



Fullerton School District Suggested Smart Snack List

USDA's Smart Snacks 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, 2014 and merges the previous California Nutrition Standards.

The following is a list of foods and beverages that meet the standards for all grade levels as of **June 15th, 2018**. This list is up to date to the best of our knowledge, however product formulation changes frequently without notice. This list is **not all inclusive**, additional items may be used if identified to be compliant by the quick reference cards (see link below). Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. To determine if an alternative item meets the Smart Snacks standards, please refer to the California Project Lean Smart Snack Calculator at <http://www.californiaprojectlean.org/doc.asp?adp=192&id=293>. If you have additional questions, please contact the Food and Nutrition Services Department (714)-447-7435.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)			X
Brother's	All Natural Fruit Crisps	1 bag	X		X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)			X
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)			X
Brother's	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X		
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X		X
Crunchies	Freeze Dried Fruit- All Flavors	1 oz.	X		X
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)			X
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X		X
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X		X
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X		
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X		X
Dole	Fruit Squish'ems	1 pouch	X		X
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	X		
Earth's Best	Organic Applesauce- Original	1 cup (113g)	X		X
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)	X	X	X
Great Value	Light No Sugar Added Applesauce- Individual Cups	4 oz cup	X		
Great Value	Unsweetened Applesauce	½ cup	X		X
Great Value	Dried Apricots	7 pieces	X		X
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X		
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)			X
Kirkland	Sunsweet Dried Apricots	About 6	X		X
Kirkland	Sunsweet Dried Plums	About 5		X	X
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)	X	X	X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)			X

Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X		X
Motts	Natural Applesauce	1 cup (111g)			X
Sunmaid	Raisins	1 box (42.5g)	X		X
Tree Top	No Sugar Added Natural Applesauce- Individual Cups	1 unit (113g)	X		X
Tree Top	Applesauce Pouches All Flavors	1 pouch (26g)	X		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X		X
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)			X
Corn Nuts	Variety Pack	1 package (1/3 cup)		X	X
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup	X	X	
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped			X
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1 oz)			X
Lays	Baked Ruffles Potato Chips	9 crisps (1 oz)	X		X
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz	X		X
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup	X		X
Quaker	Popped Rice Snacks- Only Apple and Chocolate	13 Pieces (1 oz)	X		
Quaker	Rice Cakes- All Flavors	1 Cake	X		X
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X		

Crackers and Grahams

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X		X
Crunchmaster	Multi-seed- Five Seed	14 crackers	X	X	
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X		
Homekist	Honey Graham Crackers	2 full cracker sheets	X		
Kashi	Snack Crackers- Not Cheddar	15 crackers	X		X
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)	X		X
Kellogg's	Special K Cracker Chips- Individual Bags	1 package	X		X
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X		
Nabisco	Teddy Grahams	1 package (28g)	X		
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X		
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X		

Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X		X
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	X		
Nabisco	Triscuit- All Flavors	About 6 crackers	X		
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X		
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	X	X
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X		
Pepperidge Farm	Goldfish Grahams- Cinnamon, Fudge, Vanilla cupcake	41 pieces (30g)	X		X

Bagels

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X		
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X		X

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle / High)	Walmart	Costco	Amazon
Campbell's	V8- Spicy Hot, Low Sodium or Regular	< 8.1 oz.	< 12 fl oz.	X		X
Campbell's	V8 Fusion- Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	< 8.1 oz.	< 12 fl oz.			X
Campbell's	V8 Fusion Refreshers	< 8.1 oz.	< 12 fl oz.			X
Campbell's	V8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch			X
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	X	X
Capri Sun	100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)			X
Dole	100% Pineapple Juice	< 8.1 oz.	< 12 fl oz.	X	X	X
Florida's Natural	100% Fruit Juices- All Flavors	< 8.1 oz.	< 12 fl oz.			X
Great Value	100% Juice (Apple, Cranberry, Grape)	< 8.1 oz.	< 12 fl oz.	X		X
Great Value	Vegetable Juice from Concentrate (100% Juice)	< 8.1 oz.	< 12 fl oz.	X		
Horizon	Organic Milk- Low Fat- All Flavors	< 8.1 oz.	< 12 fl oz.	X		X
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.	X		X
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	< 8.1 oz.	< 12 fl oz.		X	X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X	

