

Isaac School District #5 Approved Food List - Smart Snacks

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 rule went into effect July 1, 2014 and merges the previous Arizona Nutrition Standards.

The following is a list of foods and beverages that meet the standards for K-8. This list is ***not all-inclusive***. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. To find out if a food or beverage not on this list meets the standards, visit <https://foodplanner.healthiergeneration.org/calculator/> for an online calculator.

Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
All Brands	Individual Fruit Cups in Water or 100% Juice	1/2 cup	X	X
All Brands	Dried Fruit with No Added Sugar	1/4 cup	X	X
All Brands	Fresh Fruit & Vegetables - Individual Bags or Platters	1/2 cup	X	X
Materne	GoGo Squeeze Pouch- All Flavors	1 pouch (90g)	X	X
Cliff	Organic Twisted Fruit Ropes- All Flavors	1 twist (20g)	X	X
Del Monte	Fruit Cups No Added Sugar- All Flavors	1 cup (106g)	X	X
Del Monte	Fruit Naturals No Sugar Added	1 cup	X	X
		1 container		
Dole	Fruit Cups in 100% Juice- All Flavors	(113g)	X	X
Dole	Fruit Squish'ems	1 pouch	X	X
		4oz cup		
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	(113g)	X	
Great Value	Unsweetened Applesauce	1/2 cup	X	
Great Value	Dried Apricots	7 pieces	X	
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	
Kroger	Seedless Raisins	1 box (1oz)		X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	X
	Healthy Harvest No Added Sugar- Country Berry, Peach Medley &			
Motts	Summer Strawberry	1 cup (111g)	X	X
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)	X	X
Peter Rabbit				
Organics	100% Pure Fruit Snacks Pouch- All Flavors	1 pouch (4 oz)	X	X
Peter Rabbit		1 pouch		
Organics	100% Veg & Fruit Puree Pouch	(4.4oz)	X	X
Sunmaid	Raisins	1 box	X	X
Sunmaid	Sour Raisin Snacks- All Flavors	1 pouch (20g)	X	X
Tree Top	No Sugar Added Natural Applesauce- Individual Cups	1 cup (113g)	X	X
Tree Top	All Flavor Pouches	1 pouch (26g)	X	X

Chips/Popcorn/Nuts

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)	X	X
General Mills	Chex Mix- Traditional, Sweet n Salty, Trail Mix, Carmel Crunch	1/2 cup	X	X
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package	X	X
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped	X	X
Lays	Smartfood Delight White Cheddar Popcorn	2 cups	X	X
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	X
Lays	Sun Chips- All Flavors	1 oz	X	X
Lays	Baked Ruffles Potato Chips	9 chips (1oz)	X	X
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz	X	X
Quaker	Rice Cakes- All Flavors	1 cake	X	X
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	X
Blue Diamond	Almonds Whole Natural- Grab & Go bags	1 bag (1oz)	X	X
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)	X	X
David	Original Sunflower Seeds	1 bag (1.75oz)	X	X
David	Pumpkin Seeds	1/3 cup	X	X
Planters	1 oz Single Serve Salted Cashews	1 bag (1oz)	X	X
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)	X	X
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X

Cookies/Pastries/Crackers

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
Annie's	Homgrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	28 pieces (30g)	X	X
Annie's	Organic Cheddar Bunnies Individual Packs	1 oz	X	X
Annie's	Organic Snack Variety Pack	1 oz	X	X
Goldfish	100 Calorie Packs- Whole Grain Cheddar	0.75 oz	X	X
Homekist	Honey Graham Crackers	2 full cracker sheets	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	X	X
Kroger	Wheat Crisps- Bakes- All Flavors	17 crackers		X
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	X
Nabisco	100 Calorie Packs- Sweet and Salty	1 package (22g)	X	X
Nabisco	100 Calore Packs- Wheat Thins Toasted Chips	1 package (22g)	X	X
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	X

