

**Department of Education  
Food & Nutrition Services Management Division  
List of Approved Snacks & Beverages**

**Snacks Criteria**

- No more than 30% calories from fat per serving
- No more than 10% calories from saturated fat per serving
- No more than 40% sugar by weight per serving (excludes fruits and vegetables)
- No more than 480mg sodium per serving
- Supply at least 5% of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin

**Snack Listing**

<u>Baked</u> (1 oz.) Frito Lay Potato Chips: Cheddar & Sour Cream Ruffles, Doritos Cool Ranch, KC Masterpiece BBQ, Regular Potato Chips, Regular Ruffles Brand Potato Chips, Sour Cream & Onion	1 ounce
Cheez It Baked Snack Crackers - Spongebob squarepants	1.1 oz
Cheez-It Reduced Fat Crackers	30 grams
Chex Mix Brand Snack Mix Traditional	30 grams
Chex Mix, reduced fat	30 grams
Cinnamon Life Cereal Bowls	.94 oz
Corn Nuts BBQ Flavor (48g)	1.7 oz
Corn Nuts Nacho Flavor (48g)	1.7 oz
Corn Nuts original flavor (48g)	1.7 oz
Corn Nuts Ranch Flavor (48 g)	1.7 oz
Danimals Low fat Yogurt Flavors	4 oz
Dannon Blended Nonfat Yogurt Flavors	6 oz
Diamond Bakery Hawaiian animal cookies	2.5 oz
Dole Fruit Bowls - Tropical Fruit	113 g
Dole Fruit Cups -Pineapple, Diced Pears, Peach in light syrup, Mandarin Oranges in light syrup, Mandarin Orange Gel, Mixed Fruit in Peach Gel	4 oz
Elf Grahams Chocolate Chip Graham Snacks	1 ounce
Fig Newtons	31 g

General Mills Milk & Cereal Bowls - Variety Pack (Honey Nut Cheerios, Cocoa Puffs, Cinnamon Toast Crunch)	1.4 oz
General Mills Singles to Go Cereal Bowls - Variety (Cheerios, Honey Nut Cheerios, Cinnamon Toast Crunch, Lucky Charms, Cocoa Puffs)	
Go-GURT varieties (Yoplait)	63.8 g
Guam USA Dried Mango	
Health Valley Granola Bars (Low-fat Raspberry, Peanut Butter, Wild Berry)	1.5 oz
Health Valley Organic Cereal Bars (Strawberry Cobbler Only)	1.3 oz
Honey Maid graham crackers (Nabisco)	31 g
Jack & Jill Onion-Chive Crackers	31 g/pkg
Keebler Sunshine Animal Crackers	29 g
Kellogg's Pop tarts flavor Frosted Blueberry, Frosted Brown Sugar Cinnamon, Frosted Cherry, Frosted Strawberry, Strawberry	52 g
Kellogg's Special K Bars flavors Blueberry, Strawberry	23 g
Kellogg's Variety Box Cereals	23-43 g/box
(Mini Wheats, Frosted Flakes, Apple Jacks, Raisin Bran, Fruit Loops, Rice Crispies, Corn Flakes, Pops)	
Kellogg's Variety Box Cereals	23-43 g/box
(Frosted mini-wheats, Apple Jacks, Cocoa Pops, Frosted Flakes, Corn Flakes, Fruit Loops & Rice crispies)	
Kraft Handi-Snacks Premium Breadsticks n Cheez	1.09 oz
Kraft Handi-Snacks Ritz Crackers n Cheez	0.95 oz
Life Cereal Bowls	.94 oz
Marukiyo's Rice Crackers	
Nabisco Teddy Grahams	30 g
Nabisco 100 Calorie Packs Thin Crisp Baked Oreos, Baked Chips Ahoy, & Baked Cheese Nips	
Nature Valley Crunchy Granola Bars (Peanut Butter, Cinnamon Flavor)	1.5 oz
Nature Valley Granola Bars in Oats & Honey, Variety Pack	42 g
Nature Valley Granola Bars: Fruit & Nut	
Nature Valley Yogurt Chewy Granola Bars (Strawberry Yogurt, Vanilla Yogurt, Blueberry Yogurt)	1.2 oz
Nature's Choice Multi-Grain Cereal Bars (Cherry)	37g

