

SNACKS THAT MEET NUTRITION CRITERIA
Single-Serving Items

Food Type and Brand	Snack Item	Serving Size	Elem School	Mid/High School	Peanut Free
Crackers and Snacks					
EnviroKidz Organic	<i>Crispy Rice - Assorted Varieties</i>	1 oz	x	x	
General Mills	<i>Chex 100 Calorie Pouch, Cheddar</i>	.81 oz	x	x	x
	<i>Chex 100 Calorie Pouch, Chocolate Caramel</i>	.72 oz	x	x	x
Nabisco	<i>100 Calorie Packs</i>				
	<i>Chips Ahoy Thin Crisps</i>	1 pouch	x	x	x
	<i>Oreo Thin Crisps</i>	1 pouch	x	x	x
	<i>Right Bites Cookies, Chips Deluxe Pouch</i>	1 pouch	x	x	x
	<i>Sweet and Salty Mix-Kettle Flavor</i>	1 pouch	x	x	x
Fruit					
Archer Farms	<i>Real Fruit Strips - All Varieties</i>	1 strip	x	x	x
Clif	<i>Clif Kid Organic Fruit Twist</i>	1 twist	x	x	x
Del Monte	<i>Pineapple Tidbits in 100% Juice (Plastic Cups)</i>	4 oz	x	x	x
	<i>Mixed Berries Fruit Naturals (Plastic Cups)</i>	4 oz	x	x	x
Dole	<i>Pineapple in 100% Juice</i>	4 oz	x	x	x
	<i>Sun-Maid Raisins</i>	1.5 oz, 0.8 oz	x	x	x
Food Club	<i>Raisin Boxes</i>	1.5 oz, 0.8 oz	x	x	x
Full Circle Organic	<i>Organic Applesauce - No Sugar Added</i>	4 oz	x	x	x
Funky Monkey	<i>Freeze Dried Fruit-Single Serving-Assorted Varieties</i>	1 oz	x	x	x
Market Pantry	<i>Applesauce, Natural-No Sugar Added</i>	4 oz	x	x	x
	<i>Raisins (Mini Box)</i>	.8 oz	x	x	x
Mott's	<i>Applesauce, Healthy Harvest - No Sugar Added, Blueberry</i>	3.9 oz	x	x	x
	<i>Applesauce, Healthy Harvest - No Sugar Added, Granny Smith</i>	3.9 oz	x	x	x

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	<i>Applesauce, Healthy Harvest - No Sugar Added, Natural</i>	3.9 oz	x	x	x
	<i>Applesauce, Healthy Harvest - No Sugar Added, Summer Strawberry</i>	3.9 oz	x	x	x
Musselman's	<i>Applesauce, Natural Unsweetened</i>	4 oz	x	x	x
Santa Cruz Organic	<i>Organic Applesauce</i>	4 oz	x	x	x
Sensible Foods	<i>Sensible Foods Crunch Dried Snack</i>	.75 oz bag	x	x	x
Stretch Island Fruit Co.	<i>All Natural Fruit Strip, Assorted Varieties</i>	.5 oz	x	x	x
Wild Harvest	<i>Organic Applesauce Unsweetened</i>	4 oz	x	x	x
	<i>Wild Harvest Organic Raisins</i>	1.5 oz	x	x	x
<u>Granola Bars</u>					
Archer Farms	<i>Simple Balanced Granola Bars (NOT Yogurt Drizzled)</i>	1 bar	x	x	
Bakery on Main	<i>Cranberry Maple Nut Granola Bar</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Granola Bars</i>	1 bar	x	x	
Clif Kid	<i>Organic 2 Bar - Chocolate Brownie</i>	1 bar	x	x	
	<i>Organic 2 Bar - Honey Graham</i>	1 bar	x	x	
Chex Mix	<i>Turtle Chex Mix Granola Bar</i>	1 bar	x	x	
Enjoy Life	<i>Caramel Apple</i>	1 bar	x	x	x
	<i>Very Berry</i>	1 bar	x	x	x
	<i>Cocoa Loco</i>	1 bar	x	x	x
Kashi	<i>Cranberry Walnut Fruit and Grain Bar</i>	1 bar	x	x	
	<i>Dark Chocolate Coconut</i>	1 bar	x	x	
	<i>Go Lean Crunchy! Protein and Fiber Bar</i>				
	<i>Chocolate and Almond</i>	1 bar		x	
	<i>Chocolate and Peanut</i>	1 bar		x	
	<i>Pumpkin Pecan Fruit and Grain Bar</i>	1 bar	x	x	
	<i>Raspberry Chocolate</i>	1 bar	x	x	
	<i>TLC Cereal Bar</i>	1 bar	x	x	

