



## Yucaipa-Calimesa Joint Unified School District Compliant Smart Snack Ideas

### 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 with No Added Sugar	¼ cup
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup
Betty Crocker	Scooby Doo Fruit Snack	1 pouch (.9oz)
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)
Del Monte	Squeezable Fruit Tubes , Fruit Burst Pouch-All Flavors	2.2oz 1 pouch (90g)
Dole	Fruit Squish'ems	1 pouch
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)

\*This list is not all inclusive

### Chips/Pretzels/Popcorn



Manufacturer	Name/Description	Serving Size
Frito Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips Reduced Fat, Cool Ranch	15 chips (1oz)
Frito Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz
Pop Chips	BBQ, Cheddar, Original, Sour Cream and Onion, Chili Cheese Potato	1 bag (23g)
Quaker	Popped Rice Snacks- Only Apple and Chocolate,	1oz

### Cakes, Cookies and Crackers



Manufacturer	Name/Description	Serving Size
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie
Keebler	Scooby Doo Cinnamon Grahams, Disney FROZEN Grahams	1 bag (28g)
Nabisco	Teddy Grahams 130 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (30g)
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only, Goldfish WG	25 pieces (28g)

### Cereal/Granola Bars



Manufacturer	Name/Description	Serving Size
Clif	ZBar Organic Chocolate Brownie, Organic Chocolate Chip	1 bar (36g)
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)
Kellogg's	Reduced Sugar Breakfast Pouch-Frosted Flakes, Fruit Loop, Apple Jack, Krave S'mores	1 pouch (28g)
Nature Valley	Crunch Granola Bar- Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)
Rockin'Ola	Granola Chocolate w/mini marshmallows	1 bag (28g)

### Ice Cream/Frozen Novelties



Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)
Blue Bell	Fruit Bars- All Flavors	1 bar
Popsicle	Fudgsicle Fat Free- No Sugar Added, 100 calorie bar , Popsicle Pop Ups	1 bar (65g) 1 pop up (52g)
Rich's Ice Cream	WG Strawberry Shortcake, Chocolate Shortcake, Crumbled Cookie, Orange Cream Bar, Sour Blueberry Cyclone	1 bar
Skinny Cow	Ice Cream Sandwiches- All Flavors Cones and Bars-All flavors	1 sandwich ,1 cone, 1 bar
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)

### Nuts/Seeds/Jerky



Manufacturer	Name/Description	Serving Size
Island Snacks	Almonds, Natural, Cashews	1 bag (1oz)
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)
Orchard Fresh	Whole Natural Almonds	1oz
Planters	Single Serve Cashews, Peanuts	1 bag (1oz)

### Pastries/Bagels



Manufacturer	Name/Description	Serving Size
J&J	WG Churro-Apple, Raspberry	1.9oz
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Blueberry	1 bagel (37g)

\*This list is not all inclusive

## Beverages



Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)
All Brands	100% Juice (Product Must State 100% Juice, no sweetener added)	≤ 8 fl oz.	≤ 12 fl oz.
All Brands	Milk: Low-fat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.
Gatorade G2 Low Calorie	Assorted Flavors	<u>NOT ALLOWED</u>	≤ 12 fl oz. <b>High School Only</b>
Powerade Propel No Calorie	Assorted Flavors	<u>NOT ALLOWED</u>	< 20 fl oz. <b>High School Only</b>
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size

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