Nilla Wafers (Nabisco)	1 oz
Nutrigrain Cereal Bars (Kellogg's)	37 g
PediaSure NutriPals Balanced Nutrition Bar, Box of 6	1.41 oz
Pepperidge Farms Goldfish Pretzels	1.0 oz
Quaker Fruit & Oatmeal Bar in Apple Crisp, Cherry Cobbler, strawberry, Strawberry Cheesecake, & Very Berry	1.3 oz
Quaker Fruit & Oatmeal Bites in Apple Crisp & Strawberry	Apple (2oz) Straw (1.3 oz)
Quaker Iced Strawberry Toastables	50 g
Rold Gold Brand Pretzels Honey Braided Twists	1 oz
Seneca Applesauce w/ Cinnamon	113 g
Seneca Flavored Applesauce	113 g
(Wild Berry, Peach Mango)	
Snak club Fancy Trail Mix	3.25g
Snak Club Oriental Mix	3.00g
Snak Club Yogurt Nut Mix	3.25g
Spaans: Oat Bran n Raisins	
Sunkist Fruit & Grain Bars flavors Lemon, Strawberry, Apple	
SunMaid Raisins	1.5 oz/box
TreeTop Applesauce	113 g
(Naturally Sweetened, Cinnamon-Apple, No sugar)	
Western Family Applesauce	113 g
(With Cinnamon or No Sugar Added)	
Western Family "Fruit on the Go" - Diced Peaches	4 oz (113g)
Western Family Low-fat Yogurt	8 oz
Western Family Raisins	1.5 Oz/box
Western Trail Mix- Original (1/4 Cup)	
Western Trail Mix: Tropical Fruit & Nut	
Yoplait Yogurt	

#### Beverages Listing

BRAND

PRODUCTS

Bottled Water - All sizes

100% Juice - Maximum portion size cannot exceed 12 oz.

Brand	Product
8 <sup>th</sup> CONTINENT	Soy Milk, Original, Vanilla
APPLE & EVE	100% Juice, 6.75 fl oz box (Apple, Very Berry, Fruit Punch)
AQUAFINA (PEPSICO)	Purified Water, Plain, 16.9 oz & 20 oz. plastic bottle
ARROWHEAD	Mountain Spring Water, Plain, 8 oz. bottle, 1 liter, ½ liter, 20 oz., 24 oz. Sport Pack
BIG BEAR MOUNTAIN	Premium Spring Water, Plain, ½ liter.
CALISTOGA	Mountain Spring Water, Plain, 24 oz. bottle
CAMPBELL'S	100% Juice, Tomato, 5.5 oz. and 12 oz. can
CAPRI SUN	100% Juice Fruit Waves, Fruit Dive, Berry Breeze, Apple Splash Flavors, 6.75 oz. pouch
CLEARBROOK FARMS DAIRY	100% juice- Orange, Apple, Wildberry, Grape, and Pineapple – 4 oz. and 8 oz.
CRYSTAL GEYSER	Natural Alpine Spring Water, 16.9 oz. bottle, 25.3 oz. bottle
CRYSTAL SPLASH (GOLD COAST)	Purified Water, Plain, 16.9 oz. ½ Liter
DANNON	Natural Spring Water, 16.9 oz.
DEJA BLUE	Non-Carbonated, Purified Water, 16.9 oz.
DASANI (COCA COLA)	Purified Water, Plain, 16.9 oz. (1/2 liter), 20 oz., 24 oz. Sport Top
DOLE	100% Juice - orange, strawberry kiwi, & apple; 12 oz can
DOLE	100% Juice, 6 oz can (Pine-Orange, Pineapple, Pine-Orange Banana)
DRIFTWOOD DAIRY	100% juice- Orange, Apple, Wildberry, Grape, and Pineapple – 4 oz. and 8 oz.
DISNEY JUICES	100% Juice, Apple White Grape, Apple Berry, Apple Juice
EDENSOY	Soy Milk, Vanilla Extra Flavor only.
EVIAN	Natural Spring Water, 11.2 oz, 500 mL, 1L
FIJI	Natural Artesian Water, Plain, 16.9 oz.
EVIAN	Plain Natural Spring Water, 16.9 oz. (1/2 liter)
EVERFRESH	100% Juice, Purple Grape Juice, Apple Juice, Grapefruit Juice, Orange Juice, 12 oz. bottle

