

Smart Snack Examples

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 new rule went into effect July 1, 2014.

The following list is 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. Manufactures' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the standards, visit <http://tools.healthiergeneration.org/calc/calculator> for an online calculator.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	X
All Brands	Dried Fruit with No Added Sugar	1/4 cup	X
All Brands	Fresh Fruit & Vegetables –Individual Bags or Platters	1/2 cup	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All Flavors	1pouch (90g)	X
Buddy Fruits	Pure Fruit Jiggle Gel	1pouch (3.2oz)	X
Chiquita	Fruit Chips 100% Fruit Freeze Dried – All flavors	1 pouch(30g)	X
Cliff	Organic Twisted Fruit – All Flavors	1 twist (20g)	X
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup	X
Crunch Pak	Dipper Fruit Packs - All Flavors	1 container 2.75oz	X
Del Monte	Fruit Cups No Sugar Added – All Flavors	1 cup (106g)	X
Del Monte	Fruit Naturals No Sugar Added	1 container 1 cup	X
Disney	Fruit Crisps Freeze Dried Fruit Slices – All Flavors	1 bag (7 g)	X
Dole	Fruit Cups in 100% Juice-All Flavors	1 container (113 g)	X
Dole	Fruit Squish`ems	1 pouch	X
Earth's Best	Organic Applesauce-Cinnamon	1 cup (113g)	X
Earth's Best	Organic Applesauce-Original	1 cup (113g)	X
Great Value	All Natural No Sugar Added Applesauce – Individual Cups	4oz unit 113 g	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
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99 g)	X
Motts	Healthy Harvest No Added Sugar – Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X
Motts	Natural Apple Sauce	1 cup (111g)	X
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)	X
Musselman's	Healthy Picks – All Flavors	1 cup (113g)	X

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart
Act II	Bags 94% fat free butter popcorn	6.5 Cups popped	X
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 Cup)	X

Corn Nuts	Original, Ranch, BBQ & Chile Picante	1/3 cup	X
General Mills	Chex Mix Snack Mix –Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)	
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Carmel Crunch	1/2 cup	X
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package	
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped	
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1 oz)	X
Lays	Baked Ruffles Potato Chips	9 crisps (1 oz)	X
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream. Original, Sour Cream & Onion	1 oz	
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz	X
Quaker	Rice Cakes-All Flavors	1 Cake	X
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X

Cakes, Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X
Crunchmaster	Grammy Crisps – Cinnamon Sugar	25 crackers	X
Homekist	Honey Graham Crackers	2 full cracker sheet	X
Kashi	Snack Crackers – No Cheddar	15 crackers	
Kashi	Soft Baked Cookies- All flavors	1 cookie (30g)	
Kellogg's	Special K Cracker Chips – Individual Bags	1 package	X
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 Chips (30 g)	X
Kroger	Wheat Crisps – Baked – All Flavors	17 crackers	
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)	X
Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)	X
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)	X
Nabisco	BelVita soft baked cookie-Chocolate, Banana, Berry	1 cookie	
Nabisco	Honey Maid Grahams	8 cracker (2 full sheets)	X
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)	X
Nabisco	Honey Maid Lil' Squares – Cinnamon	29 pieces	X
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)	
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)	X
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate, Chocolate Chip	24 pieces	X

Nabisco	Triscuit – All Flavors	Approx. 6 crackers	X
Nabisco	Triscuit Thin Crisps – All Flavors	Approx. 15 crackers	X
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1 oz)	X
Nabisco	Wheat Thins Toasted Chips – Garden Valley Vegetable, Great Plains Multigrain	13 chips (28 g)	X
Pepperidge Farm	Baked Naturals Cracker Chips – Multigrain (only)	27 pieces (30 g)	X
Safeway	Honey Graham Crackers – Low Fat Honey Graham	2 whole crackers	
Safeway Kitchens	Graham Crackers -- Cinnamon, Low Fat Honey	2 whole crackers	

