

Unified School District Approved Food List Smart Snacks

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 list is of foods and beverages that meet the standards for all grade levels. This list is not all inclusive, additional items may be used if identified to be compliant by the quick reference cards. Alternative items may be used if identified to be compliant by the quick reference cards. For questions, please contact the Nutrition Services Department (916) 438-1000.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
All Brands	Fresh Fruit and vegetables Individual Bags or Platters	½ cup	X	X
Andros	Fruit Me Up Pouches All Flavors	1 pouch (133g)		

Chiquita	Fruit Chips 100% Fruit Freeze Dried			
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	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
Del Monte	Fruit Burst Pouch All Flavors	1 pouch (90g)		
Disney	Fruit Crisps Freeze Dried Fruit Snacks All Flavors	1 bag (7g)	X	
Dole	Fruit Cups in 100% Juice All Flavors	1 container (113g)	X	
Dole	Organic Applesauce Cinnamon	1 cup (113g)	X	

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
	Cups			
Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
Corn Nuts Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
	Cinnamon, Honey			
Nabisco	Teddy Graham 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	
Nabisco	Wheat Thins Toasted Chips Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	
Pepperidge Farm	Baked Naturals Cracker Chips Multigrain only	27 pieces (30g)	X	

Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
^ CE > [Soft & Smooth Mini Bagels Whole Grain, Cinnamon	1 bagel (37g)	X	
Thomas	Bagel Thins 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Cost
u %o o o [V-8- Spicy Hot, Low Sodium or Regular	≤ 8 fl oz.	≤ 12 fl oz.	X	X
u %o o o [V-8 Fusion Strawberry Banana, Peach Mangy, Pomegranate Bluebe	24 re W /TT1 9.96 Tf 107.€			

Costo
X
X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost
Yoplait	Light Yogurt All Flavors	6oz	X	X
Yoplait	Greek 100 All Flavors	5.3oz (150g)		
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	Wal-Mart	Cost
Fiber One	Streusel Bar Strawberry or Blueberry			
Kashi	Soft Baked Cereal Bars Ripe Strawberry	1 bar (35g)	X	
< o o } P P [Nutri-Grain Cereal Bars All Flavors	1 bar (37g)	X	X
< o o } P P [Special K Bar 100 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
< o o } P P [Special K Cereal Bars Red Bt512 re W* n BT /TT1 9.9			