

The following is a list of foods and beverages that meet the USDA standards for K-12. This list is **not all inclusive**. Alternative items may be available at different stores or vendors. Manufacturers' ingredients and distribution change frequently.

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 w/ No Added Sugar	¼ cup
All Brands	Fresh Fruit & Vegetables-Individual bags or Platters	½ cup
Brother's	All Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeeze Pouch-All Flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Juggle Gel	1 pouch (3.2 oz)
Chiquita	Fruit Chips 100% Fruit Freeze Dried-All Flavors	1 pouch (30g)
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75 oz)
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)
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)
Dole	Fruit Cups in 100% Juice-All Flavors	1 Container (113g)
Dole	Fruit Squish'ems	1 Pouch
Earthbound Farms	Organic Raisins	1 box (43g)
Great Value	All Natural No Sugar Added Applesauce – Individual cups	4oz unit (113g)
Great Value	Dried Apricots	7 pieces
Great Value	No Sugar Added Fruit Cups – Peaches	1 bowl (108 g)
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99g)
Kirkland	Real Sliced Fruit – Freeze Dried- Individual Bags	1 bag
Kroger	Applesauce- No Sugar Added	1 container (4 oz.)
Kroger	Seedless Raisins	1 box (1oz)
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)
O Organics	Raisins	1 box (1oz)
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch – All flavors	1 pouch (4 oz)
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Plum Kids	Organic Mashups- All Flavors	1 pouch (90g)
Plum Kids	Organic Slam Dunk- Fruit & Veggie Dip-All Flavors	1 Pack (52g)
Safeway	Realfruit Squeezable Sauce Pouch	1 pouch (90g)
Safeway	Raisins	1 box (1oz)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3cup)
Corn Nuts	Variety Pack	1 package (1/3 cup)
Frito Lay	Baked! Cheetos – Regular and Flamin’ Hot	.875 oz
Frito Lay	Reduced Fat Doritos – Cool Ranch, Nacho Cheese	1 oz
General Mills	Chex Mix Snack Mix – Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82 oz.)
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)
David	Original Sunflower Seeds	1 bag (1.75 oz.)
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 oz)

Cookies/Crackers

Manufacturer	Name/Description	Serving Size
Kellogg's	Special K Cracker Chips – Individual Bags	1 package
Kellogg's	Rice Krispy Treat, Whole Grain	1.41 oz
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)

Drinks

Manufacturer	Name/Description	Serving Size
Campbell's	V-8 Fusion – Individual pouches-All flavors	1 pouch
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	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl. oz.)
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz.)
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz or less
Juicy Juice	Fruitfuls – All Flavors	6.75 fl oz
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl. oz.)
Martinellis	100% Pure Apple Juice	8 fl oz or less

Minute Maid	100% Juice – Apple, Fruit Punch, Apple White, Grape, & Mixed Berry	8 fl oz. or less
Motts	100% Apple Juice	8 fl oz. or less
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	8 fl oz. or less
Treetop	100% Apple Juice	8 fl oz. or less
Treetop	100% Juice Assorted	8 fl oz. or less
All Brands	100% Juice (Product must state 100% juice)	8 fl oz. or less
All Brands	Milk 1%, Fat Free (Flavored milk MUST be Fat Free)	8 fl oz. or less
All Brands	Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain only, No Flavors)	8 fl oz. or less

Water

Manufacturer	Name/Description	Serving Size
Any	Pure Water, No Added Artificial sweetener and/or Caffeine	Any Size

Yogurt/ Cheese/ Smoothies

Manufacturer	Name/Description	Serving Size
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g)
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)
Chobani	Champions Tube-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	5.3oz (150g)
Dannon	Light & Fit	6 oz (170g)
Frigo	Light String Cheese	1 stick (28g)
Frigo	Light Variety String Cheese	1 stick
Great Value	Low-fat Yogurt –All Flavors	6 oz
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz
Jamba Juice	All Fruit and Fruit & Veggie Smoothies	8 oz.
Kraft	Live Active 2% Milk Marbled Colby & 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 (170g)
Kroger	The Truly Awesome Low-fat Yogurt Tube	1 tube
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7 oz.)
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz
Lucerne	Reduced Fat Yogurt	8 oz. or less
Lucerne	Low-fat Yogurt Tubes – All Flavors	1 tube (64g)
Lucerne	Part-Skim Mozzarella String Cheese	1 stick
Lucerne	Light String Cheese	1stick
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick

Plum Kids	Yogurt Mashups- All Flavors	1 pouch (90g)
Plum Kids	Organic Yo'Drops Crunchable Yogurt- All Flavors	1 pack (7g)
Precious	String Cheese	1 stick (28g)
Precious	Stringsters Reduced Fat String Cheese	1 stick
Safeway Brand	Kids Yogurt –All Flavors	1 pouch or cup
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 Low-fat 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	6oz
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl 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 (64 g)
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)
Yoplait	Light Yogurt – All Flavors	6 oz
Yoplait	Greek 100 – All Flavors	5.3oz (150g)
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container (3.5 oz.)
Weight Watchers	String Cheese	1 stick

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)
QJF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
QJF	LUUNA fiber – All Flavors	1 bar (40g)
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)
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 Bars – Oatmeal Cookie, Peanut Butter, Chocolate Chip	1 bar (35 g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Kellogg's	Nutrigrain Bar – All Flavors	1.55 oz.
Plum Kids	Organic Jammy 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)
Safeway	Eating Right High Fiber Chewy Bars- All Flavors	1bar (40g)
Safeway Kitchens	Chewy Granola Bars –Oatmeal & Raisin, Smores, Chocolate Chip, Chocolate & Peanut Butter Chips, Variety Pack	1 bar (24 g)
South Beach Diet	Protein Fit- Cinnamon Raisin, Peanut Butter	1 bar (35g)

Ice Cream/ Frozen Novelties

Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)
Blue Bell	Fruit Bars-All flavors	1 Bar
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, and Raspberry	1 bar (51g)
Dryers	Outshine fruit bars and coconut water	1 bar
Fruttare	Fruit Bars-All flavors	1 bar
Fudgsicle	Fat Free-No sugar added	1 bar (65 g)
Fudgsicle	100 Calorie Bar	1 bar (65g)
Healthy Choice	Premium Fudge Bars	1 bar (3 oz)
Kona Ice	100% Juice	2 oz.
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich
Skinny Cow	Cones-All flavors	1 cone
Skinny Cow	Bars-all flavors-caramel, cookies & cream, fudge, chocolate	1 bar
Swiss Miss	Fudge Bars-- 97% Fat Free	1 bar (3oz)
TOBY	Frozen Yogurt On The Go -- All Flavors	1 pouch (60g)
Weight Watchers	Fudge bars-Giant latte	1 bar
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)

Additional Beverages - for HIGH SCHOOL ONLY

Manufacturer	Name/Description	Serving Size
PepsiCo	G2 Gatorade -- All Flavors	12 oz
Coca Cola	Powerade Zero -- All Flavors	12 oz

*** Nutrition & Wellness does not maintain a list of allergens for the approved foods list. Therefore, individual schools and providers must pay careful attention to the ingredient labels of purchased products for student consumption.

Individual schools are responsible for maintaining product documentation including:

- Ingredient and nutrition labels of each product sold or served.
- Approval of product from the Alliance for a Healthier Generation Smart Snacks Calculator.