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart
Kellogg's	Pop Tarts Low Fat – Brown sugar and strawberry	1 pastry (50g)	
Kellogg's	Pop Tarts Oatmeal Delights – All Flavors	1 pastry (50g)	X
Kellogg's	Pop Tarts Whole Grain – Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)	
Sara Lee's	Soft & Smooth mini bagels – Whole Grain, Cinnamon	1 bagel (37g)	X
Thomas	Bagel Thins – 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X

Drinks

Manufacturer	Name/Description	Serving Size	Wal-Mart
Apple & Eve	100% Juice – Apple Juice, Very Berry, Fruit Punch	6.75 fl. oz.	
Apple & Eve	100% Juice	4.23 oz	X
Apple & Eve	100% Juice Organics	6.75 fl oz or less	X
Apple & Eve	Fruitables	6.75 oz	X
Campbell's	V-8 – Spicy Hot, Low Sodium or Regular	8 fl oz. or less	X
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	8 fl oz. or less	X
Campbell's	V-8 Fusion Refreshers	8 fl oz. or less	X
Campbell's	V-8 Fusion – Individual pouches-All flavors	1 pouch	X
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl oz)	X
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)	
Dole	100% Pineapple Juice	8 fl oz. or less	X
Great Value	100% Apple Juice, Cranberry, Grape	8 fl oz. or less	X

Great Value	Vegetable Juice from Concentrate 100% Juice	8 fl oz. or less	X
Hansen's	Junior Juice 100% Juice -- All Flavors	4.23 oz	
Horizon	Organic Milk -- Reduced Fat Milk-- All Flavors	8 fl oz	X
Horizon	Organic Milk -- Lowfat -- All Flavors	8 fl oz	X
Juicy Juice	100% Juice -- Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz. or less	X
Juicy Juice	Fruitfuls -- All Flavors	6.75 fl oz	
Kirkland	100% Juice -- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	8 fl oz. or less	
Kirkland	Hansen 100% Juice Variety	6.75 fl oz	
Kroger	100% Extreme 100% Juice -- Apple, Fruit Punch, Grape	1 pouch (6.75 fl oz)	
Langers	100% Juice- Mango, Apple, Prune	8 fl oz. or less	
Martinellis	100% Pure Apple Juice	8 fl oz or less	
Members Mark	100% Apple Juice	8 fl oz or less	
Minute Maid	100% Juice -- Apple, Fruit Punch, Apple White Grape, & Mixed Berry	8 fl oz. or less	X
Motts	100% Apple Juice	8 fl oz. or less	X
Ocean Spray	100% Juice -- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	8 fl oz. or less	X
O Organics	100% Juice -- All Flavors	6.75 fl oz	
O Organics	LowFat Milk -- Plain	8 fl oz	
Old Orchard	100% Juice-Berry, wild cherry		
Safeway	Eating Right -- 100% Fruit & Vegetable Juice Strawberry Banana, Orange Raspberry, Orange Pineapple	6.76 fl oz	
Sam's Choice	100% Juice -- Apple Juice Punch Blend, White Grape	8 fl oz. or less	X
Silk	Pure Almond Milk -- All Flavors	8 fl oz or less	X
Seneca	100% Apple Juice	8 fl oz. or less	X
Sunsweet	100% Prune Juice	8 fl oz. or less	X
Tummy Tickler	100% Juice -- Apple	8 fl oz or less	X
Treetop	100% Apple Juice	8 fl oz. or less	X
Treetop	100% Juice Assorted	8 fl oz or less	
Treetop	Fresh Pressed Juice	8 fl oz	
Tropicana	100% Juice -- Apple Juice, Fruit Punch, Orange Juice	8 fl oz. or less	X
Welch's	100% Juice -- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	8 fl oz. or less	X
All Brands	100% Juice (Product must state 100% juice)	8 fl. oz or less	X
All Brands	Milk -- Lowfat 1%, Fat Free	12 fl oz or less	X
All Brands	Milk Alternative -- Reduced Fat Enriched - Rice, Nut, or Soy	12 fl oz or less	X

