

SNACKS THAT MEET NUTRITION CRITERIA – 2012

FRUITS AND VEGETABLES – Unlimited! Have as many as you'd like!!

FRUITS

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementine
Grapefruit
Grapes
Kiwi
Mandarin
Mango
Nectarine
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Raspberries
Star Fruit
Strawberries
Tangerines
Watermelon

VEGETABLES

Broccoli
Carrots
Cauliflower
Celery
Cherry Tomatoes
Cucumbers
Endamame
Jicama
Mushrooms
Peas/Pea Pods
Peppers
Radishes

NUTS – See the list of approved nuts in the bulk food section (page 9), which includes recommended serving sizes.

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
SINGLE-SERVING ITEMS					

CRACKERS AND SNACKS

EnviroKidz Organic	Crispy Rice - Assorted Varieties	1 oz	X	X	
General Mills	Chex 100 Calorie Pouch, Cheddar	.81 oz	X	X	X
	Chex 100 Calorie Pouch, Chocolate Caramel	.72 oz	X	X	X

FRUIT

Archer Farms	Real Fruit Strips – All Varieties	1 strip	X	X	X
Clif	Clif Kid Organic Fruit Twist	1 twist	X	X	X
Del Monte	Pineapple Tidbits in 100% Juice (Plastic Cups)	4 oz	X	X	X
	Mixed Berries Fruit Naturals (Plastic Cups)	4 oz	X	X	X
Dole	Pineapple in 100% Juice	4 oz	X	X	X
	Sun-Maid Raisins	1.5 oz, 0.8 oz	X	X	X
Food Club	Raisin Boxes	1.5 oz, 0.8 oz	X	X	X
Full Circle Organic	Organic Applesauce – No Sugar Added	4 oz	X	X	X
Funky Monkey	Freeze Dried Fruit-Single Serving – Assorted Varieties	1 oz	X	X	X
Market Pantry	Applesauce, Natural – No Sugar Added	4 oz	X	X	X
	Raisins (Mini Box)	.8 oz	X	X	X
Mott's	Applesauce, Healthy Harvest – No Sugar Added, Blueberry	3.9 oz	X	X	X
	Applesauce, Healthy Harvest – No Sugar Added, Granny Smith	3.9 oz	X	X	X
	Applesauce, Healthy Harvest – No Sugar Added, Natural	3.9 oz	X	X	X
	Applesauce, Healthy Harvest – No Sugar Added, Summer Strawberry	3.9 oz	X	X	X
Musselman's	Applesauce, Natural Unsweetened	4 oz	X	X	X
Santa Cruz Organic	Organic Applesauce	4 oz	X	X	X
Sensible Foods	Sensible Foods Crunch Dried Snack	.75 oz bag	X	X	X
Stretch Island Fruit Co.	All Natural Fruit Strip, Assorted Varieties	.5 oz	X	X	X
Wild Harvest	Organic Applesauce Unsweetened	4 oz	X	X	X
	Wild Harvest Organic Raisins	1.5 oz	X	X	X

GRANOLA BARS

Archer Farms	Simple Balanced Granola Bars (Not Yogurt Drizzled)	1 bar	X	X	
Bakery on Main	Cranberry Maple Nut Granola Bar	1 bar	X	X	

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Peanut Butter Chocolate Granola Bar	1 bar	X	X	
Clif Kid	Organic 2 Bar – Chocolate Brownie	1 bar	X	X	
	Organic 2 Bar – Honey Graham	1 bar	X	X	
Chex Mix	Turtle Chex Mix Granola Bar	1 bar	X	X	
Enjoy Life	Caramel Apple	1 bar	X	X	X
	Very Berry	1 bar	X	X	X
	Cocoa Loco	1 bar	X	X	X
Kashi	Cranberry Walnut Fruit and Grain Bar	1 bar	X	X	
	Dark Chocolate Coconut	1 bar	X	X	
	Go Lean Crunchy! Protein and Fiber Bar				
	Chocolate and Almond	1 bar		X	
	Chocolate and Peanut	1 bar		X	
	Pumpkin Pecan Fruit and Grain Bar	1 bar	X	X	
	Raspberry Chocolate	1 bar	X	X	
	TLC Cereal Bar	1 bar	X	X	
	Blackberry Graham	1 bar	X	X	
	TLC Soft-Baked Cereal Bar				
	Baked Apple	1 bar	X	X	X
	Blackberry Graham	1 bar	X	X	X
	Ripe Strawberry	1 bar	X	X	X
	TLC Chewy Granola Bar				
	Cherry Dark Chocolate	1 bar	X	X	
	Dark Mocha Almond	1 bar	X	X	
	Honey Almond Flax	1 bar	X	X	
	Peanut Butter	1 bar	X	X	
	TLC Crunchy Granola Bar				
	Honey Toasted 7 Grain	2 bars		X	
	Pumpkin Spice Flax	2 bars		X	
	Roasted Almond Crunch	2 bars		X	
	TLC Trail Mix Chewy	1 bar	X	X	
	TLC Dark Almond Chewy	1 bar	X	X	
Kellogg's	Nutri-Grain – All Varieties	1 bar	X	X	X
Flavorite	Crunchy Granola Bars – Variety Pack	2 bars		X	
Food Club	100 Calorie Granola Bars				