Nabisco	Honey Maid Lil' Squares- Cinnamon	29 pieces	X	X
Nabisco	Teddy Grahams-Honey, Cinnamon, Chocolate, Chocolate Chip	24 pieces	X	X
Nabisco	Triscuit- All Flavors	6 crackers	X	X
Nabisco	Triscuit Thin Crisps- All Flavors	15 crackers	X	X
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains	14 pieces (1oz)	X	X
Nabisco	Multigrain	13 chips (28g)	X	X
Kellogg's	Pop Tarts Low Fat- Brown Sugar and Strawberry	1 pastry (50g)	X	X
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)	X	X
Thomas	Bagel Thins- 100% Whole Grain Wheat, Everything, Plain	1 bagel (46g)	X	X

Drinks

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
Apple & Eve	100% Juice- Apple Juice, Very Berry, Fruit Punch	6.75 fl oz	X	X
Apple & Eve	100% Juice	4.23 oz	X	X
Apple & Eve	100% Juice Organics	6.75 fl oz or less	X	X
Juicy Juice	100% Juice- All Flavors	6.75 fl oz	X	X
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	8 fl oz or less	X	X
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	X	X
Capri Sun	100% Juice Pouches- All Flavors	1 pouch	X	X
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch	X	X
Capri Sun	Fruit Waves- 100% Juice- Variety Pack	1 pouch	X	X
Dole	100% Pineapple Juice	8 fl oz or less	X	X
Great Value	100% Apple Juice, Cranberry, Grape	8 fl oz or less	X	X
Horizon	Organic Milk- Lowfat - All Flavors	8 fl oz	X	X
Silk	Pure Almond Milk- All Flavors	8 fl oz	X	X
Treetop	100% Apple Juice	8 fl oz or less	X	X
Tropicana	100% Juice- Apple Juice, Fruit Punch, Orange Juice	8 fl oz or less	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry	8 fl oz or less	X	X
All Brands	Milk- Lowfat 1% and Fat Free	12 fl oz or less	X	X
Any	Pure water, no added artificial sweetener and/or caffeine	Any size	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
Chobani	Non-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 (150g)	X	X
Dannon	Light & Fit	6 oz (170g)	X	X

Great Value	Low-fat Yogurt- All Flavors	6 oz	X	
Kraft	Mozzarella Cheese String- 2% Milk	1 stick	X	X
Kroger	Lowfat Yogurt Tubes	1 tube		X
Yoplait	GoGurt- Portable Low-fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	GoGurt Protein- Portable Low-fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container (113g)	X	X

Cereal/Breakfast Bars/Granola Bars

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
Kellogg's	Nutri-Grain Bars- All Flavors	1 bar (37g)	X	X
Kroger	Fruit & Grain Cereal Bar	1 bar (36g)		X
Quaker	Oatmeal to Go- Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon	1 bar (60g)	X	X
	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate			
Cliff	Brownie	1 bar (36g)	X	X
Great Value	Crunch Oats & Honey	2 bars (42g)	X	
Kroger	Chewy Granola Bars- Oatmeal Cookie, Chocolate Chip	1 bar (35g)		X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X
Nature Valley	Crunch Granola Bar- Oats N Honey, Cinnamon	2 bars (42g)	X	X
Quaker	Chewy Granola Bars- All Flavors	1 bar (24g)	X	X
Quaker	90 Calorie Chewy Bar- All Flavors	1 bar (24g)	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Ice Cream/Frozen Treats

Manufacturer	Name/Description	Serving Size	Walmart	Fry's
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)	X	X
Blue Bell	Fruit Bars- All Flavors	1 bar	X	X
Dryers	Outshine Fruit Bars and Coconut Water	1 bar	X	X
Healthy Choice	Premium Fudge Bars	1 bar (3oz)	X	X
Kroger	No Sugar Added Fruit Bars- Variety Pack	1 bar		X
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	