EVOLUTION*	100% Juices – Carrot Juice, Organic V, Incredible Vegetable, Mango/Orange/Pineapple, Cold Pressed Apple, Organic Apple, Grapefruit Juice, Tangerine Juice, Apple and Berries, Watermelon Juice, Fresh Squeezed Organic Orange Juice, Fresh Squeezed Orange Juice
FLORIDA'S NATURAL	100% Juices – Fruit Medley Juice Blend, 11.5 oz. can  Grapefruit Juice, 10 oz. plastic bottle  Grape Juice, 10 oz. plastic bottle, 11.5 oz. can Kiwi Strawberry, 11.5 oz. can Orange Pineapple Juice, 10 oz. plastic bottle Apple Grape Juice, 11.5 oz. can Crystal Clear Water, 20 fl oz, 1L bottle Reduced Fat Milk, 8.4 fl oz (White, Chocolate) 100% Juice Blends, 11.5 oz. can, Stark Raving Orange, Banana Madness, Twisted Cherry, and Crazy Kiwi.
FOREMOST	
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GIGA FRUIT (VERYFINE)	
HANSEN'S JUICE SLAM	100% Fruit Juice- Wild Berry, Strawberry-Banana Twist, Paradise Punch, 8.45 oz. box
HANSEN'S NATURAL JUICE	100% Juice, Apple Blasters- 6.75 oz. box; Tropical Peach, Berry Blaze, Apple Grape, Apple Juices, 10 oz.
HAWAIIAN	Water, 16.9 fl oz, 20 fl oz bottle
HERSHEY'S	Chocolate Milk, Fat Free, 16 oz. plastic bottle
JUICY JUICE (NESTLE)	100% Juices, Punch, Berry, Grape, Apple, Cherry, Kiwi Strawberry, Orange Tangerine Flavors, 6.75 OZ. and 4.23 OZ. Boxes
KIRKLAND	Signature Premium Drinking Water, ½ liter plastic bottle
LANGER'S	100% Juice Items Only- Flavors: Purple Grape Juice, Apple Juice, Mixed Berry-7 juice Blend, White Grapefruit Juice, Pineapple Juice, Cranberry 100% Juice Blend, Tropical Punch 100% 5-Juice Blend, 10 oz. plastic bottles
LIBBY'S JUICY JUICE	100% Juice, Apple, Grape, and Cherry Flavors, 6.75 oz. box
LIBBY'S J-MAX	100% Juice
MARTINELLI'S GOLD MEDAL	100% Apple Juice, 10 fl oz bottles
MINUTE MAID*	100% Juice, Orange, Apple, and Calcium Added Orange Juice - 12 oz. can, 8 oz. plastic bottle, 12 oz. plastic bottle  100% Juice, Grape, Mixed Berry, and Fruit Medley, 12 oz. plastic bottle

