

Sample Snacks that Meet Criteria

To meet the criteria, snack items cannot exceed:
 Maximum of 35% Total Calories From Fat; 10% Total Calories From Saturated Fat; Maximum of 35% Sugar
 by Weight.

Food offered as part of a reimbursable meal under the National School Lunch Program or the School
 Breakfast Program, or a snack offered under the USDA After-School Snack Program will meet USDA
 -nutrition guidelines. Items listed below are suitable for a la carte sales, vending machines, student
 store sales and other snack item sales throughout the school.

Item	Serving Size
FRESH FRUIT	
Apple (Red)	Medium
Banana	Medium
Fruit Salad (Fresh)	227 g
Orange	Medium
Pear	Medium
Tangerine	Medium
CANNED/DRIED FRUIT	
Applesauce (Tree Top)	4 oz
Cherry Cup w/Whipped Topping (Cloverdale Farms)	4.25 oz (119g)
Brother All Natural Fruit Crisps	.42 oz
Del Monte Canned Fruit	4 oz
Del Monte Lite Diced Peaches	4 oz
Del Monte Lite Mixed Fruit	4 oz
Dole Fruit Cup	4 oz (113 g)
Dole Fruit Bowls	4 oz (113 g)
Peach Cup w/Whipped Topping (Cloverdale Farms)	4.25 oz (119g)
Raisins (all)	1.54 oz (43 g)
Sunsweet Prunes	1,43 oz (40 g)
CHIPS/SNACKS	
Apple Chips (Bare Fruit)	18 g
Baked Classics (Sour Cream & Onion, Mesquite Barbeque)	.5oz (14.2 g) or 1 oz (28.3 g)
Baked Lays Cheddar & Sour Cream Chips	1.5 oz or less
Baked Lays Original Potato Chips	1.5 oz or less

Baked Lays KC Masterpiece BBQ Chips	1.5 oz or less
Baked Lays Sour Cream & Onion Chips	1.5 oz or less
Baked Doritos Cooler Ranch	1.5 oz or less
Baked Doritos Nacho Cheesier	1.5 oz or less
Baked Ruffles, all flavors	1.5 oz or less
Baked Cheetos, all flavors	1.5 oz or less
Butter Pretzel Braids (Poore Brothers)	1.5 oz (42.5 g)
California Classics (Cheese Balls)(Classic Foods, Inc)	.75 oz (21.3 g)
California Classics (Hot & Crunchy Cheese Curls, Caramel Crunch) (Classic Foods, Inc)	.75 oz (21.3g) or 1.5 oz (42 g)
Carnival Crunch (Azar Nut Company)	.75 oz (21 g)
Chex Mix (traditional & honey nut only) (General Mills)	1.5 oz or less
Chex Morning Mix Fruit & Nut (General Mills)	1.15 oz (32 g)
Chompers Roasted Toasted Corn (X-treme Ranch, Smoke-n BBQ) (California Nuggets, Inc)	.8 oz (22.7 g)
Cool Ranch Toasted Corn (Dakota Gourmet)	1 oz (28 g)
Corn Nuts (all flavors) (Kraft)	1.39 oz (39 g)
Flat Fruit (All Flavors) (Tree Top Food Service)	1 Bar (14 g)
Fruit Energy Bar (Citrus, Cherry/Berry) (Tree Top Food Service)	1.32 oz (37 g)
Fruit Energy Plus Bar (Tropical, Wild Berry) (Tree Top Food Service)	1.32 oz (37g)
Fruit Leather (Stretch Island Fruit, Inc)	oz (14 g)
Goldfish Savory Snack Mix (Pepperidge Farm)	1.25 oz or less
Guiltless Gourmet Corn Chips	28 g
Hot Rodz Soft Pretzel Sticks (Bavarian Brothers)	1.2 oz (34 g)
Kettle Corn Crunchier (The Popcorn Man)	1 oz (28 g)
Krispy Puffs (Ranch & Herb, Tangy BBQ, Crunchy) (Tumaro's Gourmet Snacks)	1 oz (28 g)
Light Lay's Doritos Nacho Cheesier	1.5 oz or less
Light Lay's Original Chips (Frito Lay)	1.5 oz or less
Munchies Kids Mix (Frito Lay)	1 oz (28 g)
Newman's Own Pretzel Sticks	1 oz (30 g)
Organic Cinnamon Apple Chips (Bare Fruit)	1.5 oz or less
Peanuts, Blazin' Hot (Kars Nut Products Co)	1.5 oz or less
Peanuts, Hot & Spicy (Planters)	1.5 oz or less
Peanuts, Salted (Kraft)	1.5 oz or less
Pita Chips (Pita Snax) (ALL Flavors)	1 oz (28 g)
Pita Puffs (BBQ,Cinnamon, Habanero Hot, Ranch) (Nandi Foods)	.6 oz (16.8 g)
Pita Puffs (Pizza, Salsa) (Handi Foods)	1 oz (28 g)
Pizza Sauce w/Pretzel (Cloverdale Farms)	3 oz Sauce + 1

