

## Smart Snacks in Schools Guideline to Suggested Products

Here is a list of snacks that currently meets the USDA Smart Snacks in School Guidelines, effective July 1, 2014. This is intended to only be a first-step guide. Because of the ever-changing nature of production formulation and discontinuation, it is important that users should check each food item's label to confirm its current compliance before using. An easy way to check for compliance is to use the "Food Calculator". Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools. In addition, the Alliance for a Healthier Generation has a list of additional snacks that may meet USDA guidelines.

This list is provided as a courtesy to schools and other organizations that are looking for acceptable snack products that meet the National School Lunch Program regulations. The following companies are known to have provided acceptable snacks. This list is not inclusive of all manufactured products that might be available. Inclusion on this list does not imply approval or recommendation by the Minnesota Department of Education.

### Fruit Snacks/ Fruit/ Yogurt

- Fieldstone Apple Delights and Strawberry Delights (1.41 oz.)
- Go-Gurt (2.25 oz.)
- Snapz Apple Crisps: Original, Cinnamon, and Apple Strawberry (0.46 oz.)
- Upstate Farms yogurt: All flavors (4 oz.)
- Yoplait yogurt - Original: All flavors (4 oz., 6oz)
- Yoplait Greek yogurt: All flavors (4 oz.)
- Yoplait Greek Blended yogurt: All flavors (5.3 oz.)

### Chips

- Cheetos - Baked: Crunchy and Flamin' Hot (0.875 oz.)
- Cheetos - Reduced Fat: Puffs Flamin' Hot (0.7 oz.)
- Cheetos Fantastix: Hot (1oz)
- Doritos - Reduced Fat: Nacho, Ranch, and Spicy Sweet Chili (1 oz.)
- Lays - Baked: Original, BBQ, and Sour Cream & Onion (0.875 oz.)
- Tostitos Scoops - Baked (0.875 oz.)
- Kashi Hummus Crisps: Caramelized Onion and Sundried Tomato (0.81 oz.)
- PopChips: BBQ, Cheddar & Sour Cream, Sour Cream & Onion, Salt & Vinegar, and Nacho Tortilla (1 oz.)
- Popcorn Indiana Chip'ins: Sea Salt, White Cheddar
- Salveo Puffed Multigrain: Caramel Crunch, Apple Cinnamon (0.5 oz.)
- Salveo Pops: Original Sea Salt
- Special K Cracker Chips: Cheddar, Sea Salt, Sour Cream & Onion, and Southwest Ranch (0.87 oz.)

### Popcorn

- Angie's Boom Chick-A-Pop AH-Natural Popcorn (0.6 oz.)
- Popcorn Indiana: Kettle Corn (1 oz.)
- Smartfood Delight Popcorn: White Cheddar (0.5 oz.)
- Vic's Lite White Popcorn (0.5 oz.)

