Cracker Chips – Individual Bags 1 package

Kellogg's Rice Krispy Treat, Whole Grain 1.41 oz.

Nabisco 100 Calorie Packs-Mini Teddy Grahams 1 package (22g)

Nabisco 100 Calorie Packs – Sweet and Salty 1 package (22g)

Nabisco 100 Calorie Packs-Wheat Thins Toasted Chips 1 package (22g)

Nabisco Honey Maid Grahamfuls –All flavors 1 pack (25g)

Nabisco Honey Maid Minions Honey Grahams 1 bag (28g)

Nabisco Teddy Grahams 150 Calorie Pouches-Chocolate, 1 pouch  
Cinnamon, & Honey (35g)

## **Drinks**

### **Manufacturer Name/Description Serving Size**

Campbell's V-8 Fusion – Individual pouches-All flavors 1 pouch

Capri Sun 100% Juice Pouches – All Flavors 1 pouch (6.75 fl.oz.)

Capri Sun Fruit Waves – 100% Juice – All Flavors 1 pouch (6.75 fl. oz.)

Capri Sun Fruit Waves – 100% Juice – Variety Pack 1 pouch (6.75 fl. oz.)

Capri Sun Super V – Fruit & Vegetable Drink 1 pouch (6 oz.)

Juicy Juice 100% Juice – Berry, Grape, Punch, Strawberry 8 fl oz. or  
Banana, White Grape less

Juicy Juice Fruitfuls – All Flavors 6.75 fl oz

Kroger 100% Extreme 100% Juice – Apple, Fruit Punch, Grape 1 pouch (6.75 fl. oz.)

Martinellis 100% Pure Apple Juice 8 fl oz or less

Minute Maid 100% Juice – Apple, Fruit Punch, Apple White, Grape, 8 fl oz. or less  
& Mixed Berry

Motts 100% Apple Juice 8 fl oz. or less

Ocean Spray 100% Juice – Grapefruit, Cranberry, Ruby Red 8 fl oz. or  
Grapefruit, Cranberry & Pomegranate less

Treetop 100% Apple Juice 8 fl oz. or less  
Treetop 100% Juice Assorted 8 fl oz or less  
All Brands 100% Juice (Product must state 100% juice) 8 fl oz. or less  
All Brands Milk 1%, Fat Free (Flavored milk MUST be Fat Free) 8 fl oz. or less  
All Brands Milk Alternative- Reduced Fat Enriched-Rice, Nut or 8 fl oz. or  
Soy (Plain only, No Flavors) less

## **Water**

### **Manufacturer Name/Description Serving Size**

Any Pure Water, No Added Artificial sweetener and/or Any Size  
Caffeine

## **Yogurt/Cheese/Smoothies**

### **Manufacturer Name/Description Serving Size**

Buddy Fruits 100% Smoothie Squeeze Pouch – All Flavors 1 pouch (90g)  
Chobani Non-fat Yogurt – All Flavors 6 oz (170g)  
Chobani Low Fat Yogurt – All Flavors 6 oz (170g)  
Chobani Champions Tube-All Flavors 1 Tube  
Cool Squeeze Squeezable Yogurt 1 tube – 2.25 oz.  
Dannon Danimals- Yogurt Smoothies 1 bottle-3.1 fl. oz.  
Dannon Oikos- Fruit on the Bottom Non-fat 5.3oz (150g)  
Dannon Light & Fit 6 oz (170g)  
Frigo Light String Cheese 1 stick (28g)  
Frigo Light Variety String Cheese 1 stick  
Great Value Low-fat Yogurt –All Flavors 6 oz  
Great Value Light- Non-Fat Yogurt – All Flavors 6 oz  
Health Valley Fruit Yogurt Smoothie Pouch – Strawberry Banana, 1 pouch  
Pear Mango 4.2 oz  
Jamba Juice All Fruit and Fruit & Veggie Smoothies 8 oz.  
Kraft Live Active 2% Milk Marbled Colby & Monterey 1 stick (28g)  
Jack cheese stick  
Kraft Mozzarella Cheese String – 2% Milk 1 stick