	oz Pretzel
Pizza Sauce w/Pretzels (Cloverdale Farms)	3 oz Sauce + 2 oz Pretzel
Planter's Light Salted Peanuts	1.5 oz or less
Planter's Low Salt Dry Roasted Nuts	1.5 oz or less
Planter's Hot & Spicy Peanuts	1.5 oz or less
Pop Secret 94% Fat Free Popcorn	1.4 oz (39 g)
Pretzels, Mini (Tools for Schools)	.75 oz (21.2 g)
Pretzels (generic)	1 oz (30g)
Pretzel Goldfish (Pepperidge Farm)	1 pouch, .75 oz (21 g)
Pretzel Poppers (Cool Ranch, Cheezy Nacho, Sour Cream & Onion, Zesty Pizza, Blazin' Hot) (Super Snax)	1.5 oz (42.5 g)
Pretzel Sticks (generic)	1 oz (30 g)
Pringles Fat Free	1 oz (30 g)
Quaker Quakes Rice Snacks-Cheddar Cheese	.67 oz (19 g)
Original Blend Trail Mix (Kar's Nut Company)	1 oz (28g)
Orville Redenbacher Smart-Pop	38 g
Real Fruit Bar (Kettle Valley)	.7 oz (20 g) or 1.4 oz (40 g)
Rold Gold Classic Tiny Twists Pretzels	1 oz
Rold Gold Honey Braided Twists	1 oz
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g
S'More Mix (Dakota Gourmet)	1.25 oz (35 g)
Snyder's Mini Pretzels	1 oz (30 g)
Soft Pretzel Sticks (all brands)	1.22 oz (34 g)
Sunflower Kernels (Kar's Nut company)	1 oz (28 g)
Sunkist Fruit Snacks	9 oz (25.5g)
Super Pretzel Pretzefills Cinnamon Apple Harvest	
Super Pretzel Cinnamon Raisin Pretzel (J&J Snacks)	2.5 oz (71 g)
Super Pretzel Soft Pretzel Bites (J&J Snacks)	Up to 3 oz (84 g)
Super Pretzel Soft Pretzel (J&J Snacks)	2.5 oz (71 g)
Super Pretzel Soft Pretzel Rods (J&J Snacks)	Up to 3 oz (84 g)
Superstix Stuffed Soft Pretzel Sticks (Super Pretzel)	2.1 oz (59 g)
Sweetly Twisted Pretzel (Buena Vista Food Products)	3 oz (84 g)
Tickles Snack Mix	.93 oz (26 g)
Tostito's Baked Tortilla Chips	1 oz (28 g)
COOKIES AND CRACKERS	
All Sports Bites Grahams (MJM)	28 g
All Sports Bites Trans Fat Free (MJM)	1 oz (28 g)