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Chocolate Chunk	1 bar	X	X	
	Peanut Butter	1 bar	X	X	
	Rainbow Chip	1 bar	X	X	
	S'mores	1 bar	X	X	
	Variety Pack	1 bar	X	X	
	Essential Choice				
	Strawberry Light and Crispy	1 bar	X	X	
	Blueberry Light and Crispy	1 bar	X	X	
	Oats and Caramel	1 bar	X	X	
	Oats and Chocolate	1 bar	X	X	
	Oats and Peanut Butter	1 bar	X	X	
	Fruit and Grain Bar	1 bar	X	X	
General Mills	Fiber One 90 Calories	1 bar	X	X	
	Fiber One				
	Oats and Caramel	1 bar	X	X	
	Oats and Chocolate	1 bar	X	X	
	Oats and Peanut Butter	1 bar	X	X	
Glutino	Gluten Free Bar – Apple	1 bar	X	X	X
	Gluten Free Bar – Blueberry	1 bar	X	X	X
Special K	Fruit Crisps	2 crisps	X	X	
Market Pantry	Fiber Granola Bars				
	Oats and Apple Streusel	1 bar	X	X	
	Oats and Caramel	1 bar	X	X	
	Oats and Chocolate	1 bar	X	X	
	Oats and Strawberry	1 bar	X	X	
	Crunchy Granola Bars – Oats and Honey	2 bars		X	
Natural Path Organic	Pumpkin-N-Spice, Sunny Hemp	1 bar	X	X	
Nature Valley	Fruit and Nut Bar, Chewy Trail Mix	1 bar	X	X	
	Nature Valley Crunchy Granola Bar				
	Apple Crisp	2 bars		X	
	Maple Brown Sugar	2 bars		X	
	Oats and Dark Chocolate	2 bars		X	
	Oats and Honey	2 bars		X	
	Peanut Butter	2 bars		X	

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Pecan Crunch	2 bars		X	
	Variety Pack	2 bars		X	
Our Family	Chewy Granola Bars				
	Peanut Butter Chocolate Chip	1 bar	X	X	
	S'mores	1 bar	X	X	
	Chocolate Chunk	1 bar	X	X	
	High Fiber Chewy Bars, Assorted Varieties	1 bar	X	X	
	Crunchy Granola Bars				
	Oats 'N Honey	2 bars	X	X	
Quaker	Breakfast Cookie				
	Oatmeal Chocolate Chip	1 cookie	X	X	
	Oatmeal Raisin	1 cookie	X	X	
	Rice Snacks Lightly Salted (4.47 oz bag)	1 bag	X	X	
	Quaker Chewy Bar 25% Less Sugar				
	Chocolate Chip	1 bar	X	X	
	Cookies and Cream	1 bar	X	X	
	Peanut Butter Chocolate Chip	1 bar	X	X	
	Variety Pack	1 bar	X	X	
	90 Calories				
	Chocolate Chunk	1 bar	X	x	
	Dark Chocolate Cherry	1 bar	X	X	
	Honey Nut	1 bar	X	X	
	Oatmeal Raisin	1 bar	X	X	
	Peanut Butter	1 bar	X	X	
	Peanut Butter Chocolate Chip	1 bar	X	X	
	S'mores	1 bar	X	X	
	Other Granola Bars				
	Made with Cocoa Chocolate Swirl	1 bar	X	X	
	Made with Real Chocolate Mint	1 bar	X	X	
	Simple Harvest	1 bar	X	X	
	True Delights Dark Chocolate Raspberry Almond	1 bar	X	X	

JUICE

Apple and Eve	Fruitables Fruit and Vegetable – All Varieties *Diluted Juice (66% Juice)	4.23 fl oz	X	X	X
	Variety Pack: Apple, Very Berry or Fruit Punch (100% Juice, No Added Sugar)	6.75 fl oz	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
Big Tex	Grapefruit Juice	6 fl oz	X	X	X
	Orange Juice	6 fl oz	X	X	X
Dole	100% Juice, Pineapple Orange	6 fl oz	X	X	X
	100% Juice, Pineapple	6 fl oz	X	X	X
Capri Sun	100% Juice, Apple Splash	6 fl oz pouch	X	X	X
	100% Juice, Berry Breeze	6 fl oz pouch	X	X	X
	100% Juice, Fruit Dive	6 fl oz pouch	X	X	X
	100% Juice, Grape Tide	6 fl oz pouch	X	X	X
Food Club	Apple Juice	4 fl oz	X	X	X
	Cider	4 fl oz	X	X	X
Great Value	100% Juice, Assorted Varieties	4.23 fl oz, 6.75 fl oz	X	X	X
Juicy Juice	100% Juice	4.23 fl oz, 6.75 fl oz	X	X	X
Market Pantry	100% Juice Boxes	6.75 fl oz	X	X	X
Minute Maid	Apple or Grape Juice, Fruit Punch or Mixed Berry	8 fl oz	X	X	X
Mott's	Mott's for Tots 40% Less Sugar – All Varieties *Diluted Juice (54% Juice)	6.75 fl oz	X	X	X
Rice Dream	Vanilla Enriched Rice Drink	8 fl oz	X	X	X
	Original Enriched Rice Drink	8 fl oz	X	X	X
	Vanilla Classic	8 fl oz	X	X	X
	Original Classic	8 fl oz	X	X	X
R.W. Knudsen Family	100% Juice, Organic Apple	8 fl oz	X	X	X
	100% Juice, Tropical Punch	8 fl oz	X	X	X
	100% Juice, Lemonade	8 fl oz	X	X	X
Sunsweet	100% Juice Sunsweet Prune Juice	5.5 fl oz		X	X
Tropicana	Tropicana Healthy Kids 100% Juice Carton	8 fl oz	X	X	X
	Tropicana No Pulp Original 100% Juice Carton	8 fl oz	X	X	X
V8	100% Vegetable Juice – Low Sodium	5.5 fl oz	X	X	X

