

| Brand | Name/Description | Serving Size |
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| <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 |

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| Frito Lay | Doritos, Cool Ranch or Nacho Cheese (Reduced Fat Only) | 1 oz |
| Pepperidge Farm | Whole Grain Goldfish - Baked Cheddar or Pretzel only | 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, Hot n Spicy, Strawberry Yogurt, Cheddar, Chocolate Carmel | 1 pouch (0.82 oz - 1oz) |
| General Mills | Chex Mix - Traditional, Hot n Spicy, Strawberry Yogurt, Cheddar, Chocolate Carmel | 1/2 cup |
| Rold Gold | Heartzel Pretzels | 0.7 oz |
| 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) |
| Grandma's Cookies | Mini Chocolate Chip Grandma's Cookies - Whole Grain | 1.22 oz |
| Kellogg's | Rice Krispy Squares, Whole Grain only | 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) |

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| 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 |
| Betty Crocker | Scooby Doo Fruit Shapes | 1 package |
| 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) |
| Dippin Sticks | Apples & Carmel, Apple & Carmels w/ Peanuts, Apples & Carmel w/ Peanuts & Chocolate, Apples w/ Yogurt Fruit Dip | 2.75 oz |
| 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) |
| Welch's | Fruit Snacks - Berries n Cherries, Island Fruit, Mixed Fruit, Strawberry | 1.55 oz |

Yogurt and Pudding

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| 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 |

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| 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 |

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| 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) |

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| Sara Lee's | Soft & Smooth Mini Bagels - Whole Grain, Cinnamon | 1 bagel (37g) |
| Thomas | Bagel Thins - 100% Whole Wheat, Everything, Plain | 1 bagel (46g) |
| <i>Other</i> | | |
| Jack Link's | Beef Jerky - Original, Peppered, Teriyaki | 0.85 oz |