MINUTE MAID	100% Juices, Orange Tropical, Fruit Punch, Apple, Orange, Mixed Berry – 6.75 oz. box
MONTEREY BAY BEVERAGE CO	100% Juice Blends, Lemonade, Raspberry Guava, Strawberry-Papaya-Kiwi, Kiwi-Lime, Aruba Orange, Pina Colada flavors, 10 oz. plastic bottle
MOTT'S	100% Juice, Grape, 6.75 oz. box
NAKED JUICE*	Carrot-O-Copia, Just Fresh-OJ, Strawberry Banana, Tangerine Scream, Just Apple- 10 oz. plastic bottle
NANTUCKET NECTAR	100% Juice
NIAGRA	Water, Plain, ½ liter plastic bottle
NESTLE JUICY JUICE	100% Juice, 6.75 fl oz (Berry, Punch, Strawberry-Banana, Grape, Apple, Orange-Tangerine, Kiwi-Strawberry)
NESTLE NESQUICK: Should not be a reconstituted milk	White Milk,-1% Low fat, Chocolate Fat Free Milk-Nonfat, Chocolate Low fat Milk-1%, Double Chocolate Low fat Milk-1%, Very Vanilla Low fat Milk-1%, 14 oz. plastic bottles
NORTHLAND	100% Juices (no added sugar), Cranberry, Cranberry-Grape, Cranberry-Raspberry, 5.5 oz. can
ODWALLA*	100% Juices
PACIFIC FOODS	Soy Milk, Vanilla
PENTA H2O	Ultra Purified Drinking Water, 20 oz. plastic bottle
R.W. KNUDSEN FAMILY	100% Juice
REAL FRESH	2% Milk, 8 fl oz box (White, Chocolate)
SILK	Soy Milk, Unflavored, 11 oz. plastic bottle, Chocolate Soy Milk, 8.25 oz. carton or 11 oz. plastic bottle, Vanilla Shake Soy Milk, 8.25 oz. carton, Vanilla Organic Soy Milk, 11 oz. plastic bottle
SNAPPLE (100% JUICED)	100% Juice Beverage, Green Apple, Orange Mango, Fruit Punch, Grape Flavors, 11.5 oz. can
SNAPPLE (SNAP 2-0)	All Natural Spring Water, 20 oz. plastic bottle, 24 oz. sport top bottle
SOY DREAM	Soy Milk, Original Flavor, Enriched, Vanilla Flavor
SOY UM	Vanilla Blast Soy Milk, 8 oz. box
SPARKLETT'S	Plain Drinking Water, ½ liter, Regular or Sports Top
SUNKIST	100% Pure Orange Juice
TREE SWEET	100% Juice, Orange, Grapefruit, Pink Grapefruit Juices, 5.5 oz. can
TREETOP	100% Juice Blends – Kiwi Strawberry, Orange Passion Fruit, Tangerine Papaya, Mountain Berry, Bartlett Pear, Harvest Peach, Vineyard Grape – 10-12 oz. plastic bottle.

TREETOP	100% Juice – Apple, Three Apple Blend, Grape, Grapefruit, Cherry Mango, Orange, Apple-Grape, Apple-Raspberry, Apple-Pear, Berry, Fruit Punch Juice, 8 oz can, 6.75 oz. Box, 8.45 oz. box, 10 oz. plastic bottle
TROPICANA	100% Juice
TROPICANA PURE* PREMIUM	100% Orange Juice, Healthy Kids 100% Orange Juice with added calcium, 8 & 10 oz. carton
VERYFINE	100% Apple, Grape, Orange and Orange-Tangerine Juices- 12 oz. Can
V-8	100% Juice, Regular and Spicy Hot , 5.5 oz. and 12 oz. can
VITA-FRESH*	100% Juice, Orange, 10 oz. carton
VOLVIC	Natural Spring Water, 16.9 fl oz bottle
VRUIT	100% Juice, Apple/Carrot Blend, Orange/Veggie Blend, Berry/Veggie Blend, Tropical Blend, 8.45 oz. box
WELCH'S	100% Juice, Apple, Grape, or Orange Juice, 12 oz. can
	100% Juice, White Grape-Berry, White Grape-Cherry, Grapefruit, Orange, Apple, Grape, White Grape-Peach flavors, 11.5 oz can or 10 oz. plastic bottle
	100% Juice, Apple, Orange, Grapefruit, Grape, 5.5 oz.
WESTERN FAMILY	100% Juice, 5.5 fl oz can (Grapefruit, Pineapple, Orange, Apple)
WESTERN FAMILY	Mountain Spring Water, 16.9 fl oz bottle
WHISTLER	Pure Glacial Artesian Water, 16.9 fl oz bottle
WILDWOOD	Organic Soy Milk, Unflavored and Chocolate Flavors