YOGURT

Cass Clay	Plain Fat Free Yogurt	6 oz	X	X	X
	Black Cherry, Fat Free Yogurt	6 oz	X	X	X
	Strawberry Banana, Fat Free Yogurt	6 oz	X	X	X
	Raspberry, Fat Free Yogurt	6 oz	X	X	X
	Blueberry, Fat Free Yogurt	6 oz	X	X	X
	Strawberry, Fat Free Yogurt	6 oz	X	X	X
Chobani	Nonfat Greek Yogurt				

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Blueberry	6 oz	X	X	X
	Peach	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Vanilla	6 oz	X	X	X
Dannon	Mixed Berry, Fruit on the Bottom Yogurt	6 oz	X	X	X
	Greek Yogurt				
	Blueberry	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Vanilla	6 oz	X	X	X
	Plain Low Fat Yogurt	6 oz	X	X	X
Fage	Total 0% (Fat) – All Natural – Nonfat Greek Strained Yogurt	6 oz	X	X	X
Oikos	Organic Greek Yogurt – All Varieties	5.3 oz	X	X	X
Old Home	100 Calorie				
	French Vanilla	6 oz	X	X	X
	Key Lime Pie	6 oz	X	X	X
	Plain Nonfat	8 oz	X	X	X
	Plain Yogurt	8 oz		X	
	Raspberry	6 oz	X	X	X
	Strawberry Banana	6 oz	X	X	X
	Pom 100				
	Blueberry	6 oz	X	X	X
	Pomegranate Pear	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Vanilla	6 oz	X	X	X
	Yumberry	6 oz	X	X	X
O'Soy	Smooth and Creamy Soy Yogurt – Vanilla	4 oz	X	X	X
	Smooth and Creamy Soy Yogurt – Chocolate	4 oz	X	X	X
	Smooth and Creamy Soy Yogurt – Peach and Strawberry	4 oz	X	X	X
Stonyfield Farm Organic	Fat Free Fruit on the Bottom				
	Black Cherry	6 oz	X	X	X
	Blueberry	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Pomegranate Raspberry Acai	6 oz	X	X	X
	Fat Free Smooth and Creamy Yogurt – Plain	6 oz	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Greek Nonfat Plain Yogurt	5.3 oz	X	X	X
	Low Fat Fruit on the Bottom				
	Blueberry	6 oz	X	X	X
	Peach	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Low Fat Smooth and Creamy Yogurt – All Varieties (Except Maple Vanilla)	6 oz	X	X	X
Wild Harvest Organic	Vanilla	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	Plain	6 oz	X	X	X
	Blueberry	6 oz	X	X	X
	Raspberry	6 oz	X	X	X
Yoplait	Greek Yogurt				
	Honey Vanilla	6 oz	X	X	X
	Plain	6 oz	X	X	X
	Strawberry	6 oz	X	X	X
	YoPlus				
	Blackberry	4 oz	X	X	X
	Blueberry Acai	4 oz	X	X	X
	Cherry	4 oz	X	X	X
	Peach	4 oz	X	X	X
	Pomegranate	4 oz	X	X	X
	Strawberry	4 oz	X	X	X
	Vanilla	4 oz	X	X	X
	Yoplait Kids Strawberry Yogurt Drink 25% Less Sugar	3.1 fl oz	X	X	X
	Dannon Greek Yogurt, Blueberry	6 oz	X	X	X

CHEESE

Baker	String Cheese				
	Mozzarella	1 stick	X	X	X
	Smoked String Cheese	1 stick	X	X	X
Chuck E. Cheese's	String Cheese	1 stick	X	X	X
Crystal Farms	Light String Cheese	1 stick	X	X	X
	Spiral String Cheese	1 stick	X	X	X
	String Cheese (Low Moisture Part-Skim)	1 stick	X	X	X
Flavorite	Low Moisture Part-Skim String Cheese	1 stick	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
Food Club	Light String Cheese	1 stick	X	X	X
Kraft	Natural Cheese Sticks				
	Mozzarella Cheese String	1 stick	X	X	X
	2% Milk Mozzarella and Cheddar Cheese Twists	1 stick	X	X	X
Laughing Cow	Mini Babybel-Light	1 piece	X	X	X
Market Pantry	Colby Jack Reduced Fat	1 stick	X	X	X
	Mozzarella Light	1 stick	X	X	X
	Mozzarella Double Twist	1 stick	X	X	X
Our Family	String Cheese, Part-Skim Mozzarella Cheese	1 stick	X	X	X
Saputo	Frigo String cheese, Mozzarella & Swirled	1 stick	X	X	X
Sargento	String Cheese	1 stick	X	X	X
Weight Watchers	Natural Light String Cheese	1 piece	X	X	X