Kroger CowPals Light – All Flavors 1 stick  
Kroger Greek Non- Fat and Lite Yogurt – All Flavors 6 oz (170g)  
Kroger The Truly Awesome Low-fat Yogurt Tube 1 tube  
LaLa Yogurt Smoothies – Strawberry 1 bottle (7 oz.)  
Liberte Nonfat Greek yogurt-all flavors 5.3 oz  
Lucerne Reduced Fat Yogurt 8 oz. or less  
Lucerne Low-fat Yogurt Tubes – All Flavors 1 tube (64g)  
Lucerne Part-Skim Mozzarella String Cheese 1 stick  
Lucerne Light String Cheese 1stick  
Lucerne Reduced Fat 2% Sharp Cheddar Cheese Stick 1 stick  
Plum Kids Yogurt Mashups- All Flavors 1 pouch (90g)  
Plum Kids Organic Yo'Drops Crunchable Yogurt- All Flavors 1 pack (7g)  
Precious String Cheese 1 stick (28g)  
Precious Stringsters Reduced Fat String Cheese 1 stick  
Safeway Brand Kids Yogurt –All Flavors 1 pouch or cup  
Sargento String Cheese 1 stick  
Sargento Light String Cheese 1 stick  
Sargento Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar 1 stick  
Stoneyfield YoKids Squeezers Organic Low-fat Yogurt- All Flavors 1 tube (56g)  
Stoneyfield YoKids – Low-fat Yogurt – All Flavors 1 container (4 oz.)  
The Laughing Cow Babybel Light 1 piece  
The Laughing Cow Cheese Wedges Light – All Flavors 1 wedge  
Yoplait Original Yogurt – All Flavors 6oz  
Yoplait Reduced Fat Yogurt – All Flavors 8 fl or less  
Yoplait GoGurt – Portable Low Fat Yogurt- All Flavors 1 tube (64g)  
Yoplait GoGurt Protein – Portable Low Fat Yogurt- All Flavors 1 tube (64g)  
Yoplait Simply GoGurt-Portable Low Fat Yogurt –All Flavors 1 tube (64 g)  
Yoplait Yoplait Kids Yogurt – All Flavors 1 container (113g)  
Yoplait Light Yogurt – All Flavors 6 oz  
Yoplait Greek 100 – All Flavors 5.3oz (150g)  
Yoplait Pro-Force Protein Yogurt For Kids – All Flavors 1 container (3.5 oz.)  
Weight Watchers String Cheese 1 stick

## **Cereal/Breakfast Bars**

### **Manufacturer Name/Description Serving Size**

Cascadian Farm Organic Chewy Granola Bar-Fruit & Nut Bar 1 bar (35g)  
CLIF Kid Zbar- Chocolate Chip, Honey Graham, Iced 1 bar (36g)  
Oatmeal, Chocolate Brownie  
CLIF LUNA fiber – All Flavors 1 bar (40g)  
Funley's Delicious Wholly Granolly Clusters, Double Chocolate Chip 1 pack (28g)  
Great Value Crunch Oats & Honey 2 bars (42g)  
Kashi Chewy Granola Bars – Honey Almond Flax, Trail 1 bar (35g)  
Mix, Peanut Butter  
Kroger Chewy Granola Bars – Oatmeal Cookie, Peanut 1 bar (35 g)  
Butter, Chocolate Chip  
Nature Valley Chewy Trail Mix Bar 1 bar (35g)  
Nature Valley Crunch Granola Bar – Oats N Honey, Peanut Butter, 2 bars (42g)  
Cinnamon  
Kellogg's Nutrigrain Bar – All Flavors 1.55 oz.  
Plum Kids Organic Jammy Sammy- All Flavors 1 bar (29g)  
Quaker 25% less Sugar Chewy Granola Bar- All Flavors 1 bar ( 24g)  
Quaker 90 Calorie Chewy Granola Bar – All Flavors 1 bar (24g)  
Safeway Eating Right High Fiber Chewy Bars- All Flavors 1bar (40g)  
Safeway Chewy Granola Bars –Oatmeal & Raisin, S'mores, 1 bar (24 g)  
Kitchens Chocolate Chip, Chocolate & Peanut Butter Chips,  
Variety Pack  
South Beach Diet Protein Fit- Cinnamon Raisin, Peanut Butter 1 bar (35g)