Animal Crackers (Keebler)	2 oz (56 g)
Animal Crackers (Original, Cinnamon Graham, Chocolate Graham, Iced Pink & White)	Stauffer's
Animal Snackers (plain, chocolate) (Biscomerica)	1 oz (28 g)
Apple Cinnamon Bear Grahams (MJM)	.9 oz (26 g)
Apple Cinnamon Waffle Grahams (Strawberry,Blueberry) (MJM)	9 oz (26 g)
Austin Zoo Animal Crackers	30 g
Barnum's Animal Crackers	30 g
Big Top Animal Crackers (Old Colony Baking Co.)	2 oz (57 g)
Born in the USA Cookies (Biscomerica)	1 oz
Cheez-it Reduced Fat Crackers (Sunshine/Keebler)	1.5 oz (43 g)
Cheese Nips 100 Calorie Packs (Nabisco/Kraft)	.74 oz (21 g)
Chips Ahoy! 100 Calorie Packs (Nabisco/Kraft)	.81 oz (23 g)
Chocolate Bear Grahams (MJM)	9 oz (26 g)
Chocolate Chip Cookie, reduced fat (Best Maid)	2 oz (56.8 g) or less
Chocolate Graham Cookie (Stauffer's)	1 oz (28 g)
Cinnamania Cinnamon Bun Graham Snacks (Kellogg's)	1.76 oz (50 g)
Cinnamania French Toast Graham Snacks (Kellogg'	1.76 oz (50 g)
Cinnamon Graham Cookie (Stauffer's)	.9 oz (28 g)
Cinnamon Toast Bites (SuperSnax)	1.5 oz (42.5 g)
Cookies (Oatmeal Raisin, Chocolate Chocolate, Chocolate Chip) (Gourmet Lites)	2 oz (57 g)
Cookie Grahams, all flavors (Real Food Direct)	1.2 oz (36 g)
Cookie Monster Cookies	30 g
Crunchy Cookie (Oatmeal Raisin) (Quaker)	1.23 oz (35 g)
Dinosaur Grahams (Strawberry, Lemon) (MJM)	.9 oz (26 g)
Famous Amos Gingersnaps	24 g
Global Sport Vanilla Graham Snacks (Global Foods)	1.5 oz or less
Goldfish Crackers, (Parmesan, Pretzel) (Pepperidge Farms)	.75 oz (21 g)
Goldfish Physedibles Baked Animal Crackers (lemon, Strawberry) (Pepperidge Farm, Campbell's)	1.5 oz or less
Got Milk (Mookie Cookies) (Global Foods)	2 oz or less
Graham Crackers (Low Fat Honey Wheat, Cinnamon) (MJM)	.9 oz (26 g)
Graham Cracker (3 pack) (MJM)	9 oz
Honey Graham Cracker with Fiber (MJM)	.9 oz (26 g)
Honey Maid Cinnamon Thin Crisps, 100 Calorie Pack (Nabisco)	.81 oz (23 g)
Kashi TLC Crackers	30 g

