










Palm Springs Unified School District Healthy Snack List











The following is a list of healthy foods and beverages. This list is **not all inclusive**. Alternative items are available at different stores. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Nutrition Services office at (760)-322-4117.

Applesauce/Fruit Cups/Fruit Snacks

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
	Brother's	All Natural Fruit Crisps	1 bag (10g)	X	X		
	Buddy Fruits	Pure Fruit Blend Squeeze Pouch- All Flavors	1 pouch (90g)	X			
	Crunchies	Fruit Freeze Dried- All Flavors	¼ cup (8g)	X			
	Crunch Pak	Apple Slices	1.5 cup	X			X
	Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X		X	X
	Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X		X	X
	Great Value	Fruit Cups No Sugar Added – All Flavors	1 cup (113g)	X			
	Great Value	Unsweetened Applesauce	½ cup (113g)	X			
	Sunmaid	Raisins 6-Pack	1 box (28g)	X		X	X
	Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X		X





Chips/Popcorn/Corn Nuts

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
	Corn Nuts	Original, Ranch, Chile Picante	1/3 cup	X			X
	Lays	Oven Baked, Baked BBQ, Sour Cream and Onion	15 chips (1oz)	X	X		
	Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	About 3 ½ cups	X			X
	Quaker	Popped Rice Snacks- Apple and Chocolate. Multigrain Fiber Crisps	13 mini cakes	X			X
	Quaker	Popped Rice Snacks – Only Sour Cream and Onion and BBQ	12 mini cakes	X			X
	Quaker	Rice Cakes- All Flavors	1 Cake	X			X
	Frito Lay	Oven Baked Potato Crisps - Original, Barbeque, Sour Cream and Onion, Tostitos	1 bag (28g)	X			X
	Cheetos	Fantastix Baked Snack- Chili Cheese, Flamin'Hot, Reduced Fat Cheetos Puffs	1 package				






Bagels, Cakes, Cookies and Crackers

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
	Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X			X
	Kellogg's	Special K Cracker Chips- Sea Salt	28 chips (30g)	X			
	Kellogg's	Special K Cracker Chips- Cheddar, Salt and Vinegar, Barbeque, Sour Cream and Onion	25 chips (30g)	X			
	Nabisco	Honey Maid Teddy Grahams – Chocolate, Chocolate Chip, Cinnamon, Honey	24 pieces	X			X
	Nabisco	Wheat Thins- Ranch, Honey Mustard, Smokey BBQ, Chili Cheese	About 14 pieces	X			X
	Pepperidge Farm	Gold Fish – Whole Grain	28 fish	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	X		X







Drinks

	Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Cost-co	Cardenas	Stater Bros
	All Brands of Beverages	100% Juice (Product Must State 100% Juice) No low-calorie beverages with artificial sweeteners. No carbonated, electrolyte, or caffeinated beverages.	≤ 6 fl oz.	Middle: ≤ 6 fl oz. High: ≤ 8 fl oz.	X	X	X	X
	Juicy Juice	100% Juicy Juice - All Flavors	4.23 fl oz. boxes – 6 fl oz.	Middle: 4.23 fl oz. box – 6 fl oz. High: 4.23 fl oz. box – 8 fl oz.			X	X
	Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	177ml	177ml	X	X	X	X
	Mott's	100% Apple Juice	≤ 6 fl oz.	Middle: ≤ 6 fl oz. High: ≤ 8 fl oz.	X		X	X
	Treetop	100% Juice Assorted	≤ 6 fl oz.	Middle: ≤ 6 fl oz. High: ≤ 8 fl oz.		X	X	X
	Water	Pure Water	Any Size	Any Size	X	X	X	X

Breakfast Bars/Granola Bars/ Granola

	Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
	Fiber One	Streusel Bar- Strawberry or Blueberry	1 bar	X			X
	Fiber One	Cookie - Oatmeal Raisin Soft Baked	1 Cookie	X			X
	Kashi	Chewy Granola Bars- Dark Mocha Almond, Dark Chocolate Coconut	1 bar (35g)	X	X		
	Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X		X
	Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	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			
	Fudgsicle	Original Fudge Bars, No Sugar Added	1 bar (65g)	X			X
	Skinny Cow	Ice Cream Sandwiches- No Sugar Added Low Fat	1 sandwich (71g)	X			X
	Skinny Cow	Cones- All Flavors	1 cone (4 fl. oz)	X			X
	Weight Watchers	Fudge Bars- Giant Chocolate Fudge, chocolate fudge	1 bar (77g)	X			X
	Great Value	97% Fat Free Sugar Free Vanilla Flavored Ice Cream Sandwiches	1 sandwich (64g)	X			
	Healthy Choice	Greek Frozen Yogurt - Vanilla Bean, Dark Fudge Swirl	1 c (63g)	X			