The following is a list of foods and beverages that meet the USDA Smart Snacks in School nutrition standards. This list is NOT all inclusive. Manufacturers' ingredients change frequently.

How can I tell if my snack meets the Smart Snacks Standards?

1. See if your snack is listed in the Products section of the Alliance for a Healthier Generation’s Smart Food Planner (<https://foodplanner.healthiergeneration.org/products>).
2. Enter information from the food or beverage’s Nutrition Facts panel and ingredients list into the Alliance for a Healthier Generation’s Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>).

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| **Applesauce/Fruit cups/Fruit snacks** | | | | | | | | | |
| **Manufacturer** | | **Name/Description** | | | **Serving Size** | |  | | |
| All Brands | | Individual Fruit Cups in Water or Natural Juices | | | ½cup | |  | | |
| All Brands | | Dried Fruit w/ No Added Sugar | | | ¼cup | |  | | |
| All Brands | | Fresh Fruit & Vegetables-Individual bags or Platters | | | ½cup | |  | | |
| Brother's | | All Natural Fruit Crisps | | | 1 bag | |  | | |
| Buddy Fruits | | 100% Fruit Snack Squeeze Pouch-All Flavors | | | 1 pouch (90g) | |  | | |
| Buddy Fruits | | Pure Fruit Jiggle 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 | |  | | |
| Materne | | Go Go Squeeze - All Flavors | | | 1 pouch (90g) | |  | | |
| Motts | | Applesauce Snack & Go-All Flavors | | | 1 pouch (90g) | |  | | |
| 0 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 | | | 1Pack (52g) | |  | | |
| Sunmaid | | Raisins | | | 1 box (42.Sg) | |  | | |
| Tree Top | | No Sugar Added Natural Apple Sauce- Individual Cups | | | 1 unit (113g) | |  | | |
| Tree Top | | All Flavor Pouches | | | 1 pouch (26g) | |  | | |
| **Chips/Chex Mix/Corn nuts/Popcorn** | | | | | | | | |  |
| **Manufacturer** | | | **Name/Description** | | **Serving Size** | |  | |  |
| Corn Nuts | | | Original, Ranch, Chile Picante | | 1 package (1/3cup) | |  | |  |
| All Brands |  |  | Pretzels |  | 1 oz |  |  |  |  |
| 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 or other nut-free variety | | 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 plain, Apple and Chocolate | | 1 oz | |  | |  |
| **Seeds/Jerky** | | | | | | | | |  |
| **Manufacturer** | | **Name/Description** | | | **Serving Size** | |  | |  |
| David (and other brands) | | Original Sunflower Seeds. | | | 1 bag (1.75 oz.) | |  | |  |
| Trader Joes | |  |  | Pumpkin Seeds Low Salt | 1/4 cup | 1/4 cup |  |  |  |
| Multiple Brands | | Beef Jerky/Turkey Jerky | | | 2 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 | | | 1.41oz. | |  | |  |
| 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 | | Fruitifuls -All Flavors | | | 6.75 fl oz | |  | |  |
| Martinellis | | 100% Pure Apple Juice | | | 8 fl oz or less | |  | |  |
| Minute Maid | | | 100% Juice - Apple, Fruit Punch, Apple White, Grape, | | 8 fl oz. or less | |  | |  |
| Motts | | | 100% Apple Juice | | 8 fl oz. or less | |  | |  |
| Ocean Spray | | | 100% Juice - Grapefruit, Cranberry, Ruby Red Grapefruit, | | 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 | | 8 fl oz. or less | |  | |  |
| 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 | |  | |  |
| 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 | | lstick | |  | |  |
| 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 | |  | |  |
| 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) | |  |  |
|  | CLIF | | | Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie | | 1 bar (36g) | |  |  |
|  | CLIF | | | LUNA 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 - No Nuts. | | 1 bar (35g) | |  |  |
|  | !Nature Valley | | | Chewy Trail Mix Bar | | 1 bar (35g) | |  |  |
|  | !Nature Valley | | | Crunch Granola Bar - Oats **N** Honey, Raisin, Cinnamon | | bars (42g) | |  |  |
|  | Kellogg's | | | Nutrigrain Bar -All Flavors | | 1.55 oz. | |  |  |
|  | flum 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) | |  |  |
|  | South Beach Diet | | | Protein Fit - Cinnamon Raisin | | 1 bar (35g) | |  |  |
| |  | | --- | | **Ice Cream/Frozen Treats** | | | | | | | | | |  |
| **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. | |  |  |  |
| Simple Truth | | | Greek Yogurt Frozen Bars-Al 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) | |  |  |  |
| TCBY | | | 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) | |  |  |  |