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	<i>Blackberry Graham</i>	1 bar	x	x	
	<i>TLC Soft-Baked Cereal Bar</i>				
	<i>Baked Apple</i>	1 bar	x	x	x
	<i>Blackberry Graham</i>	1 bar	x	x	x
	<i>Ripe Strawberry</i>	1 bar	x	x	x
	<i>TLC Chewy Granola Bar</i>				
	<i>Cherry Dark Chocolate</i>	1 bar	x	x	
	<i>Dark Mocha Almond</i>	1 bar	x	x	
	<i>Honey Almond Flax</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>TLC Crunchy Granola Bar</i>				
	<i>Honey Toasted 7 Grain</i>	2 bars		x	
	<i>Pumpkin Spice Flax</i>	2 bars		x	
	<i>Roasted Almond Crunch</i>	2 bars		x	
	<i>TLC Trail Mix Chewy</i>	1 bar	x	x	
	<i>TLC Dark Almond Chewy</i>	1 bar	x	x	
Kellogg's	<i>Nutri-Grain-All Varieties</i>	1 bar	x	x	x
Flavorite	<i>Crunchy Granola Bars - Variety Pack</i>	2 bars		x	
Food Club	<i>100 Calorie Granola Bars</i>				
	<i>Chocolate Chunk</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>Rainbow Chip</i>	1 bar	x	x	
	<i>S'mores</i>	1 bar	x	x	
	<i>Variety Pack</i>	1 bar	x	x	
	<i>Essential Choice</i>	1 bar			
	<i>Strawberry Light and Crispy</i>	1 bar	x	x	
	<i>Blueberry Light and Crispy</i>	1 bar	x	x	

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	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Peanut Butter</i>	1 bar	x	x	
	<i>Fruit and Grain Bar</i>	1 bar	x	x	
General Mills	<i>FiberOne 90 Calories</i>	1 bar	x	x	
	<i>FiberOne</i>				
	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Peanut Butter</i>	1 bar	x	x	
Glutino	<i>Gluten Free Bar - Apple</i>	1 bar	x	x	x
	<i>Gluten Free Bar - Blueberry</i>	1 bar	x	x	x
Special K	<i>Fruit Crisps</i>	2 crisps	x	x	
Market Pantry	<i>Fiber Granola Bars</i>				
	<i>Oats and Apple Streusel</i>	1 bar	x	x	
	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Strawberry</i>	1 bar	x	x	
	<i>Crunchy Granola Bars - Oats and Honey</i>	2 bars		x	
Natural Path Organic	<i>Pumpkin-N-Spice, Sunny Hemp</i>	1 bar	x	x	
Nature Valley	<i>Fruit and Nut Bar, Chewy Trail Mix</i>	1 bar	x	x	
	<i>Nature Valley Crunchy Granola Bar</i>				
	<i>Apple Crisp</i>	2 bars		x	
	<i>Maple Brown Sugar</i>	2 bars		x	
	<i>Oat's N Chocolate</i>	2 bars		x	
	<i>Oats and Honey</i>	2 bars		x	
	<i>Peanut Butter</i>	2 bars		x	
	<i>Pecan Crunch</i>	2 bars		x	

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	<i>Variety Pack</i>	2 bars		x	
Our Family	<i>Chewy Granola Bars</i>				
	<i>Peanut Butter Chocolate Chip</i>	1 bar	x	x	
	<i>S'mores</i>	1 bar	x	x	
	<i>Chocolate Chunk</i>	1 bar	x	x	
	<i>High Fiber Chewy Bars, Assorted Varieties</i>	1 bar	x	x	
	<i>Crunchy Granola Bars</i>				
	<i>Oats 'N Honey</i>	2 bars	x	x	
Quaker	<i>Breakfast Cookie</i>				
	<i>Oatmeal Chocolate Chip</i>	1 cookie	x	x	
	<i>Oatmeal Raisin</i>	1 cookie	x	x	
	<i>Rice Snacks Lightly Salted (4.47 oz bag)</i>	1 bag	x	x	
	<i>Quaker Chewy Bar 25% Less Sugar</i>				
	<i>25% Less Sugar</i>	1 bar	x	x	
	<i>Chocolate Chip</i>	1 bar	x	x	
	<i>Cookies and Cream</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Chip</i>	1 bar	x	x	
	<i>Variety Pack</i>	1 bar	x	x	
	<i>90 Calories</i>				
	<i>Chocolate Chunk</i>	1 bar	x	x	
	<i>Dark Chocolate Cherry</i>	1 bar	x	x	
	<i>Honey Nut</i>	1 bar	x	x	
	<i>Oatmeal Raisin</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Chip</i>	1 bar	x	x	
	<i>S'mores</i>	1 bar	x	x	