BULK ITEMS

NUTS

Archer Farms	Raw Almonds Unsalted	¼ cup	X	X	
	Raw Mixed Nuts Unsalted	¼ cup	X	X	
	Salt and Pepper Cashews	¼ cup	X	X	
Blue Diamond	Almonds-Whole Natural	≈24 nuts	X	X	
	Oven Roasted Almonds				
	Cinnamon Brown Sugar	1 oz	X	X	
	Honey	1 oz	X	X	
	Sea Salt	1 oz	X	X	
	Sea Salt Almonds	1 oz	X	X	
Eileen's	California Almonds	¼ cup	X	X	
	Natural Pistachio Nuts	1 oz (49 nuts)		X	
Emerald	Cocoa Roast Almonds	1 oz	X	X	
Fischer	Dry Roasted Sunflower Seeds	¾ cup w/shells	X	X	
	Peanuts	½ cup w/shells	X	X	
Food Club	Dry Roasted Peanuts	1 oz	X	X	
Giants	Sunflower Seeds	¾ cup w/shell	X	X	
Good Sense	Almonds, Raw	¼ cup	X	X	
	Walnuts, Organic	¼ cup	X	X	

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
Great Value	Unsalted Dry Roasted Peanuts	1 oz	X	X	
Mauna Loa	Dry Roasted Macadamia Nuts	1 oz	X	X	
Planters	100% Natural Harvest-All Varieties	1 oz	X	X	
	Unsalted Dry Roasted Peanuts	39 pieces	X	X	
	Walnuts	1 oz	X	X	
Sunkist	Gourmet Oven Roasted Almonds With Sea Salt	1 oz		X	
Valu Time	Dry Roasted Peanuts	1 oz	X	X	
Fleet Farm	California Almonds	¼ cup		X	
	Walnut Pieces	¼ cup		X	
	Dry Roasted Peanuts	1 oz (40 pieces)		X	
	Mixed Nuts	¼ cup		X	
	Trail Mix	¼ cup		X	
	Nuts 'N Stuff – Sweet and Salty	¼ cup		X	
Wonderful	Pistachios	½ cup w/shells		X	

CEREAL

Archer Farms	Almond Fiber Crunch	½ cup	X	X	
	High Protein Cinnamon	¾ cup	X	X	
	Muesli	½ cup		X	
	Wheat and Rice Energy Flakes	¾ cup	X	X	
Barbara's	Organic Wild Puffs	¾ cup	X	X	
	Puffin's				
	Cinnamon	¾ cup	X	X	
	Original	¾ cup	X	X	
Cascadian Farms	Cinnamon Crunch	1 cup	X	X	X
	Multigrain Squares	¾ cup	X	X	
Food Club	Corn Flakes	1 cup	X	X	X
	Essential Choice				
	Puffed Rice	1 cup	X	X	X
	Puffed Wheat	1 cup	X	X	X
	Frosted Shredded Wheat	1 cup		X	X
	Honey & Oats	¾ cup	X	X	X
	W/ Honey & Oat Clusters	¾ cup	X	X	X
	Original Toasted Oats	1 cup	X	X	X
General Mills	Cheerios				

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Multigrain	1 cup	X	X	X
	Original	1 cup	X	X	X
	Yogurt Bursts	¾ cup	X	X	X
	Honey Nut	¾ cup	X	X	
	Oat Cluster Cheerios Crunch	¾ cup	X	X	
	Chex				
	Cinnamon	¾ cup	X	X	
	Honey Nut	¾ cup	X	X	
	Total				
	Blueberry Pomegranate	1 cup		X	
	Whole Grain	¾ cup	X	X	
	Plus Omega-3s				
	Honey Almond Flax	1 cup		X	
	Fiber One				
	Frosted Shredded Wheat	1 cup		X	X
	Kix				
	Original	1¼ cups	X	X	X
	Berry Berry	¾ cup	X	X	X
	Honey	1¼ cups	X	X	X
	Wheaties	¾ cup	X	X	
Kashi	GoLean				
	Crunch	1 cup		X	
	Honey Almond Flax	1 cup		X	
	GoLean Crisp!				
	Toasted Berry Crumble	¾ cup		X	
	GoLean Crunch!				
	Honey Almond Flax	1 cup		X	
	Original	1 cup		X	
	Heart to Heart				
	Autumn Wheat	29 biscuits	X	X	X
	Cinnamon Harvest	28 biscuits	X	X	X
	Honey Toasted Oat	¾ cup	X	X	X
	Island Vanilla	27 biscuits	X	X	X
	Toasted Oat Cereal	¾ cup	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Oat Flakes & Blueberry Clusters	1 cup		X	X
	Honey Sunshine	¾ cup	X	X	
	Wild Harvest				
	Wholesome Raisin Bran Cereal	1 cup	X	X	
Kellogg's	All-Bran Original	½ cup	X	X	X
	Corn Flakes	1 cup	X	X	X
	Corn Pops	1 cup	X	X	X
	Fiber Plus Antioxidants				
	Berry Yogurt Crunch	1 cup		X	X
	Cinnamon Oat Crunch	¾ cup	X	X	X
	Frosted Mini Wheats				
	Bite Sized	24 biscuits		X	X
	Blueberry Muffin	24 biscuits		X	X
	Cinnamon Streusel	24 biscuits		X	X
	Maple and Brown Sugar	24 biscuits		x	X
	Strawberry Delight	24 biscuits		X	X
	Unfrosted	30 biscuits		X	X
	Little Bites	51 biscuits		X	
	Chocolate	52 biscuits		X	X
	Honey Nut	46 biscuits		X	X
	Original	51 biscuits		X	X
	Low Fat Granola	½ cup		X	X
	Special K				
	Blueberry	¾ cup	X	X	X
	Chocolatey Delight	¾ cup	X	X	X
	Cinnamon Pecan	¾ cup	X	X	
	Vanilla Almond	¾ cup	X	X	
Flavorite	Corn Flakes	1 cup	X	X	
	Crunchy Oat Squares	¾ cup	X	X	
	Honey Oats & Flakes	¾ cup	X	X	
	With Real Strawberries	¾ cup	X	X	
	Toasted Oats	1 cup	X	X	
Great Value	Corn Flakes	¾ cup	X	X	
	Crunchy Honey Oats With Almonds	¾ cup	X	X	

