

San Bernardino City Unified School District Approved Food List – Smart Snacks 2019-2020 School Year

California Department of Education: Competitive Foods and Beverages in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2016 and merges the previous California Nutrition Standards.

The following list is of foods and beverages that meet the guidelines, however this list is **not all inclusive**. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Nutrition Services office at (909) 881-8000.

Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Welch's	Fruit Snacks	1 pouch (25.5 g)	X	X		X

Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Corn Nuts	Original, Ranch, BBQ	1 oz package	X			X
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1 oz	X			X
Quaker	Rice Cakes- All Flavors	1 Cake	X			X

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Blue Diamond	Almonds Whole Natural- Grab & Go Bags	1 bag (1oz)	X			X
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)				X
Diamond	Shelled Walnuts	¼ cup (1oz)				
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)	X			X
Kirkland	Dry Roasted Almonds	¼ cup		X		
Kirkland	Pistachios	½ cup with shells		X		
Orchard Fresh	Walnuts Halves & Pieces	1oz	X			
Orchard Fresh	Pecan Halves	1oz	X			
Orchard Fresh	Whole Natural Almonds	1oz	X			
Wonderful	Pistachios	1 bag (1.5oz)	X	X		X
Wonderful	Pistachios- Roasted, Salted, Shelled	¼ cup		X		X
Wonderful	Pistachios- While With Shell	½ cup		X		X

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Kellogg's	Pop Tarts Low Fat- Brown Sugar or Strawberry	1 pastry (50g)			X	X
Kellogg's	Pop Tarts Oatmeal Delights- All Flavors	1 pastry (50g)	X			
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)				X