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	<i>Other Granola Bars</i>				
	<i>Made with Cocoa Chocolate Swirl</i>	1 bar	x	x	
	<i>Made with Real Chocolate Mint</i>	1 bar	x	x	
	<i>Simple Harvest</i>	1 bar	x	x	
	<i>True Delights Dark Chocolate Raspberry Almond</i>	1 bar	x	x	
<u>Juice</u>					
Apple and Eve	<i>Fruitables Fruit and Vegetable - All Varieties *Diluted Juice (66% Juice)</i>	4.23 fl oz	x	x	x
	<i>Variety Pack: Apple, Very Berry or Fruit Punch (100% Juice, No Added Sugar)</i>	6.75 fl oz	x	x	x
BigTex	<i>Grapefruit Juice</i>	6 fl oz	x	x	x
	<i>Orange Juice</i>	6 fl oz	x	x	x
Dole	<i>100% Juice, Pineapple Orange Juice</i>	6 fl oz	x	x	x
	<i>100% Juice, Pineapple Juice</i>	6 fl oz	x	x	x
Capri Sun	<i>100% Juice, Apple Splash</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Berry Breeze</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Fruit Dive</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Grape Tide</i>	6 fl oz pouch	x	x	x
Food Club	<i>Apple Juice</i>	4 fl oz	x	x	x
	<i>Cider</i>	4 fl oz	x	x	x
Great Value	<i>100% Juice, Assorted Varieties</i>	4.23 fl oz, 6.75 fl oz	x	x	x
Juicy Juice	<i>100% Juice</i>	4.23 fl oz, 6.75 fl oz	x	x	x
Market Pantry	<i>100% Juice Boxes</i>	6.75 fl oz	x	x	x
Minute Maid	<i>Apple or Grape Juice, Fruit Punch or Mixed Berry</i>	8 fl oz	x	x	x
Mott's	<i>Mott's for Tots 40% Less Sugar - All Varieties *Diluted Juice (54% Juice)</i>	6.75 fl oz	x	x	x
Rice Dream	<i>Vanilla Enriched Rice Drink</i>	8 fl oz	x	x	x
	<i>Original Enriched Rice Drink</i>	8 fl oz	x	x	x

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	<i>Vanilla Classic</i>	8 fl oz	x	x	x
	<i>Original Classic</i>	8 fl oz	x	x	x
R.W. Knudsen Family	<i>100% Juice, Organic Apple</i>	8 fl oz	x	x	x
	<i>100% Juice, Tropical Punch</i>	8 fl oz	x	x	x
	<i>100% Juice, Lemonade</i>	8 fl oz	x	x	x
Sunsweet	<i>100% Juice Sunsweet Prune Juice</i>	5.5 fl oz		x	x
Tropicana	<i>Tropicana Healthy Kids 100% Juice Carton</i>	8 fl oz	x	x	x
	<i>Tropicana No Pulp Original 100% Juice Carton</i>	8 fl oz	x	x	x
V8	<i>100% Vegetable Juice - Low Sodium</i>	5.5 fl oz	x	x	x

Yogurt

Cass Clay	<i>Plain Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Black Cherry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Strawberry Banana, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Raspberry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Blueberry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Strawberry, Fat Free Yogurt</i>	6 oz	x	x	x
Chobani	<i>Nonfat Greek Yogurt</i>				
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Peach</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
Dannon	<i>Mixed Berry, Fruit on the Bottom Yogurt</i>	6 oz	x	x	x
	<i>Greek Yogurt</i>				
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
	<i>Plain Low Fat Yogurt</i>	6 oz	x	x	x