Langer's	100% Juices- All Flavors	< 8.1 oz.	< 1.2 fl oz.	X		X
Martinellis	100% Pure Apple Juice	< 8.1 oz.	< 1.2 fl oz.	X	X	X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	< 8.1 oz.	< 1.2 fl oz.	X		X
Motts	100% Apple Juice	< 8.1 oz.	< 1.2 fl oz.	X	X	X
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	< 8.1 oz.	< 1.2 fl oz.	X		
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	< 8.1 oz.	< 1.2 fl oz.	X		
Silk	Pure Almond Milk- All Flavors	< 8.1 oz.	< 1.2 fl oz.	X		X
Simply Orange	100% Juice	< 8.1 oz.	< 1.2 fl oz.	X		X
Seneca	100% Apple Juice	< 8.1 oz.	< 1.2 fl oz.	X		
Sunsweet	100% Prune Juice	< 8.1 oz.	< 1.2 fl oz.	X		X
Tummy Tickler	100% Juice- Apple	< 8.1 oz.	< 1.2 fl oz.	X		
Treetop	100% Apple Juice	< 8.1 oz.	< 1.2 fl oz.	X	X	X
Treetop	100% Juice Assorted	< 8.1 oz.	< 1.2 fl oz.	X	X	X
Treetop	Fresh Pressed Juice	< 8.1 oz.	< 1.2 fl oz.	X		X
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8.1 oz.	< 1.2 fl oz.	X	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	< 8.1 oz.	< 1.2 fl oz.	X	X	
All Brands	100% Juice (Product Must State 100% Juice)	< 8.1 oz.	< 1.2 fl oz.	X	X	X
All Brands	Milk- Low Fat 1%, or Fat Free	< 8.1 oz.	< 1.2 fl oz.	X	X	X
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	< 8.1 oz.	< 1.2 fl oz.	X	X	
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)	X		X
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X		X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X		X
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X		X
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X		X
Dannon	Light & Fit	6oz (170g)	X		X
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X		X
Frigo	Light String Cheese	1 stick (28 g)	X		X
Great Value	Low Fat Yogurt- All Flavors	6 oz	X		
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X		
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X		
Precious	String Cheese	1 stick (28g)	X		

Precious	Stringsters Part Skim String Cheese	1 stick	X		
Sargento	String Cheese	1 stick	X		X
Sargento	Light String Cheese	1 stick	X		X
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X		X
Stonyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)	X	X	X
Stonyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X		X
The Laughing cow	Babybel Light	1 piece	X		X
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X	X
Yoplait	Original Yogurt- All Flavors	6oz	X		X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X		
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X		X
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)			X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X		X
Yoplait	Light Yogurt- All Flavors	6oz	X	X	X
Yoplait	Greek 100- All Flavors	5.3oz (150g)			X
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X		
Weight Watchers	String Cheese	1 stick	X		

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Fiber One	Streusel Bar- Strawberry or Blueberry	1 bar (40g)	X		X
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X		X
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X	X
Kellogg's	Special K Bar- 90 Calorie Chewy Snack Bars Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X		X
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X	X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)		X	X

Granola Bars

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Cascadian Farm	Organic Chewy Granola Bar- Oatmeal Raisin, Harvest Berry, Vanilla Chip, Chocolate Chip	1 bar (35g)	X		X
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)	X	X	X
Great Value	Crunch Oats & Honey Granola Bar (Middle School only)	2 bars (42g)	X		
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X	X
Kellogg's	Rice Krispies/ Cocoa Krispies Chewy Granola Bar	1 bar (36g)			X
Nature Valley	Crunch Granola Bar- Oat N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X		X
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X		X

Ice Cream/Frozen Fruit Bars

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
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Blue Bunny	Sweet Freedom No Sugar Added Fudge Bars and Frozen Orange Dream	1 bar (45g)	X		
Blue Bell	Fruit Bars- All Flavors	1 bar	X		
Nestle	Outshine Fruit Bars	1 bar	X		X
Fruttare	Fruit Bars- All Flavors	1 bar	X		
Fudgesicle	100 Calorie Bar	1 bar (65g)			X
Weight Watchers	Fudge Bars- Chocolate Fudge Snack Size Ice Cream Bar	1 bar	X		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)	X	X	X
Outshine	Fruit bars - Strawberry, Acai Blueberry, Grape, Mango, Peach, Pineapple or Red Raspberry	1 bar (72g)	X		X

Frozen Fruit Bars Cont. - Local Fullerton Vendor - DeeLite 714-992-1600

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
DeeLite	Strawberry Fruiti Pops	1 bar (4 oz)			
DeeLite	Pineapple Fruiti Pops	1 bar (4 oz)			
DeeLite	Watermelon Fruiti Pops	1 bar (4 oz)			
DeeLite	Lime Fruiti Pops	1 bar (4 oz)			
DeeLite	Lemon Fruiti Pops	1 bar (4 oz)			
DeeLite	Tamarindo Fruiti Pops	1 bar (4 oz)			
DeeLite	Cantaloupe Fruiti Pops	1 bar (4 oz)			

DeeLite also offers other flavors that do NOT meet the Smart Snacks guidelines.

Revised 6/15/2018

Item availability at each store is subject to change.

Please note that the Alliance for a Healthier Generation Store on Amazon is also a great resource. However, this site follows Federal Guidelines so not all items on the site are compliant to California regulations. The Healthier Generation store can be found at <https://www.amazon.com/b?node=13951371011>

Please refer to the Smart Snack Calculator below to check items not on this list or to ensure that items at the Healthier Generation Store are compliant.

California Project Lean Smart Snack Calculator: <http://www.californiaprojectlean.org/doc.asp?adp=192&id=293>

The Smart Snacks Guidelines can be found at <https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>