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Frosted Shredded Wheat	1 cup	X	X	X
	Toasted Whole Grain Oat	¾ cup	X	X	
Malt-O-Meal	Cinnamon Toasters	¾ cup	X	X	X
	Frosted Mini Spooners	¾ cup	X	X	X
	Honey & Oats Blenders	¾ cup	X	X	
Market Pantry	Blueberry Crunch	¾ cup	X	X	X
	Cini-Mini Crunch	¾ cup	X	X	X
	Frosted Bit-Size Shredded Wheat				
	Strawberry	1 cup		X	X
	Originally Sweetened	1 cup		X	X
	Honey & Oats Mixers w/Almonds	¾ cup	X	X	
	Toasted Oats	1 cup	X	X	X
Nash Brothers Trading	Organic Cocoa Caboodles	¾ cup	X	X	
	Organic Toasted Oats	¾ cup	X	X	
Nature's Path	Organic Flax Plus, Multibran	¾ cup	X	X	
Organic Wheatabix	Whole Grain Biscuit	2 biscuits	X	X	
Our Family	Corn Flakes	1 cup	X	X	X
	Honey & Nut Toasted Oats	¾ cup	X	X	X
	Oats & More				
	Low Fat	¾ cup	X	X	X
	Original	¾ cup	X	X	X
	Shredded Wheat				
	Strawberry Cream Frosted	¾ cup		X	X
	Toasted Oats	¾ cup	X	X	X
	Whole Grain 100 Brand	¾ cup	X	X	X
Post	Grape Nut Flakes	¾ cup	X	X	X
	Golden Crisps	¾ cup	X	X	X
	Honey Bunches of Oats				
	Original	¾ cup	X	X	X
	Honey Roasted	¾ cup	X	X	X
	w/Almonds	¾ cup	X	X	
	w/Cinnamon	¾ cup	X	X	X
	w/Chocolate Bunches	¾ cup	X	X	X
	w/Peaches	¾ cup	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	w/strawberries	¾ cup	X	X	X
	HoneyComb	1½ cup	X	X	X
	Selects				
	Great Grains & Cranberry Almond Crunch	¾ cup		X	
	Shredded Wheat				
	Honey Nut	1 cup		X	
	Lightly Frosted	1 cup		X	X
	Vanilla Almond	1 cup		X	
	Wheat 'n Bran	1¼ cup		X	X
	Shredded Wheat Original	1 biscuit	X	X	X
	Trail Mix Crunch				
	Cranberry Vanilla	½ cup		X	
Quakers	King Vitamin	1½ cups	X	X	X
	Life				
	Original	¾ cup	X	X	X
	Cinnamon	¾ cup	X	X	X
	Peanut Butter Crunch	¾ cup	X	X	
	Puffed Rice	1 cup	X	X	X
	Puffed Wheat	1¼ cups	X	X	X
Uncle Sam	Original	¾ cup		X	X
	Toasted Whole-Wheat Flakes & Flaxseed	¾ cup	X	X	X
Valu Time	Frosted Shredded Wheat	1 cup		X	