Food Type and Brand	Snack Item	Serving Size	Elem School	Mid/High School	Peanut Free
Fage	<i>Total 0% (Fat) - All Natural - Nonfat Greek Strained Yogurt</i>	6 oz	x	x	x
Oikos	<i>Organic Greek Yogurt - All Varieties</i>	5.3 oz	x	x	x
Old Home	<i>100 Calorie</i>				
	<i>French Vanilla</i>	6 oz	x	x	x
	<i>Key Lime Pie</i>	6 oz	x	x	x
	<i>Plain Nonfat</i>	8 oz	x	x	x
	<i>Plain Yogurt</i>	8 oz		x	
	<i>Raspberry</i>	6 oz	x	x	x
	<i>Strawberry Banana</i>	6 oz	x	x	x
	<i>Pom 100</i>				
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Pomegranate Pear</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
	<i>Yumberry</i>	6 oz	x	x	x
O'Soy	<i>Smooth and Creamy Soy Yogurt - Vanilla</i>	4 oz	x	x	x
	<i>Smooth and Creamy Soy Yogurt - Chocolate</i>	4 oz	x	x	x
	<i>Smooth and Creamy Soy Yogurt - Peach and Strawberry</i>	4 oz	x	x	x
Stonyfield Farm Organic	<i>Fat Free Fruit on the Bottom</i>				
	<i>Black Cherry</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Pomegranate Raspberry Acai</i>	6 oz	x	x	x
	<i>Fat Free Smooth and Creamy Yogurt - Plain</i>	6 oz	x	x	x
	<i>Greek Nonfat Plain Yogurt</i>	5.3 oz	x	x	x
	<i>Low Fat Fruit on the Bottom</i>				
	<i>Blueberry</i>	6 oz	x	x	x

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	<i>Peach</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Low Fat Smooth and Creamy Yogurt - All Varieties (Except Maple Vanilla)</i>	6 oz	x	x	x
Wild Harvest Organic	<i>Vanilla</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Plain</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Raspberry</i>	6 oz	x	x	x
Yoplait	<i>Greek Yogurt</i>				
	<i>Honey Vanilla</i>	6 oz	x	x	x
	<i>Plain</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>YoPlus</i>				
	<i>Blackberry</i>	4 oz	x	x	x
	<i>Blueberry Acai</i>	4 oz	x	x	x
	<i>Cherry</i>	4 oz	x	x	x
	<i>Peach</i>	4 oz	x	x	x
	<i>Pomegranate</i>	4 oz	x	x	x
	<i>Strawberry</i>	4 oz	x	x	x
	<i>Vanilla</i>	4 oz	x	x	x
	<i>Yoplait Kids Strawberry Yogurt Drink 25% Less Sugar</i>	3.1 fl oz	x	x	x
	<i>Dannon Greek Yogurt, Blueberry</i>	6 oz	x	x	x
<u>Cheese</u>					
Baker	<i>String Cheese</i>				
	<i>Mozzarella</i>	1 stick	x	x	x
	<i>Smoked String Cheese</i>	1 stick	x	x	x

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Chuck E. Cheese's	<i>String Cheese</i>	1 stick	x	x	x
Crystal Farms	<i>Light String Cheese</i>	1 stick	x	x	x
	<i>Spiral String Cheese</i>	1 stick	x	x	x
	<i>String Cheese (Low Moisture Part Skim)</i>	1 stick	x	x	x
Flavorite	<i>Low Moisture Part Skim String Cheese</i>	1 stick	x	x	x
Food Club	<i>Light String Cheese</i>	1 stick	x	x	x
Kraft	<i>Natural Cheese Sticks</i>				
	<i>Mozzarella Cheese String</i>	1 stick	x	x	x
	<i>2% Milk Mozzarella and Cheddar Cheese Twists</i>	1 stick	x	x	x
Laughing Cow	<i>Mini Babybel-Light</i>	1 piece	x	x	x
Market Pantry	<i>Colby Jack Reduced Fat</i>	1 stick	x	x	x
	<i>Mozzarella Light</i>	1 stick	x	x	x
	<i>Mozzarella Double Twist</i>	1 stick	x	x	x
Our Family	<i>String Cheese, Part-Skim Mozzarella Cheese</i>	1 stick	x	x	x
Saputo	<i>Frigo String Cheese, Mozzarella & Swirled</i>	1 stick	x	x	x
Sargento	<i>String Cheese</i>	1 stick	x	x	x
Weight Watchers	<i>Natural Light String Cheese</i>	1 piece	x	x	x