

ST. JOSEPH CATHOLIC SCHOOL

The following is a list of foods & beverages that meet the USDA smart snacks standards. This is **not an all-inclusive list**. Alternate items may be available from different stores or vendors. Read the nutrition label; most should have at or less that 200 calories, 200 mg of sodium, 0 trans fat & only 35% of sugar by weight. Fresh fruits, vegetables & plain water are always compliant.

Applesauce/Fruit cups/Fruit snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit w/ No Added Sugar	¼ cup
All Brands	Fresh Fruit & Vegetables-Individual bags or Platters	½ cup
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
Kroger	Applesauce- No Sugar Added	1 container (4 oz.)
Kroger	Seedless Raisins	1 box (1oz)
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)
O 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)
Safeway	Realfruit Squeezable Sauce Pouch	1 pouch (90g)
Safeway	Raisins	1 box (1oz)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3cup)
Corn Nuts	Variety Pack	1 package (1/3 cup)
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, Sweet n Salty, Trail Mix	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 Apple and Chocoiate	1 oz

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)
David	Original Sunflower Seeds	1 bag (1.75 oz.)
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 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	1.41 oz.
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
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl. oz.)
Martinellis	100% Pure Apple Juice	8 fl oz or less

Minute Maid	100% Juice – Apple, Fruit Punch, Apple White, Grape, & Mixed Berry	8 fl oz. or less
Motts	100% Apple Juice	8 fl oz. or less
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	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 only, No Flavors)	8 fl oz. or less

Water

Manufacturer	Name/Description	Serving Size
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
Kroger	CowPals Light – All Flavors	1 stick
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)
Kroger	The Truly Awesome Low-fat Yogurt Tube	1 tube
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
Safeway Brand	Kids Yogurt –All Flavors	1 pouch or cup
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 – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)
Kroger	Chewy Granola Bars -- Oatmeal Cookie, Peanut Butter, Chocolate Chip	1 bar (35 g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Kellogg's	Nutrigrain Bar – All Flavors	1.55 oz.
Plum 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)
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)