CRACKERS AND SNACKS

Annie's	Homegrown Bunny Grahams (7.5 oz box)	30 cookies	X	X	X
	Bunny Graham Friends (7.5 oz)	30 cookies	X	x	X
Archer Farms	Classic Water Crackers	4 crackers	X	X	X
	Baked Pita Chips				
	Multigrain (6 oz)	7-8 chips	X	X	X
	Parmesan Garlic (6 oz)	7-8 chips	X	X	X
	Sea Salt (6 oz)	7-8 chips	X	X	X
	Kettle Corn Popcorn (6 oz pkg)	1½ cups	X	X	X
	Multigrain Crackers (8 oz)	3 crackers	X	X	X
	Multiseed Flatbread Crackers (4.5 oz box)	3 crackers	X	X	
	Sea Salt and Vinegar Baked Potato Chips (8 oz pkg)	12 crisps	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Sesame Flatbread Crackers (4.5 oz)	3 crackers	X	X	
	Simply Balanced Snack Crackers				
	Strawberry (7 oz box)	7 crackers	X	X	X
	Apple Cranberry (7 oz box)	7 crackers	X	X	X
	Wheat Entertainment Crackers (8 oz box)	3 crackers	X	X	X
Blue Diamond	Almond Nut-Thins				
	Barbeque	17 crackers	X	X	
	Hint of Sea Salt	17 crackers	X	X	
	Almond	16 crackers	X	X	
	Hazelnut	16 crackers	X	X	
	Pecan	16 crackers	X	X	
	Smokehouse	17 crackers	X	X	
Carr's	Table Water Crackers	5 crackers	X	X	
Crunchmaster	Multi-Grain Gluten-Free Crackers	15 crackers	X	X	X
Dare	Grains First Whole Grain Crackers	4 crackers	X	X	
	Vinta Original	2 crackers	X	X	
	All Natural Water Crackers, Assorted Varieties	4 crackers	X	X	X
Finn Crisp	Sesame Crackers	1 crispbread	X	X	
Food Club	Honey Grahams				
	Cinnamon	2 whole crackers	X	X	X
	Honey	2 whole crackers	X	X	X
	Low Fat Honey	2 whole crackers	X	X	X
	Rice Cakes	1 cake			X
	Apple Cinnamon	1 cake	X	X	X
	Caramel Corn	1 cake	X	X	X
	Lightly Salted	1 cake	X	X	X
	Salt Free	1 cake	X	X	X
	White Cheddar	1 cake	X	X	X
	Rice Crisps				
	Caramel	8 crisps	X	X	
	Cheddar Cheese Flavored	9 crisps	X	X	
	Sour Cream & Onion	10 crisps	X	X	
	Woven Wheats	≈6 crackers	X	X	X
Great Value	Buttery Smooth Crackers	4 crackers	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Cinnamon Grahams	2 whole sheets	X	X	X
	Reduced Fat Crispy Crackers	4 crackers	X	X	X
	Saltine Crackers	5 crackers	X	X	
	Unsalted Tops Saltine Crackers	5 crackers	X	X	
	Vanilla Wafers	8 wafers	X	X	X
Jacobsen's	Blueberry	1 slice	X	X	X
	Cinnamon	1 slice	X	X	X
	Cinnamon Raisin	1 slice	X	X	X
	Honey Maple	1 slice	X	X	X
	Original	1 slice	X	X	X
Kashi	Heart to Heart Crackers – Original and Roasted Garlic (8 oz)	7 crackers	X	X	X
	TLC Snack Crackers – All Varieties (9 oz)	9 oz pkg	X	X	X
	TLC Soft-Baked Bookies – Oatmeal Raisin Flax (8.5 oz)	1 cookie	X	X	
Kavli	Whole Gran Crispbread				
	Hearty Thick	2 pieces	X	X	X
	Crisp Thin	3 pieces	X	X	X
Keebler	Animal Cookies				
	Iced Only	6 cookies	X	X	X
	Graham Crackers				
	Cinnamon	2 whole crackers	X	X	X
	Honey	2 whole crackers	X	X	X
	Original	2 whole crackers	X	X	X
	Scooby-Doo Baked Graham Cracker Sticks				
	Cinnamon	9 crackers	X	X	X
	Honey	9 crackers	X	X	X
	Vanilla Wafers	8 cookies	X	X	X
	Zesta Original	5 crackers	X	X	X
Lay's	Baked				
	Original	15 chips	X	X	X
	Ruffles Original	9 chips	X	X	X
	Southwestern Ranch	14 chips	X	X	X
Log House	Biscottes				
	Original Zwelback	1 slice	X	X	X
	Cinnamon	1 slice	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Snack Toast				
	Cinnamon Raisin	1 slice	X	X	X
Market Pantry	Animal Crackers (Classic and Classic & Chocolate)	17 crackers	X	X	
	Caramel Corn Rice Cakes (6.5 oz bag)	1 cake	X	X	X
	Graham Crackers – Honey	2 whole crackers	X	X	X
	Ginger Snaps	3 cookies	X	X	
	Mini Sandwich Crackers – S'mores	13 crackers	X	X	
	Rice Snacks, Bite Size (7 oz bag)	7 mini cakes	X	X	X
Manischewitz	Thin Matzos	1 cracker/bread	X	X	X
Nabisco	Barnum's Animal Crackers				
	Mini	17 crackers	X	X	X
	Original	8 crackers	X	X	X
	Grahams Original	2 whole crackers	X	X	X
	Honey Maid				
	Cinnamon	2 whole crackers	X	X	X
	Honey Grahams	2 whole crackers	X	X	X
	Newton's Fruit Crisp Snacks				
	Apple Cinnamon	2 pieces	X	X	
	Mixed Berry	2 pieces	X	X	
	Ritz Crackers, Reduced Fat Only	8 crackers	X	X	X
	Saltines				
	Fat Free	5 crackers	X	X	X
	Multigrain	5 crackers	X	X	X
	Original	5 crackers	X	X	X
	Premium Minis Original	17 crackers	X	X	X
	Snack Well's Crème Sandwich	2 cookies	X	X	X
	Teddy Grahams				
	All Varieties	24 pieces	X	X	X
	Teddy Grahams, Mini				
	Honey	47 pieces	X	X	X
	Triscuits				
	Fire Roasted Tomato & Olive Oil	6-7 crackers	X	X	X
	Garden Herb	6-7 crackers	X	x	X
	Hint of Salt	6-7 crackers	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Regular	6 crackers	X	X	X
	Reduce Fat	7 crackers	X	X	X
	Roasted Garlic	6-7 crackers	X	X	X
	Rosemary & Olive Oil	6-7 crackers	X	X	X
	Rye with Caraway Seeds	6-7 crackers	X	X	X
	Triscuit Thin Crisps				
	Original	15 crisps	X	X	X
	Parmesan Garlic	15 crisps	X	X	X
	Quattro Formaggio	15 crisps	X	X	
	Wheat Thins				
	Sundried Tomato and Basil (9.5 oz)	15 crackers	X	X	X
Nash Brothers Trading Co.	Organic Graham Crackers				
	Honey	2 cracker sheets	X	X	X
Nonnis	Biscotti – Original Flavor	1 biscotti	X	X	
Old London	Melba Snacks				
	Whole Grain	4 crackers	X	X	X
	Sea Salt	4 crackers	X	X	X
	Roasted Garlic	4 crackers	X	X	X
	Melba Toast				
	Classic	3 slices	X	X	X
	Sesame	3 slices	X	X	X
	Wheat	3 slices	X	X	X
	Whole Grain	3 slices	X	X	X
	Toast				
	American	3 slices	X	X	X
	Italia	3 slices	X	X	X
	Mediterranean Toast	3 slices	X	X	X
Our Family	Original Entertainer Crackers	3 crackers	X	X	X
	Wheat Entertainer Crackers	3 crackers	X	X	X
	Saltines	5 crackers	X	X	
	Honey Grahams	2 whole crackers	X	X	X
	Cinnamon Grahams	2 whole crackers	X	X	X
Pepperidge Farms	Entertaining Quartet	4 crackers	X	X	X
	Goldfish, Flavor Blasted				