## Granola | Granola Bars | Cereal | Cereal Bars

- Betty Crocker Oatmeal Bars: Butterscotch, Chocolate Chip, and Double Chocolate (1.24 oz.)
- Clif Bar Kid Z Organic: Chocolate Brownie, Chocolate Chip, Honey Graham, Iced Lemon Cookie, Iced Oatmeal Cookie, Monster Chocolate Mint, Peanut Butter, S'more (1.27 oz.)
- Clif Bar Kid Z Crispy: Chocolate, Chocolate Chip, Cookies & Cream, and Peanut Butter
- Clif Bar Kid Z Protein: Chocolate Chip, Chocolate Mint, Peanut Butter Chocolate
- Clif Minis: Chocolate Brownie, Chocolate Chip, Crunchy Peanut Butter
- Fiber One Granola Bars: Trail Mix, Oats and Caramel, Oats and Strawberries
- Fieldstone Bar: Totally Apple Cinnamon, Totally Chocolate Chip, Apple Delights and Strawberry Delights (1.5 oz.)
- Fieldstone Granola (1.125 oz.)
- General Mills Cereal Bars: Apple Cinnamon Cheerios, Team Cheerios Strawberry, Fruity Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Golden Grahams, Trix
- General Mills Cereal Bowls: Berry Kix (0.688 oz.), Cheerios (1 oz.), Frosted Corn Flakes (1 oz.), Golden Grahams (1 oz.), Honey Nut Cheerios (1 oz.), Kix (0.625 oz.), Reduced Sugar Cinnamon Toast Crunch (1 oz.), Reduced Sugar Cocoa Puffs (1.06 oz.)
- General Mills Cereal On-The-Go Pouches: Cinnamon Toast Crunch, Golden Grahams, Fruity Cheerios (1 oz.), and Reduced Sugar Cocoa Puffs (0.88 oz.)
- Kashi Chewy Granola Bars: Chocolate Chip Chia, Honey Oat Flax, Berry Lemonade with Chia, Chocolate Almond and Sea Salt with Chia, Dark Mocha Almond, Trail Mix, Honey Almond Flax, Peanut Peanut Butter, Cherry Dark Chocolate
- Kashi Soft 'n Chewy: Apple Cobbler, Banana Chocolate Chip, Berry Muffin
- Kashi Layered Granola Bars: Peanuttly Dark Chocolate
  - \* Not in compliance: Dark Chocolate Coconut Layered Granola Bar
- Kashi Cereal Bars: Cherry Vanilla, Blackberry Graham, Ripe Strawberry
- Kashi Crunchy Granola Bars: Honey Toasted 7-Grain, Roasted Almond Crunch, Pumpkin Spice Flax
- Kellogg's Nutri-Grain Bar- Chewy: Apple Cinnamon, Strawberry, Blueberry, Mixed Berry, Cherry, Raspberry, Strawberry Yogurt (1.3 oz.)
- Kellogg's Rice Krispies Cereal Bars: Apple Cinnamon, Berry, and Cocoa Krispies (1.27 oz.)
- Nature Valley Crunchy Granola Bar: Oats 'n Honey, Peanut Butter, Apple Crisp, Cinnamon, Maple Brown Sugar, and Oats & Dark Chocolate (2 bars) (1.6 oz.)
- Nature Valley Chewy Bars: Fruit & Nut Trail Mix (1.2 oz.), and Chocolate Chunk
- Nature Valley Oatmeal Squares: Cinnamon Brown Sugar
- Nature Valley Crisps: Chocolate Chip and Cinnamon
- Nature Valley Trail Mix Granola Bars: Fruit & Nut and Dark Chocolate Nut
- Quaker Oat and Yogurt Sandwich Biscuits: Strawberry and Vanilla
- Quaker Chewy Regular: Peanut Butter Chocolate Chip (1 oz.), and Low-Fat S'mores (0.84 oz.)
- Quaker Chewy 90 Calorie: Chocolate Chunk, Oatmeal Raisin, Peanut Butter, and S'mores (0.84 oz.)
- Quaker Chewy 25% Reduced Sugar: Chocolate Chip, Cookies & Cream, and Peanut Butter Chocolate Chip (0.84 oz.)
- Quaker Chewy School Days: Amazing Apple
- Special K Bars: Honey Nut