Keebler Animal Crackers	56 g
Keebler Animal Crackers, Undersea Friends	2 oz (56 g)
Keebler Chocolate Graham Crackers	31 g
Keebler Cinnamon Graham Crackers	30 g
Keebler Fat Free Zesta	16 g
Keebler Honey Graham Crackers	31 g
Keebler Iced Animal Cookies	32 g
Keebler Original Graham Crackers	29 g
Keebler Reduced Fat Wheatables	31 g
Keebler Teddy Grahams	1 oz
Lance Saltine Crackers	11 g
Magic Cookies (Biscomerica)	1 oz (28 g)
Mini Honey Maid Oatmeal Raisin Cookies	2 oz (56 g)
Mother's Iced Oatmeal Cookie	2 oz (57 g)
Nabisco Honey Maid Cinnamon Graham Sticks	1.75 oz
Nabisco Original Premium Saltine Crackers	18 g
Nabisco Teddy Graham Cookie Cinnamon	30 g
Newton Bars (Nabisco)	1.3 oz (37 g)
Oatmeal Cookie, no nuts (Sabaaba Foods)	2 oz (57 g)
Orville Redenbacher-Smart Pop	38 g
Peanut Butter Cookie Crisps, 100 Calorie Pack (Nabisco)	.85 oz (24 g)
Pepperidge Farms Giant Goldfish (Cinnamon & Chocolate)	.9 oz
Quaker Crispums	33 g
Reduced Fat Chocolate Chip Cookie Dough (Cookie Tree Bakeries)	2 oz or less
Reduced Fat Chocolate Chip Cookie Dough (Otis Spunkmeyer)	1.0 oz (28 g) or 1.33 oz (38 g)
Reduced Fat Oatmeal Raisin Cookie (Buena Vista)	2 oz or less
Ritz Chips Original (Nabisco)	.75 oz (21 g)
Ritz Crackers Dinosaurs (Nabisco)	1 oz (28 g)
Ritz Snack Mix, 100 Calorie Pack (Nabisco)	.77 oz (22 g)
Snackin' Grahams	42 g
Spooky Cookies (Biscomerica)	1 oz (28 g)
Sweet Discovery Reduced Fat Cookies (Butter Sugar, Carnival, Chocolate Chip, Oatmeal Raisin)(Otis Spunkmeyer)	2.0 oz or less
Vanilla Bear Grahams (MJM)	.9 oz (26 g)
Vanilla Cookies (Global Foods)	1.5 oz or less
Vanilla Wafers (Nabisco)	1 oz (28 g)
Wheat Thins 100 Calorie Packs (Nabisco/Kraft)	.74 oz (21 g)

Wheatworth Crackers (Nabisco/Kraft)	.5 oz (13 g)
Wild Things Animal Crackers (Super Snax)	1.5 oz (42.5 g)
Zoo Animal Crackers (Austin)	2 oz or less
BREAKFAST/CEREAL/ ENERGY BARS	
Advantage Edge Bar	57 g
Apple Breakfast Bar (Buena Vista)	2 oz (56 g)
Apple Sweet Roll (Dolly Madison)	2.4 oz)
Breakfast Squares (Darlington Farms)	1.7 oz (48 g)
Buttermilk Bars (Commodity)	2.5 oz (70 g)
Cinnamon Sweet Roll (Dolly Madison)	2.14 oz
Cobbler Cereal Bar (Apple, Strawberry)	1.3 oz (37 g)
Cranberry Breakfast Bar (Buena Vista)	2 oz (56 g)
Cliff Bar	68 g
Dave's Buttermilk Bar	2.5 oz (71 g)
Dave's Buttermilk Donut	2 oz (56 g)
Fruit Bar (Apple, Blueberry, Strawberry) (Stauffer Biscuit Company)	1.3 oz (37 g)
Fruit Energy Bar (Flat Fruit)	1.41 oz (40 g)
Fruit Strudels (Darlington Farms)	1.7 oz (48 g)
Good Source Fruit & Grain Bar, Strawberry	37 g
Harvest Power Bar (Chocolate & Apple Crisp)	65 g
Hot Pockets Biscuit w/grape filling (Nestles)	2.5 oz (71 g)
Journey Chewy Multi-Grain Cereal Bar (Apple Cinnamon, Peanut Butter with Fudge Chunks) (Keebler)	1.3 oz (37 g)
Kidz Organic Whole Grain Bars (Pear Raspberry) (Health Valley)	.74 oz (21 g)
Low Fat Brownie (Buena Vista Foods)	2 oz (57 g)
Luna Bar (NO ORANGE BLISS OR KEY LIME PIE)	48 g
Marshmallow Crispy Squares (Goody Man)	.8 oz (22 g)
Milk & Cereal Bar (General Mills) (CHEX, Strawberry)	1.4 oz (40 g)
Muffin (Bluberry Low Fat, Apple Blossom Low Fat, Banana Low Fat) (BakeCrafters)	2 oz (57 g)
Muffins (Chocolate Fudge, Lemon, Blueberry, Banana) (Gourmet Treats)	3 oz (85 g) or less
Muffin, reduced fat, reduced sugar (Banana, Apple Cinnamon, Chocolate Chocolate Chip) (Otis Spunkmeyer)	1.8 oz (51 g)
Nature Valley "Chewy" Granola Bar (Oatmeal Raisin) (General Mills)	1 oz (28 g)