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Xplosive Pizza	≈51 pieces	X	X	X
	Goldfish Grahams				
	Chocolate	>50 pieces	X	X	X
	Cinnamon	>50 pieces	X	X	X
	Honey	>50 pieces	X	X	X
Pop Chips	All Natural Pop Chips Sea Salt Multigrain (3.25 oz bag)	21 chips	X	X	X
Quaker	Tortillaz				
	Zesty Guacamole Flavor	15 crisps	X	X	X
	Quaker Rice Snacks				
	Apple Cinnamon	8 mini cakes	X	X	X
	Kettle Corn	9 min cakes	X	X	X
	Ranch	9 mini cakes	X	X	X
Rachel's	Baked Original	14 chips	X	X	X
Reese	Holland Rusk	2 pieces	X	X	X
Ry Crisp	Multigrain Crackers	2 crackers	X	X	X
	Natural Crackers	2 crackers	X	X	X
	Seasoned Crackers	2 crackers	X	X	X
	Sesame Crackers	2 crackers	X	X	X
Special K	Multigrain Crackers (8 oz) Sodium Restriction	17 crackers	X	X	X
	Savory Herb Crackers (8 oz)	17 crackers	X	X	X
Stacy's	Cinnamon Sugar Pita Chips (8 oz bag)	7 chips	X	X	X
Stauffer's	Animal Crackers				
	Chocolate	16 crackers	X	X	
	Original	16 crackers	X	X	
	Whales – Snack Crackers w/Cheddar Cheese	33 crackers	X	X	
Townhouse	Bistro Crackers				
	Cornbread Crackers	2 crackers	X	X	X
	Multigrain	2 crackers	X	X	X
	Flatbread Crisps				
	Italian Herb	6 crackers	X	X	X
	Sea Salt and Olive Oil	6 crackers	X	X	X
	Reduce Fat	≈6 crackers	X	X	X
	Toppers				
	Multigrain	3 crackers	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
Tree North	Almond Cranberry Crisps	15 crisps	X	X	
Valu Time	Animal Cookies	16 cookies	X	X	
	Honey Grahams	2 whole crackers	X	X	
	Old Fashioned Iced Oatmeal Cookies	2 cookies	X	X	
	Ginger Snaps	5 cookies	X	X	
Vista	Saltines Supreme	5 crackers	X	X	
Wasa	Crispbread				
	Fiber	1 slice	X	X	X
	Light Rye	2 slices	X	X	X
	Multigrain	1 slice	X	X	X
	Original	1 slice	X	X	X
	Sourdough	1 slice	X	X	X
	Whole Wheat	1 slice	X	X	X

