

Brand	Name/Description	Serving Size
<i>Granola/Breakfast Bars</i>		
General Mills	Cinnamon Toast Crunch Cereal Bar (not milk n cereal bar)	1 bar (1.42 oz)
General Mills	Cocoa Puffs Cereal Bar (not milk n cereal bar)	1 bar (1.42 oz)
Kellogg's	Nutri-Grain Soft Baked Cereal Bars - all flavors	1 bar (37g)
Betty Crocker	Oatmeal Bar - Chocolate Chip or Double Chocolate	1 bar
General Mills	Fruity Cheerios Cereal Bar (not milk n cereal bar)	1 bar
General Mills	Golden Grahams Cereal Bar (not milk n cereal bar)	1 bar
Nature Valley	Chewy Granola Bar - Chocolate Chip, Oatmeal Raisin, Trail Mix	1 bar
Nature Valley	Crisp - Chocolate Chip and Cinnamon	1 package
Nature Valley	Crunchy Granola Bar - Oats and Honey, Dark Chocolate, Peanut Butter	1 package
Quaker	Chewy Granola Bar - Dark Chocolate Chunk, Oatmeal Raisin, Maple Brown Sugar, Cookies and Cream, Peanut Butter Chocolate Chip, S'more	1 bar
General Mills	Trix Cereal Bar (not milk n cereal bar)	1 bar
Kashi	Soft Baked Cereal Bars - Ripe Strawberry	1 bar (35g)
Kellogg's	Special K Bar - 90 calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)
Kellogg's	Special K Cereal Bar - Red Berries, Chocolate Pretzel	1 bar
Quaker	Soft Baked Bars - Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)
Quaker	Oatmeal to Go - Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon, Raspberry Streusel	1 bar (60g)
Quaker	Variety Pack Bars - Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)
CLIF	Kid Zbar - Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars - Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)
Kroger	Chewy Granola Bar - Oatmeal Cookie, Peanut Butter, Chocolate Chip	1 bar (35g)
Plum Kids	Organic Grammy 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)
Quaker	Chewy Granola Bar - All Flavors	1 bar (24g)
<i>Chips/Pretzels/Popcorn</i>		
Frito Lay	Cheetos, Fantastix Chili Cheese Chips	1 oz
Frito Lay	Cheetos, Fantastix Flamin' Hot Chips	1 oz
Frito Lay	Cheetos, Oven Baked Flamin' Hot Chips	7/8 oz

Frito Lay	Doritos, Cool Ranch or Nacho Cheese <b>(Reduced Fat Only)</b>	1 oz
Pepperidge Farm	Whole Grain Goldfish - Baked Cheddar or Pretzel <b>only</b>	0.75 oz
Popcorn Indiana	Kettle Corn, Sweet & Salty	1 oz
Sonora Mills	Popchips - BBQ, Sea Salt, Sea Salt and Vinegar, Sour Cream and Onion	0.8 oz
Frito Lay	Sunchips Harvest Cheddar Snack Mix	0.875 oz
Frito Lay	Sunchips Garden Salsa	0.875 oz
Kellogg's	Cheez-its - Whole Grain	1 oz
Frito Lay	Lays Oven Baked Chips - BBQ, Original, Sour Cream & Onion	1 oz
Frito Lay	Baked Ruffles Cheddar/Sour Cream	1 oz
General Mills	Chex Mix Snack Mix - Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (0.82 oz)
General Mills	Chex Mix - Traditional, Sweet n Salty, Trail Mix, Carmel Crunch	1/2 cup
Tostitos	Baked Tortilla Scoops - Light Tortilla Chips	28g (16 chips)
<i>Cakes/Cookies/Crackers</i>		
Annie's	Bunny Grahams - Honey, Chocolate, and Chocolate Chip	1.25 oz (30g)
Kellogg's	Rice Krispy Squares, Whole Grain <b>only</b>	1.41 oz
Kashi	Snack Crackers - No Cheddar	15 crackers
Kashi	Soft Baked Cookies - All Flavors	1 cookie (30g)
Kellogg's	Special K Cracker Chips	1 package/ 30 g/ 27-30 chips
Kroger	Wheat Crisps - Baked - All Flavors	17 crackers
Nabisco	100 Calorie Packs - Mini Teddy Grahams, Sweet and Salty, Wheat Thins	1 package (22g)
Nabisco	BelVita Soft Baked Cookies - Chocolate, Banana, Berry	1 cookie
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)
Nabisco	Honey Maid Grahamfuls - All Flavors	1 pack (25g)
Nabisco	Honey Maid Lil' Squares - Cinnamon	29 Pieces
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150- calorie pouches - Chocolate, Cinnamon & Honey	1 pouch (35g)
Nabisco	Teddy Grahams - Honey, Cinnamon, Chocolate, Chocolate Chip	24 pieces
Nabisco	Triscuit - All Flavors	Approx 6 crackers
Nabisco	Triscuit Thin Crisps - All Flavors	Approx 15 crackers
Nabisco	Wheat Thins - Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1 oz)
Nabisco	Wheat Thins Toast Chips - Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)
Pepperidge Farm	Baked Natural Cracker Chips - Multigrain only	27 pieces (30g)
<i>Applesauce/Fruit Cups/Fruit Snacks/Fruit/Vegetables</i>		