Nature Valley 100% Natural Crunchy Granola Bar (Peanut Butter, Maple Brown Sugar, Oats 'N Honey) (General Mills)	2.5 oz or less
X-Start Complete Breakfast Bar (Mixed Berry, Oatmeal Cinnamon Raisin)	2.5 oz or less
Nutri-Grain Cereal Bars (Strawberry, Cheesecake, Apple Cobbler) (Kellogg's)	37 g
Nutri-Grain Granola Chewy Bar (Honey Oat & Raisin, Chunky Chocolate) (Kellogg's)	1.3 oz (37 g)
Nutri-Grain Muffin Bar (Banana only) (Kellogg's)	45 g
Pop Tarts, unfrosted (No Blueberry) (Kellogg's)	52 g (1 pop tart)
Pop Tarts, frosted (Frosted Brown Sugar Cinnamon, Frosted Blueberry Only)	50 g (1 pop tart)
PowerBar (Choc. Chip Peanut Bar Btr, Apple Cinnamon)	2.3 oz
Quaker Breakfast Squares for Kids (Oatmeal Raisin)	40 g
Quaker Breakfast Squares (ALL FLAVORS)	60 g
Quaker Chewy Granola Bar (Peanut Butter, Butterfinger, Peanut Butter & Chocolate Chunk, S'mores low fat, Oatmeal Raisin low fat, Cinnamon Sugar, Baked Apple ONLY)	28 g
Quaker Fruit n' Crunch	40 g
Quaker Fruit & Oatmeal Bar (Very Berry Muffin, Apple Crisp)	1.3 oz (37 g)
Reduced Fat Donut Plus (Super Bakery)	3 oz (84 g)
Rice Cakes	13 g
Rice Krispies Treat (Original only) (Kellogg's)	1.3 oz (37 g)
Snickers Marathon Bar (Multi-Grain Crunch, Chewy Chocolate ONLY)	1.94 oz (55 g)
Special K Bar (Strawberry) (Kellogg's)	23 g
Team Cheerios Cereal Bar (General Mills)	40 g
Trix Cereal Bar (General Mills)	40 g
FROZEN DESSERTS	
Creamsicle (Good Humor)	2.7 fl oz
Good Humor Sandwich	3.5 fl oz
Great White (Good Humor)	3.0 oz
Holanda Fruit Bar, Lemon-Lime (Good Humor)	3.0 oz
Holanda Fruit Bar, Strawberry (Good Humor)	3.0 oz
Original Fudgsicle Bar (Popsicle/Good Humor)	2.7 oz
Pop-ups Reckless Rainbow (Popsicle)	2.75 oz
Pop-ups Orange Burst (Popsicle)	2.75 oz

