

## ***Lammersville District Approved Food List -Smart Snacks***

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold (this includes the exchange of tickets and the like, for food) or served to students during the school day. Please note that this list is not all inclusive. Alternative items may be available at different stores.

To find out if a food or beverage not on the list meets the standards, visit

<https://foodplanner.healthiergeneration.org/calculator/> for an online calculator. If you wish to bring in an item not on the list, please input the nutritional information into the calculator at the above link and print the sheet showing its approval. The item will then be added to the approved snack list. If you have additional questions or need help determining if a food meets the standards, please contact Bernie Hill, Director of Food Services at x2396.

### **Applesauce/Fruit Cups/Fruit Snacks**

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Amazon</b>	<b>Links</b>
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	X		
All Brands	Dried Fruit with No Added Sugar	1/4 cup			
All Brands	Fresh Fruit and Vegetables - Individual Bags or Platters	1/2 cup	X		
Brother's	All Natural Fruit Crisps	1 bag		X	<a href="#">Amazon</a>
Buddy Fruits	100% Fruit Snack Squeeze Pouch - All flavors	1 pouch (90g)		X	<a href="#">Amazon</a>
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2 oz)	X		
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All Flavors	1 pouch (30g)			
Clif	Organic Twisted Fruit- All Flavors	1/4 cup			
Crunchies	Freeze Dried Fruit- All Flavors	1/4 cup		X	<a href="#">Amazon</a>
Crunch Pak	Dipper Fruit Packs- All Flavors	1 pack (2.75 oz)			
Del Monte	Fruit Cups NO Sugar Added- All Flavors	1 cup (106g)	X	X	<a href="#">Amazon</a>
Del Monte	Fruit Naturals No Sugar Added	1 cup	X		
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)			
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)		X	<a href="#">Amazon</a>

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Amazon</b>	<b>Links</b>
Dole	Fruit Cups in 100% Juice- All Flavors	1 cup (113g)	X	X	<a href="#">Amazon</a>
Dole	Fruit Squish'ems	1 pouch			
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)			
Earth's Best	Organic Applesauce- Original	1 cup (113g)			
Earthbound Farm	Organic Raisins	1 box (43g)			
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)	X	X	<a href="#">Amazon</a>
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4 oz unit (113g)			
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X		
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)		X	<a href="#">Amazon</a>
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)	X		
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	X	<a href="#">Amazon</a>
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)		X	<a href="#">Amazon</a>
Motts	Mott's Medleys Fruit & Veggie Snack	1 cup (111g)		X	<a href="#">Amazon</a>
Motts	Natural Applesauce	1 cup (111g)		X	<a href="#">Amazon</a>
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)			
Sunmaid	Raisins (all flavors)	1 box (42.5g)	X	X	<a href="#">Amazon</a>
Tree Top	No Sugar Added Natural Applesauce- Individual cups	1 unit (113g)	X		
Tree Top	All Flavor Pouches	1 pouch (26g)	X		

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Amazon</b>	<b>Links</b>
Welch's	Fruit Snacks- Mixed Fruit	1 pouch (0.9 oz)	X	X	<a href="#">Amazon</a>
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)			
Buddy Fruits	Yogurt Snack Squeeze- All Flavors	1 pouch (90g)			
Happy Squeeze	Yogurtz Pouch- All Flavors	1 pouch (90g)		X	<a href="#">Amazon</a>