All Brands	Fresh Fruit and Vegetables - Individual bags or platters	1/2 cup
All Brands	Dried Fruit with no added sugar	1/4 cup
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup
Chiquita	Fruit Chips 100% Fruit Freeze Dried - All Flavors	1 pouch (30g)
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)
Dole	Fruit Cups in 100% Juice - All Flavors	1 container (113g)
Dole	Fruit Squish'ems	1 pouch
Great Value	All Natural No Sugar Added Applesauce - Individual Cup	4 oz (113g)
Great Value	Unsweetened Applesauce	1/2 cup
Great Value	No Sugar Added Fruit Cups - Peaches	1 bowl (108g)
Kroger	Applesauce - No Sugar Added	1 container (4 oz)
Kroger	Seedless Raisins	1 box (1 oz)
Motts	Applesauce Snack and Go - All Flavors	1 pouch (90g)
Motts	Healthy Harves No Sugar Added - Country Berry, Peach Medley, Summer Strawberry	1 cup (113g)
Motts	Motts Medley's Fruit and Veggie Snack	1 cup (111g)
Motts	Natural Apple Sauce	1 cup (111g)
Sunmaid	Raisins	1 box (42.5g)
General Mills	Fruit Roll-ups - Crazy Colors, Strawberry Reduced Sugar	1 each
Tree Top	Pouches - All flavors	1 pouch (26g)
Disney	Fruit Crisps Freeze Dried Fruit Slices - All Flavors	1 bag (7g)
Earth's Best	Organic Applesauce - Original or Cinnamon	1 cup (113g)
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)
Musselman's	Healthy Picks - All Flavors	1 cup (113g)
Tree Top	No Sugar Added Natural Apple Sauce - Individual	1 unit (113g)
<i>Yogurt and Pudding</i>		
Chobani	Non-fat yogurt - All Flavors	6 oz (170g)
Chobani	Low-fat yogurt - All Flavors	6 oz (170g)
Chobani	Champions Tubs - 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)	5.3 oz (150g)

Dannon	Light & Fit	6 oz (170g)
Great Value	Lowfat Yogurt - All Flavors	6 oz (170g)
Great Value	Light Non-fat Yogurt - All Flavors	6 oz (170g)
Hunts	Snack Pack Fat Free - Chocolate or Vanilla	3.5 oz cup
Kraft	Grab n Snack Pudding Cups - Chocolate or Vanilla	3.5 oz cup
Kraft	Live Active 2% Milk Marbled Colby and Monterey Jack Cheese Stick	1 stick (28g)
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
Kroger	The Truly Awesome Lowfat Yogurt Tube	1 tube
Plum Kids	Yogurt Mashups - All Flavors	1 pouch (90g)
Plum Kids	Organic Yo' Drops Crunchable Yogurt - All Flavors	1 pack (7g)
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 Lowfat 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	6 oz
Yoplait	Reduced Fat Yogurt - All Flavors	8 fl oz 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 (64g)
Yoplait	Kids Yogurt - All Flavors	1 container (113g)
Yoplait	Light Yogurt - All Flavors	6 oz
Yoplait	Greek 100 - All Flavors	5.3 oz (150g)
Yoplait	Pro-Force Protein Yogurt For Kids - All Flavors	1 container (3.5 oz)
Weight Watchers	String Cheese	1 stick
<i>Ice Cream and Frozen Novelties</i>		
Hershey's	Low Fat Ice Cream Cup, Chocolate, Strawberry, Cotton Candy, Vanilla	3 oz
Hershey's	Twister Cup, No Fat - Birthday Cake, Banana Cream, Cotton Candy, Blue Raspberry, Apple Twister	3.75 oz
Hershey's	Yogurt - Birthday Cake	3 oz