## **Baked Goods**

- Best Maid Smart Grains Cookies - 51% Whole Grain: Chocolate Chip, Sugar, Snickerdoodle, Chocolate Chip M&M, and Strawberry Shortcake (1 oz.)
- Best Maid Smart Grains Cookies - 100% Whole Grain: Oatmeal Chocolate Chip, Oatmeal Apple Cinnamon (1.5 oz.)
- J&J Whole Grain Soft Pretzel (2.2 oz.)
- J&J Whole Grain Superstix: Cinnamon Bun (2.1 oz.)
- Kraft Bagel-ful: Strawberry and Cinnamon Apple (2.5 oz.)
- Lender's White Whole Grain Bagel: Plain (2 oz.)
- Otis Spunkmeyer Delicious Essentials Cookies: Chocolate Chip, Oatmeal Raisin, Sugar, Carnival (1oz), and Chocolate Brownie (1.5 oz.)
- Otis Spunkmeyer Delicious Essentials Whole Grain Muffins: Blueberry, Apple Cinnamon, Banana, and Chocolate Chocolate Chip (2 oz.)
- Pillsbury Mini Muffins: Blueberry and Chocolate Chip (1.6 oz.)
- Quaker Soft Baked Bread: Banana Nut and Cinnamon Nut
- SuperBakery Whole Grain Cupcakes: Chocolate and Vanilla (1.5 oz.)
- SuperBakery Whole Grain Mini Loaf: Very Berry, Blueberry, Apple Cinnamon, Chocolate Chip, and Dreamy Orange (2 oz.)

## **Beverages**

- Izze: All flavors (8.4 oz.)
  - \* EXCEPT Sparkling Ginger flavor
- Juicy Juice: All flavors (4.23 oz.)
- Milk: White and Chocolate (10 oz.)
- Naked Juice: All flavors (10 oz.)
- Pearl Soy Milk: Chocolate and Vanilla (8.25 oz.)
- VB Fusion: All flavors (8 oz.)
- Welch's 100% Juice: All flavors (10 oz.)

## **Frozen / Ice Cream**

- Blue Bunny CoolDaze ice cream sandwich (3 oz.)
- Blue Bunny CoolDaze Sundae Crunch bar: Chocolate and Strawberry (3 oz.)
- Fruchi Smoothie: Island Splash (4 oz.)
- Kemps Fudge Bar (2.5 oz.)
- Luigi's frozen juice sorbet cups: All flavors (4.4 oz.)
- MixMi Frozen Yogurt: All flavors (6 oz.)

## Other snack items

- Belly Bears Graham Cookies: Chocolate and Cinnamon (1 oz.)
- Cheese sticks: Mozzarella
- Chex Mix: Hot 'n Spicy (0.92 oz.)
- Simply Chex: Cheddar (0.92 oz.) and Strawberry Yogurt (1.03 oz.)
- Chortles: Chocolate Chip, Chocolate, and Cinnamon (0.95 oz.)
- Corn Nuts: Original, BBQ, and Ranch
- Dakota Gourmet Lightly Salted Sunflower Seeds (1 oz.)
- Darlington Spikerz Cracker Bites: Nacho Cheese, Ranch, Salsa, and Chili Cheese (0.9 oz.)
- Keebler Bug Bites Grahams (1 oz.)
- Keebler Elf Grahams: Cinnamon (1 oz.)
- Keebler Gripz Mini Grahams: Cinnamon and Chocolate Chip (0.95 oz.)
- Keebler Scooby Doo Graham Cracker Bones (1 oz.)
- MJM: Apple Cinnamon Graham Bears (2 ct.), Chocolate Graham Bears (2 ct.), (0.9 oz.)
- MJM: Honey Graham (0.9 oz.)
- MJM All-Sports: Vanilla (1 oz.)
  - \* All MJM products are marketed as meeting USDA Smart Snacks Guidelines
- Nabisco Teddy Grahams - honey (0.75oz)
- Peanuts, Cashews, Almonds, or Pistachios - lightly salted (1 oz.)
- Pepperidge Farm Goldfish: Whole Grain Cheddar and Whole Grain Original (0.75 oz.)
- Pepperidge Farm Goldfish Physedibles: Vanilla and Lemon (0.9 oz.)
- Quaker Rice Cakes: Caramel (0.91 oz.)
- Rold Gold Pretzels: Hartzels (0.7 oz.)
- Seapoint Farms Edamame: Dry Roasted and Wasabi (0.79 oz.)
- Smucker's Peanut Butter portion cup (0.75 oz.)