Natural Strawberry Fruit & Juice Bar (Breyers)	3.75 oz
CN Rainbow Bomb Pop (Blue Bunny)	2.15 oz
Cyberbyte	3.5 oz
Fat Free Yogurt Cups (Blue Bunny)	4 oz
Frozen Fruit Bar Pineapple (Blue Bunny)	4 oz
Frozen Fruit Bar Mango (Blue Bunny)	4 oz
Frozen Fruit Bar Strawberry (Blue Bunny)	4 oz
Health Smart Fudge Bar (Blue Bunny)	2.5 oz
Health Smart Ice Cream Cups (Blue Bunny)	4 oz
Low Fat Fudge Bar (Blue Bunny)	3 oz
Low Fat Orange Dream Bar (Blue Bunny)	3 oz
Low Fat Pudding Pop, Vanilla/Choc Swirl (Blue Bunny)	1.75 oz
Lucas Limon (Blue Bunny)	3 oz
Strawberry Shortcake Sandwich	4.0 fl oz
Strawberry Frozen Fruit Bar (Fruiti Pops)	4 fl oz
Tamarind Frozen Fruit Bar (Fruiti Pops)	4 fl oz
Fruit-a-Freeze Chunks of Fruit (Strawberry, Pineapple, Mango, Lime, Lemon) (Cool Brands)	1 Bar (114 g)
Fruit-a-Freeze Tamarindo (Cool Brands)	1 Bar (89 g)
Skinny Cow Fudge Bar	3.0 fl oz (57 g)
Skinny Cow Vanilla Chocolate Cup	3.6 fl oz (68 g)
Skinny Cow Vanilla Strawberry Cup	71 g
Skinny Cow Vanilla Sandwich	76 g
Peach Ice Singles (Wawona Frozen Foods)	3.0 oz (85 g)
Strawberry Ice singles (Wawona Frozen Foods)	2.75 oz (78 g)
Luigi's Sherbet, all flavors (J & J Snack Foods)	4 fl oz (118 ml) or less
Luigi's Sourpuss Juice Bar, Watermelon, Cherry (J & J Snack Foods)	3.1 fl oz (93 ml)
California Frozen Yogurt, Cookies & Cream, Mud Pie, Strawberry & Cream (Golden West)	4 fl oz (70 g) or less
Frozen Yogurt (Low Fat) (Anderson Dairy)	4 oz or less
MISCELLANEOUS	
Caramel Dip, Low Fat (Litehouse)	1 oz (1.3 Tbsp)

	(28 g)
General Mills Cheerios Cereal	1 oz
Hunt's Snack Pack Pudding (Vanilla) (ConAgra Foods)	3.5 oz (99 g)
Kellogg's All-Bran Cereal	1.1 oz
Kellogg's Cornflakes	21 g
Kellogg's Froot Loops 113 Less Sugar	.67 oz (19 g), ³ cup
Kellogg's Frosted Flakes 113 Less Sugar	1 oz (28 g), ³ cup
Kellogg's Low Fat Granola Cereal	49 g
Kellogg's Mini Shredded Frosted Wheat Cereal	51 g
Kellogg's Puffed Wheat Cereal	11 g
Kellogg's Raisin Bran Cereal	2.1 oz
Kellogg's Rice Krispy Cereal	33 g
Kellogg's Special K Cereal	21 g
Oberto Beef Jerky (original & Hickory Smoked)	15/16 oz
Quaker Fruit & Crunch Granola	
Sprinklins (Dannon)	4.1 oz (116 g)
String Cheese (ALL BRANDS)	1 oz
Twisted Cinnamon Stick (Buena Vista)	1.3 oz (50.4 g)
Yogurt, Danimals (Dannon)	4 oz (113 g)
Yogurt, Fruit Blends (Dannon)	6 oz
Yogurt, Fruit on the Bottom (Dannon)	6 oz
Yogurt, Light 'n Fit Creamy (Dannon)	4 oz
Yogurt, Light 'n Fit (Dannon)	6 oz
Yogurt, Natural Flavors (Dannon)	6 oz
Yogurt, fat free (Upstate Farms)	4 oz (112 g)
Yogurt, Trix (Yoplait)	4 oz (112 g)

Items may be added to or deleted from the list as nutrient information becomes available. If you have any questions, please contact Food Services, at 626 - 797-1155

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