Hershey's	Ice Cream Bar, No Fat - Chocolate Scooter, Strawberry Scooter,	1 bar
Hershey's	Sherbert - Orange, Raspberry,	4 oz
Hershey's	Vanilla Ice Cream Sandwich - Reduced Fat	1 each
Blue Bunny	Sweet Freedom Non Sugar Added Fudge Lites	1 bar (45g)
Blue Bell	Fruit Bars - All Flavors	1 bar
Dryers	Outshine fruit Bars and coconut water	1 bar
Kroger	No Sugar Added Fruit Bars	1 bar
Simple Truth	Greek Yogurt Frozen Bars	1 bar
Skinny Cow	Ice Cream Sandwiches - all flavors	1 sandwich
Skinny Cow	Cones - all flavors	1 cone
Skinny Cow	Bars - All Flavors	1 bar
<i>Drinks</i>		
Minute Maid	100% Juice - Apple, Fruit Punch, Grape, Mixed Berry, Orange	8 fl oz or less
V8	V-Fusion - Pomegrante Bluberry, Strawberry Banana	8 fl oz.
Mott's	100% Juice - Apple, Fruit Punch	6.75 fl oz or Smaller
Juicy Juice	100% Juice - Berry, Fruit Punch, Strawberry Watermelon, Peach Apple, Orange Tangerine, Kiwi Strawberry, Apple, Grape	8 fl oz or less
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	Super V - Fruit and Vegetable Drink	1 pouch (6 oz)
Great Value	100% Juice - Apple, Cranberry, Grape	8 fl oz or less
Juicy Juice	Fruitifuls - All Flavors	6.75 fl oz or Smaller
Kroger	100% Extreme 100% Juice - Apple, Fruit Punch, Grape	1 pouch (6.75 fl oz)
Ocean Spray	100% Juice - Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegrante	8 fl oz or less
Tree Top	100% Juice	8 fl oz or less
Tropicana	100% Juice - Apple, Fruit Punch, Orange	8 fl oz or less
Welch's	100% Juice - Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, White Grape Strawberry Kiwi	8 fl oz or less
All Brands	100% Juice (must state 100% juice)	8 fl oz or less
All Brands	Milk - Lowfat 1%, Fat Free	12 fl oz or less
All Brands	Water	Any Size
<i>Drinks - High School Only</i>		
Gatorade	Gatorade, G2 low calories - All Flavors	12 fl oz

Naked Juice	Naked Juice - Green Machine, Mighty Mango, or Strawberry Banana	10 fl oz
Powerade Zero	Powerade Zero - All Flavors	12 fl oz
	Diet Dr. Pepper - Regular, Cherry Vanilla, Cherry	0.5 L (16.9 fl oz) or Smaller
	Diet A & W Root Beer	0.5 L (16.9 fl oz) or Smaller
	Diet Snapple - Half n' Half	11.5 fl oz.
	Dr. Pepper Ten	12 fl oz
Snapple	Diet Snapple - Lemon Tea, Peach Tea	20 fl oz or Smaller
	Coke Zero - Regular, Cherry	20 fl oz. or Smaller
Dasani	Flavored Water - Lemon, Strawberry	20 fl oz. or Smaller
Dasani	Sparkling Water - Apple, Berry, Lemon, Lime	12 fl oz
	Diet Coke - Regular, Cherry, Lime	20 fl oz. or Smaller
	Fanta Zero	20 fl oz or Smaller
Fruit 2O	Strawberry, Grape, Cherry, Peach, Raspberry, Lemon, Cucumber Lemon, Orange	16 fl oz or Smaller
Glaceau Fruit Water	Black Raspberry, Lemonade, Lemon Lime, Orange Mango, Strawberry Kiwi, Pineapple, Watermelon,	16.9 fl oz
Vitamin Water Zero	Kiwi Strawberry, Mixed Berry, Dragonfruit, Fruit Punch, Orange, Lemonade, Acai-Blueberry-Pomegrante	20 fl oz or Smaller
Gold Peak	Diet Tea, Unsweetened Black Tea	18.5 fl oz
Minute Maid	Lite Lemonade	12 fl oz
	Sprite Zero	20 fl oz or Smaller
	Mountain Dew Kickstart - Pineapple/Orange/Mango, Watermelon, Raspberry Citrus, Blueberry Pomegrante, Blood Orange	12 fl oz.
Bai	Bai - Any Flavor	18 fl oz
Sparkling Ice	Any Flavor	17 fl oz
<i>Pastries/Bagels</i>		
Kellogg's	Pop Tarts Low Fat - Brown Sugar, Strawberry	1 pastry (50g)
Kellogg's	Pop Tarts Oatmeal Delights - All Flavors	1 pastry (50g)
Kellogg's	Pop Tarts Whole Grain - Strawberry, Brown Sugar Cinnamon	1 pastry (50g)
Sara Lee's	Soft & Smooth Mini Bagels - Whole Grain, Cinnamon	1 bagel (37g)
Thomas	Bagel Thins - 100% Whole Wheat, Everything, Plain	1 bagl (46g)