## **Chips/Pretzels/Popcorn/Corn Nuts**

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Amazon</b>	<b>Links</b>
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped		X	<a href="#">Amazon</a>
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)		X	<a href="#">Amazon</a>
Corn Nuts	Variety Pack	1 package (1/3 cup)			
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82 oz)			
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	1/2 cup	X		
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package	X	X	<a href="#">Amazon</a>
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		X	<a href="#">Amazon</a>
Lays	Doritos Reduced Fat Flavored Tortilla Chips- Nacho Cheese OR Cool Ranch	15 chips (1 oz)	X	X	<a href="#">Amazon</a>
Lays	Baked Ruffles Potato Chips	9 crisps (1 oz)	X	X	<a href="#">Amazon</a>
Lays	Baked Potato Chips- BBQ Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz	X	X	<a href="#">Amazon</a>
Indiana	Gourmet Original Popcorn Kettle Corn	1 oz		X	<a href="#">Amazon</a>
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup	X	X	<a href="#">Amazon</a>
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1 oz		X	<a href="#">Amazon</a>
Quaker	Rice Cakes- All Flavors	1 Cake	X	X	<a href="#">Amazon</a>
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	X	<a href="#">Amazon</a>
Frito-Lay	SunChip - Harvest Cheddar	.875 oz		X	<a href="#">Amazon</a>
Frito-Lay	Baked Cheetos	.875 oz	X	X	<a href="#">Amazon</a>
Frito-Lay	Baked Flamin' Hot Cheetos	.875 oz	X	X	<a href="#">Amazon</a>

PopChips	Popchips (sour cream & onion, sea salt ONLY)	.8 oz		X	<a href="#">Amazon</a>
Popcorners	Pop corners (Sea salt, Kettle, white cheddar, Cheesy Jalapeño, Sweet Cinnamon, Memphis BBQ)	1.0 oz	X	X	<a href="#">Amazon</a>
Pirate's Booty	Pirate's Booty - Aged White Cheddar	0.75 - 1 oz	X	X	<a href="#">Amazon</a>
Special K	Special K Cracker Chips: Cheddar, Sea Salt, Sour Cream & Onion, and SouthWest Ranch	.87 oz			
Smart Food	Smart Food Delight Popcorn singles White Cheddar or Variety Pack	1 bag (.5 oz)	X	X	<a href="#">Amazon</a>
Smart Balance	Smart N' Healthy Popcorn	4 cups popped	X		

## Crackers and Grahams

Manufacturer	Name/Description	Serving Size	Walmart	Amazon	Links
Annie's	Bunny Grahams-Honey, Choc/ Chip, Chocolate	About 28 cookies		X	<a href="#">Amazon</a>
Crunchmaster	Multi-seed- Five Seed	14 crackers		X	<a href="#">Amazon</a>
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers			
Homekist	Honey Graham Crackers	2 full crackers			
Kashi	Snack Crackers- All except Cheddar	15 crackers			
Kellogg's	Special K Cracker Chips- Individual Bags	1 package			
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)			
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 Package			
Nabisco	100 Calorie Packs- Sweet & Salty	1 Package (22g)			
Nabisco	100 Calorie Packs- Wheat thins Toasted Chips	1 Package (22g)			
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie	X		
Nabisco	Honey Maid Grahams	8 crackers	X	X	<a href="#">Amazon</a>
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- honey, Cinnamon, Chocolate, Chocolate Chips	24 Pieces	X	X	<a href="#">Amazon</a>
Nabisco	Triscuit- All Flavors	About 6 Crackers	X	X	<a href="#">Amazon</a>

Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers		X	<a href="#">Amazon</a>
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	X	<a href="#">Amazon</a>
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains	13 chips (28g)		X	<a href="#">Amazon</a>
Pepperidge Farm	Baked Natural Cracker Chips- Multigrain only	27 pieces (30g)			
Nabisco	Wheat Thins POPPED - All flavors	11 pieces			
Cheez-It	100 Calorie Whole Grain Cheez-It	1 pack			
Pepperidge Farm	Whole Grain Goldfish	27 pieces	X	X	<a href="#">Amazon</a>

## Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Walmart	Amazon	Links
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)	X		
Chobani	Non-fat or Low Fat Yogurt- All Flavors	6 oz	X		
Dannon	Danimals- Yogurt Smoothies	1 bottle (3.1 fl oz)	X		
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3 oz (150g)			
Dannon	Light & Fit	6 oz	X		
Fage	Total 0%- Fat Free Yogurt	6oz	X		
Great Value	Low Fat Yogurt- All Flavors	6 oz	X		
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X		
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)			
All Brands	Reduced Fat Mozzarella String Cheese, Colby Cheese or Cheddar Cheese stick	1 stick (28g)	X		
Stonyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)	X		
Stonyfield	YoKids- Lowfat Yogurt- All Flavors	1 pack (4 oz)			
The Laughing Cow	Baybel Light	1 piece			
The Laughing Cow	Cheeze Wedges Light- All Flavors	1 wedge			
Yoplait	Original Yogurt- All Flavors	6 oz	X		
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz			
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube	X		
Yoplait	Yoplait Kids Yogurt- All Flavors	1 pack			
Yoplait	Light Yogurt- All Flavors	6 oz	X		
Yoplait	Greek 100- All Flavors	5.3 oz (150g)			



## Cereal Bars/Granola Bars

Manufacturer	Name/Description	Serving Size	Walmart	Amazon	Links
Kashi	Soft Baked Cereal Bars- Strawberry	1 bar (35g)		X	<a href="#">Amazon</a>
Kellogg's	Nutri-Grain Cereal Bars- All Flavors (except those containing peanuts or tree nuts)	1 bar (37g)	X	X	<a href="#">Amazon</a>
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar	X		
Quaker	Soft Baked Bars- Cinnamon (Other flavors contain tree nuts do not purchase)	1 bar (42g)			
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)			
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X		
Kellogg's	Rice Krispy Square, Whole grain ONLY	1.41 oz			
Fiber One	Streusel Bar - Strawberry or Blueberry	1 bar (40g)			
Kashi	Soft and Chewy Bars- All (except those containing peanuts or tree nuts)	1 bar (40g)			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)	X	X	<a href="#">Amazon</a>
CLIF	Luna fiber- All Flavors (except those containing peanuts or tree nuts)	1 bar (40g)	X	X	<a href="#">Amazon</a>
Great Value	Crunchy Oats & Honey	2 bars (42g)	X		
Kashi	Chewy Granola Bars- Oatmeal Cookie, Chocolate Chip	1 bar (35g)			
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors (except those containing peanuts or tree nuts)	1 bar (24g)		X	<a href="#">Amazon</a>
Quaker	90 Calorie Chewy Granola Bar- All Flavors (except those containing peanuts or tree nuts)	1 bar (24g)			
Quaker	Chewy Granola Bar- All Flavors (except those containing peanuts or tree nuts)	1 bar (24g)	X	X	<a href="#">Amazon</a>

Manufacturer	Name/Description	Serving Size	Walmart	Amazon	Links
KIND	Healthy Grains Granola Bar (Dark Chocolate Chunk)	1.2 oz	X	X	<a href="#">Amazon</a>
Nature Valley	Oatmeal Squares: Cinnamon Brown Sugar	1 square	X	X	<a href="#">Amazon</a>

## Frozen Fruit/Ice Cream Bars

Manufacturer	Name/Description	Serving Size	Walmart	Amazon	Links
Blue Bell	Fruit Bars- All Flavors	1 bar			
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 bar (51g)			
Dryer's	Outshine Fruit Bars- All Flavors	1 bar	X		
Simple Truth	Greek Yogurt Frozen- All Flavors	1 bar	X		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop	X	X	<a href="#">Amazon</a>
Blue Bell	Fruit Bars- All Flavors	1 bar			
Outshine	Outshine Fruit Bars--All Flavors	1 bar	X		
Popsicle	Fudgsicle Fat-Free, no sugar added	1 bar	X		
Popsicle	Fudgsicle, 100-calorie bars	1 bar	X		
Nestle	Skinny Cow Ice Cream Sandwiches- All Flavors (except those containing peanuts or tree nuts)	1 sandwich	X		
Nestle	Skinny Cow Ice Cream Cones- All Flavors (except those containing peanuts or tree nuts)	1 cone	X		
Nestle	Swiss Miss Fudge Bars	1 bar	X		