Water

Any	Pure water, no added artificial sweetener and/or caffeine	Any size	X
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Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g)	
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X
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	X
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X
Dannon	Light & Fit	6 oz (170g)	X
Frigo	Light String Cheese	1 stick (28g)	X
Frigo	Light Variety String Cheese	1 stick	
Great Value	Lowfat Yogurt –All Flavors	6 oz	X
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz	X
Kirkland	Lowfat Yogurt – Peach and Blueberry	8 fl oz	
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)	X
Kraft	Mozzarella Cheese String – 2% Milk	1 stick	X
Kroger	CowPals Light – All Flavors	1 stick	
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)	
Kroger	The Truly Awesome Lowfat Yogurt Tube	1 tube	
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7 oz)	
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz	X
Lucerne	Reduced Fat Yogurt	8 fl. Oz or less	
Lucerne	Lowfat 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)	X
Precious	Stringsters Reduced Fat String Cheese	1 stick	
Safeway Brand	Kids Yogurt –All Flavors	1 pouch or cup	
Sargento	String Cheese	1 stick	X
Sargento	Light String Cheese	1 stick	
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick	X
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)	
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)	X
The Laughing Cow	Babybel Light	1 piece	
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X

Manufacturer	Name/Description	Serving Size	Wal-Mart
Yoplait	Original Yogurt – All Flavors	6oz	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less	X
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)	X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X
Yoplait	Light Yogurt – All Flavors	6 oz	X
Yoplait	Greek 100 – All Flavors	5.3oz (150g)	
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container 3.5oz	X
Weight Watchers	String Cheese	1 stick	X

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X
Kellogg's	Special K Bar – 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X
Kellogg's	Special K Cereal Bar – Red Berries, Chocolate Pretzel	1 bar	
Kroger	Fruit & Grain Cereal Bar	1 bar (36 g)	
Quaker	Oatmeal to Go – Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon, Raspberry Streusel	1 bar (60g)	X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X
Quaker	Variety Pack Bars – Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)	
Safeway	Eating Right Fruit & Cereal Bar – All Flavors	1 bar (35g)	
Sunbelt	Fruit and Grain Cereal Bar – Blueberry	1 bar (39g)	X
Sunbelt	Crunchy Oats and Honey Granola Bars	1 bar (29g)	X

Granola Bars

Manufacture	Name/Description	Serving Size	Wal-Mart
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X
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)	X
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)	X
Kroger	Chewy Granola Bars – Oatmeal Cookie, Peanut butter Chocolate Chip	1 bar (35 g)	

Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X
Plum Kids	Organic Grammy Sammy –All Flavors	1 bar (29g)	
Manufacture	Name/Description	Serving Size	Wal-Mart
Plum Kids	Organic Jammy Sammy- All Flavors	1 bar (29g)	
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X
Quaker	Chewy Granola Bar – All Flavors	1 bar (24g)	X
Safeway	Eating Right High Fiber Chewy Bars- All Flavors	1bar (40g)	
Safeway Kitchens	Chewy Granola Bars –Oatmeal & Raisin, S'mores, Chocolate Chip, Chocolate & Peanut Butter Chips, Variety Pack	1 bar (24 g)	
South Beach Diet	Protein Fit- Cinnamon Raisin, Peanut Butter	1 bar (35g)	

Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Wal-Mart
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)	X
Blue Bell	Fruit Bars-All flavors	1 Bar	X
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 bar (51g)	X
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)	X
Fudgsicle	100 Calorie Bar	1 bar (65g)	X
Healthy Choice	Premium Fudge Bars	1 bar (3 oz)	
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar	
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar	
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich	X
Skinny Cow	Cones-All flavors	1 cone	X
Skinny Cow	Bars-all flavors-caramel, cookies & cream, fudge,	1 bar	X
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3oz)	
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)	X
Weight Watchers	Fudge bars-Giant latte	1 bar	X
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)	X
Cool Daze	Low-fat ice cream sandwich, vanilla cone, strawberry sundae bar, chocolate sundae bar, chocolate fudge bar, orange dream bar (These items are offered for purchase individually or bulk from Nutrition Services – see your school's cafeteria manager or clerk)	1 treat (varies in size)	