FRUIT

Amport Foods	Apricots, Dried	5 pieces	X	X	
	Veggie Crunches, All Natural	½ cup	X	X	X
Del Monte	Chunky Mixed Fruit in 100% Juice	½ cup	X	X	X
	Fruit Cocktail in 100% Juice	½ cup	X	X	X
	Sliced Peaches in 100% Juice	½ cup	X	X	X
	Pear Halves in 100% Juice	½ cup	X	X	X
	Pineapple Chunks in 100% Juice (20 oz can)	½ cup	X	X	X
	Pineapple Tidbits in 100% Juice (20 oz can)	½ cup	X	X	X
	Pineapple Slices in 100% Juice (20 oz can)	2 slices	X	X	X
	Pineapple, Crushed in 100% Juice (20 oz can)	½ cup	X	X	X
Disney	Fruit Crisps				
	Apples	1 bag	X	X	X
	Strawberries and Bananas	1 bag	X	X	X
Dole	Pineapple in 100% Juice				
	Chunks, Tidbits, Sliced or Crushed	½ cup	X	X	X
Earthbound Farm Organic	Dates	5-6 dates	X	X	X
	Plums	5 plums	X	X	X
	Raisins	¼ cup	X	X	X
Flavorite	Applesauce, Unsweetened	½ cup	X	X	X
Food Club	Applesauce, Unsweetened	½ cup	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Prunes	¼ cup	X	X	X
	Raisins	¼ cup	X	X	X
	Red Tart Cherries in Water	2/3 cup	X	X	X
Great Value	Apricots, Dried	7 pieces	X	X	X
	Prunes, All Natural Pitted	¼ cup	X	X	X
	Pineapple in 100% Juice				
	All Varieties	½ cup	X	X	X
Market Pantry	Apricots (6 oz container)	5 pieces	X	X	X
	California Raisins (24 oz container)	¼ cup	X	X	X
	Dried Apples (4.5 oz container)	13 pieces	X	X	X
	Fruit Mix (6 oz container)	¼ cup	X	X	X
	Pineapple Tidbits in 100% Juice (20 oz can)	½ cup	X	X	X
	Pitted Prunes (18 oz container)	¼ cup	X	X	X
	Raisins	1.5 oz	X	X	X
	Sliced Peaches in 100% Juice (14.5 oz can)	½ cup	X	X	X
	Tropical Fruit in 100% Juice (14.5 oz can)	½ cup	X	X	X
Mott's	Applesauce, Natural No Sugar Added	½ cup	X	X	X
Musselman's	Applesauce, Natural Unsweetened	½ cup	X	X	X
Newman's Own Organics	Raisins	1.5 oz box	X	X	X
Our Family	Unsweetened Applesauce	½ cup	X	X	X
	Raisins	¼ cup	X	X	X
Sunmaid	Dried Mediterranean Apricots	¼ cup	X	X	X
	Dried Mixed Fruit	¼ cup	X	X	X
	Prunes	¼ cup	X	X	X
	Raisins	¼ cup	X	X	X
Sunsweet	Dried Plums, Bite Size	7 plums	X	X	X
	Prunes				
	Cherry Essence	5 prunes	X	X	X
	Orange Essence	5 prunes	X	X	X
	Pitted	5 prunes	X	X	X
	Regular	7 prunes	X	X	X
<u>JUICE – Must be 100%</u>					
Dole	100% Juices	8 oz = 1 cup	4 oz	8 oz	X
Food Club	100% Juices	8 oz = 1 cup	4 oz	8 oz	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
	Low Sodium 100% Vegetable Juice	8 oz = 1 cup	4 oz	8 oz	X
Flavorite	100% Juice, No Sugar Added	8 oz = 1 cup	4 oz	8 oz	X
Genesis Today	Acai Berry (100% Juice Blend)	8 oz = 1 cup	4 oz	8 oz	X
Lakewood Organic	100% Juice Varieties	8 oz = 1 cup	4 oz	8 oz	X
Martinelli's Gold Medal	100% Pure Apple Juice	8 oz = 1 cup	4 oz	8 oz	X
Member's Mark	100% Apple Juice	8 oz = 1 cup	4 oz	8 oz	X
Minute Maid	100% Juices	8 oz = 1 cup	4 oz	8 oz	X
Mott's	100% Juices, No Sugar Added	8 oz = 1 cup	4 oz	8 oz	X
Ocean Spray	No Sugar Added 100% Juices	8 oz = 1 cup	4 oz	8 oz	X
Old Orchard	100% Juices	8 oz = 1 cup	4 oz	8 oz	X
Our Family	100% Apple Juice	8 oz = 1 cup	4 oz	8 oz	X
	100% Prune Juice	8 oz = 1 cup	4 oz	8 oz	X
Pom	100% Pomegranate Juice	8 oz = 1 cup	4 oz	8 oz	X
Sunsweet	100% Juices	8 oz = 1 cup	4 oz	8 oz	X
R.W. Knudsen Family	100% Juice Varieties	8 oz = 1 cup	4 oz	8 oz	X
Santa Cruz Organic	100% Juice, Assorted Varieties	8 oz = 1 cup	4 oz	8 oz	X
Tropicana	100% Juices	8 oz = 1 cup	4 oz	8 oz	X
V8	Low Sodium 100% Vegetable Juice	8 oz = 1 cup	4 oz	8 oz	X
	Tomato Juice, 100% – Low Sodium	8 oz = 1 cup	4 oz	8 oz	X
Welch's	No Sugar Added 100% Juices	8 oz = 1 cup	4 oz	8 oz	X

BREAD & BREAD PRODUCTS

Arnold	100% Whole Wheat "Dutch Country" Bread (Loaf)	1 slice	X	X	X
Brownberry	Health-full 10 Grain Bread (Loaf)	1 slice	X	X	
	Oatnut Bread (Loaf)	1 slice	X	X	
Country Hearth	Cracked Wheat Bread (Loaf)	1 slice	X	X	X
	Dakota Style 12 Grain Bread (Loaf)	1 slice	X	X	X
	Split-top Wheat Bread (Loaf)	1 slice	X		X
Earth Grains	Thin Buns-Multigrain and 100% Whole Wheat	1 thin bun	X	X	X
Lakeland	American Beauty Sliced Bread (Loaf)	1 slice	X	X	X
Master	English Muffin Toasting Bread (Loaf)	1 slice	X	X	X
Sara Lee	Wheat, Honey Wheat, 100% Whole Wheat Bread (Loaf)	1 slice	X	X	X
	White, Whole Grain White Bread (Loaf)	1 slice	X	X	X
	Mini Bagels-Cinn, Blueberry, Plain, 100% Whole Wheat	1 mini-bagel	X	X	X
Pepperidge Farms	Mini Bagels-Brown Cinnamon Sugar	1 mini bagel	X	X	X

Food Type and Brand	Snack Item	Serving Size	Elementary School	Middle/High School	Peanut Free
Thomas	Original English Muffins (Nooks & Crannies)	1 whole muffin	X	X	X
	Cinnamon Raisin English Muffins (Nooks & Crannies)	1 whole muffin	X	X	X
	Light Multigrain English Muffins (Better Start)	1 whole muffin	X	X	X
	Honey Wheat Muffin	1 whole muffin	X	X	X
	Triple Health English Muffins	1 whole muffin	X	X	X
	Swirl Cinnamon Raisin Bread	1 slice	X	X	X
	Bagel Thins-Everything, 100% Whole Wheat	1 whole bagel	X	X	X
	Mini Bagels-Blueberry, 100% Whole Wheat	1 mini bagel	X	X	X