

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>).

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	Fruitfuls -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	1stick
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
Fruittare	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-All 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)