## **Ice Cream/ Frozen Novelties**

### **Manufacturer Name/Description Serving Size**

Blue Bunny Sweet Freedom No Sugar Added Fudge Lites 1 bar (45 g)  
Blue Bell Fruit Bars-All flavors 1 Bar  
Dryer's No Sugar Added Fruit Bars-Black Cherry, 1 bar (51g)  
Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine,  
and Raspberry

Dryers Outshine fruit bars and coconut water 1 bar  
Fruttare Fruit Bars-All flavors 1 bar  
Fudgsicle Fat Free-No sugar added 1 bar (65 g)  
Fudgsicle 100 Calorie Bar 1 bar (65g)  
Healthy Choice Premium Fudge Bars 1 bar ( 3 oz)  
Kona Ice 100% Juice 2 oz.  
Kroger No Sugar Added Fruit Bars - Variety Pack 1 bar  
Simple Truth Greek Yogurt Frozen Bars-All Flavors 1 bar  
Skinny Cow Ice Cream Sandwiches-all flavors 1 sandwich  
Skinny Cow Cones-All flavors 1 cone  
Skinny Cow Bars-all flavors-caramel, cookies & cream, fudge, chocolate 1 bar  
Swiss Miss Fudge Bars – 97% Fat Free 1 bar ( 3oz)  
TCBY Frozen Yogurt On The Go – All Flavors 1 pouch (60g)  
Weight Watchers Fudge bars-Giant latte 1 bar  
Otter-Pops 100% Juice Fast Freeze Juice Bars 1 pop (1 oz.)

**\*\*\* Food Services does not maintain a list of allergens for the approved foods list. Therefore, individual schools, teachers and providers must pay careful attention to the ingredient labels of purchased products for student consumption.**

**Individual schools are responsible for maintaining product documentation including:**

**▮ Ingredient and nutrition labels of each product sold or served.**

**▮ Approval of product from the Alliance for a Healthier Generation Smart Snacks Calculator.**

## **Smart Snacks in Schools Standards\*\*\***

### **1. What are Smart Snacks?**

Smart Snacks are nutrition standards established by the USDA as part of the Healthy, Hunger Free Kids Act of 2010 and became effective July 1, 2014. The standards apply to all foods sold and served on school campuses during the school day.

## **2. What is the definition of the school day?**

The USDA defines the school day as the period from midnight the night before, to 30 minutes after the end of the official school day.

## **3. What is the definition of the school campus?**

The USDA defines the school campus as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

## **4. What campus events are impacted by Smart Snacks standards?**

The standards pertain to all campus food sales and foods distributed at campus events during the defined school day. Individual classroom parties, evening, and weekend events are excluded. Classroom parties are defined as a party confined to a single classroom. Common areas (libraries, cafeterias, auditoriums, gymnasiums, and fields) are not considered a single classroom.

## **5. What foods meet the USDA Smart Snacks standards?**

The Nutrition & Wellness department has compiled a list of foods that meet the standards. Please see [\(link\)](#) for details.

## **6. What if I want to sell or serve a food not on the list of approved foods?**

You can contact the Nutrition & Wellness office at 602-449-2274 and we will be happy to assist you. You can also connect to the Alliance for a Healthier Generation Smart Snacks Calculator at <http://tools.healthiergeneration.org/calc/calculator/> to determine if the product meets the requirements. You must provide documentation from the website to the Nutrition & Wellness department before selling or serving the product.

If you would like additional information about Smart Snacks standards, please visit <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.