

Washington Elementary School District Approved Food List – Smart Snacks

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 and merges the previous Arizona Nutrition Standards.

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. If you have additional questions, please contact the Nutrition Services office at (602)896-5230.

Applesauce/Fruit Cups/Dried Fruit

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry’s	Safe-way	Sam’s	Cost- co
All Brands	Individual Fruit and Applesauce Cups in Water or Natural Juices <ul style="list-style-type: none"> Del Monte, Dole, Store Brand, Motts, Musselman’s, Santa Cruz, Tree Top, Store Brands 	1/2 cup	X	X	X	X	X
All Brands	Dried Fruit with No Added Sugar <ul style="list-style-type: none"> Exemption: Dried whole fruits, or pieces with nutritive sweeteners that are required for processings or palatability (cranberries, tart cherries, blueberries) 	1/4 cup	X	X	X	X	X
All Brands	Fresh Fruit & Vegetables –Individual Bags or Platters	1/2 cup	X	X	X	X	X
All Brands	Canned & Frozen Fruits with No Added Ingredients, 100% Juice, Extra Light Syrup or Light Syrup	1/2cup					
Brother’s	All Natural Fruit Crisps	1 bag	X		X		
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All Flavors	1pouch	X	X	X		
Crispy Greens	Crispy Fruit – All Flavors	1 pouch			X		
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup`	X				
Del Monte	Fruit Burst pouch-all flavors	1 pouch (90g)	X	X			
Disney	Fruit Crisps Freeze Dried Fruit Slices – All	1 bag (7 g)	X				
Dole	Fruit Squish’ems	1 pouch	X	X	X		
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99 g)	X		X		X
Kids Gourmet	Organic Slammers All Flavors	1 pouch (90g)			X		
Materne	Go Go Squeeze – All Flavors	1 pouch	X	X	X	X	X
Motts	Applesauce Snack & Go-All Flavors	1 pouch	X	X	X		
Plum Kids	Organic Mashups- All Flavors	1 pouch	X	X	X		
Safeway	Squeeze n’ Go	1 pouch			X		
Sensible Foods	Crunch Dried Fruit Variety Pack	1 bag				X	
Smuckers	Fruit-fulls – All Flavors	1 pouch (4oz)	X		X		
Snapz	Organic Crunch Dried Apple Crisps	1 package (.46 oz)				X	
Tree Top	All Flavor Pouches	1 pouch (26g)	X	X	X		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Act II	94% Fat Free Butter Microwave Popcorn	1 cup	X				
Angie's	Boom Chicka Pop – Sea Salt Flavor	4 cups		X	X		X
Corn Nuts	Original, Ranch	1 package (1/3 Cup)	X		X		
Corn Nuts	Variety Pack – Original, Ranch, BBQ	1 package (1/3 Cup)			X		
Corn Nuts	Original, Ranch, BBQ	1/3 cup	X		X		
Jolly Time	Healthy Pop Butter 94% Fat Free, Butter and Kettle Flavored - 100 Calorie Pack	1 package		X	X		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped	X	X			
Lays	Baked Ruffles Original	9 crisps (1 oz)	X	X	X		
Lays	Baked Potato Chips – BBQ, Original	1 oz	X	X	X		
Pop Chips	All Flavors	1oz/20 chips	X	X	X	X	
Popcorn	Fit Popcorn Chips – All Flavors	1 oz	X			X	
Quaker	Popped Rice Snacks – only Apple and	1 oz	X	X	X		
Quaker	Rice Cakes-All Flavors	1 Cake	X	X	X		
Orville Redenbacher	100 Calorie Smart Pop Mini Bags – Kettle Flavored	1 bag	X	X			
Orville Redenbacher	Smart Pop 94% Fat Free Microwave Popcorn	2 cups	X	X			
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	X	X	X	

Nuts/Seeds

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)	X				
David	Pumpkin Seeds	1/3 cup		X	X		X
David	Sunflower Seeds – Individual Packs	23 g kernels	X	X	X		
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)	X				
Fry's	Private Selection Shelled Pistachios	1/4 cup		X			
Hoody's	Dry Roasted Peanuts	40 pieces					X
Kirkland	Dry Roasted Almonds	1/4 cup					X
Kirkland	Unsalted Mixed Nuts	1/4 cup					X
Kirkland	Unsalted Cashews	1/4 cup					X
Kirkland	Pistachios	1/2 cup with shells					X
Kroger	Almonds Natural – Raw Unsalted	1/4 cup		X			
Mauna Loa	Dry Roasted Macadamias	1/4 cup	X		X		
Nature's	Sunflower Ranch Kernels	1/4 cup	X				
Nature's	Roasted Cashews	1/4 cup	X				
Planters	Cashew Halves & Pieces	50 Pieces	X	X	X	X	

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Planters	Dry Roasted Pistachios	1/2c Shelled		X			
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X	X	X	
Safeway	The Snack Artist, - Three Nuts-Keteers	3 Tbs. (28g)			X		
Wonderful	Almonds	1/4 cup	X				
Wonderful	Pistachios	1 bag (1.5)			X	X	
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup				X	X
Wonderful	Pistachios – Whole With Shell	1/2 cup				X	X

Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Annie's	Homegrown Bunny Grahams – Honey, Chocolate	About 28 cookies	X	X			
Kashi	Snack Crackers – No Cheddar	15 crackers		X			
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Cheddar, Salt and Vinegar	27-30 Chips (30 g)	X	X	X		
Kellogg's	Scooby-doo Graham Snacks	1 package (28g)		X			
Kroger	Wheat Crisps – Baked – Multigrain	17 crackers		X			
Nabisco	Honey Maid Minions	17 pieces (30g)	X				
Nabisco	Honey Maid Go Bites - Chocolate, Star Wars, and Vinilla	1.06 oz	X				
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate,	24 pieces	X	X	X		
Nabisco	Triscuit – All Flavors	Approx. 6 crackers	X	X	X		
Nabisco	Triscuit Thin Crisps – All Flavors	Approx. 15 crackers	X	X	X		
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain	About 14 pieces (1 oz)	X	X	X	X	X
Nabisco	Wheat Thins Toasted Chips – Multigrain	13 chips (28 g)	X	X	X		
Safeway	Honey Graham Crackers – Low Fat Honey Graham	2 whole crackers			X		
Safeway Kitchens	Graham Crackers – Cinnamon, Low Fat Honey	2 whole crackers			X		

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Kellogg's	Poptarts, WG Low Fat – Strawberry and Brown Sugar	1 pastry (50g)	X				
Thomas	Bagel Thins – 100% Whole Wheat	1 bagel (46g)	X				

Drinks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
All Brands	All Brands 100% Juice (product must state 100% juice) Brands; Apple & Eve, Capri Sun, Store Brand, Dole, Juicy Juice, Langer's, Martinellis, Minute Maid, Motts, Ocean Spray, Seneca, Treetop, Tropicana, Welch's, Hansens	8 oz or less	X				
Adam & Eve	Fruitables	8 fl oz. or	X	X			
Campbell's	V-8 –Low Sodium	8 fl oz. or	X	X	X		
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	8 fl oz. or less 11.5 fl oz Junior High Only	X	X		X	X
Campbell's	V-8 Fusion – Individual cartons -All flavors	1 carton	X		X		
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz)	X		X		
Horizon	Organic Milk – Lowfat 1% White	8 fl oz	X		X		
Izze	Izze Sparkling Juice- All Flavors **Junior High	8.4 oz		X			X
Naked Juice	Variety Pack Naked Juice **Junior High ONLY**	10 fl oz					X
O Organics	LowFat Milk – Plain 1% White	8 fl oz			X		
Silk	Pure Almond Milk – All Flavors	8 fl oz or	X	X	X	X	
Switch	Sparkling Juice – All Flavors	8 fl oz					X
All Brands	Milk – Lowfat 1% White, Fat Free Flavored	8 fl oz or less	X	X	X	X	

Water

Any	Pure water, no added artificial sweetener and/or caffeine	Any size	X	X	X	X	X
-----	---	----------	---	---	---	---	---

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X	
Chobani	Chobani Kids-All Flavors	1 Tube	X	X			
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl	X	X	X	X	X
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X	X	X		
Dannon	Light & Fit	6 oz (170g)	X	X	X		
Frigo	Light String Cheese	1 stick (28g)	X	X		X	
Frigo	Light Variety String Cheese	1 stick	X				
Great Value	Lowfat Yogurt –All Flavors	6 oz	X				
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X				
Kraft	Mozzarella Cheese String – 2% Milk	1 stick	X	X			
Kroger	CowPals Light – All Flavors	1 stick		X			
Kroger	CowPals Light Cheese Wedge	1 wedge		X			
Kroger	String Cheese – Light Mozz, Jalapeno, Mozz	1 stick		X			

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)		X			
Kroger	Lowfat Yogurt Tube – All Flavors	1 tube		X			
Kroger	Smoothies – All Flavors	7 oz		X			
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz			X		
Lucerne	Reduced Fat Yogurt	8 oz or less			X		
Lucerne	Part-Skim Mozzarella String Cheese	1 stick			X		
Lucerne	Light String Cheese	1stick			X		
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick			X		
Organic Valley	Part Skim Stringles	1 stick					X
Precious	String Cheese	1 stick (28g)	X	X	X		X
Sargento	String Cheese	1 stick	X	X	X		
Sargento	Light String Cheese	1 stick	X	X	X	X	
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp	1 stick	X	X	X	X	
Snack Pack	Fat Free Chocolate Pudding	1 cup (92 g)	X				
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)			X		
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)			X		
The Laughing Cow	Baby Bel Light	1 piece	X	X		X	X
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X	X	X	X	
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 oz or less	X	X	X	X	X
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X	X	X	
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)	X			X	X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X		X		
Yoplait	Light Yogurt – All Flavors	6 oz	X	X	X	X	X
Yoplait	Greek 100 – All Flavors	5.3oz (150g)	X	X	X		

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X	X	X	X	X
Nabisco	Belvita Soft Baked – All Flavors	1 bar (50 g)	X	X	X		
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan	1 bar (42g)		X			
Safeway	Eating Right Fruit & Cereal Bar – All Flavors	1 bar (35g)			X		
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	Fry's	Safe-way	Sam's	Cost- co
Cascadian Farm	Organic Chewy Granola Bar-Chocolate, Peanut Butter, Vanilla, Trail Mix	1 bar (35g)		X	X		
CLIF	Kid Zbar Protein - Peanut Butter Chocolate, Chocolate chip, Chocolate Mint	1 bar 936 g)	X	X			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)	X	X	X	X	X
Great Value	Crunch Oats & Honey	2 bars (42g)	X				
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)	X	X	X		X
Kind Bars	Chewy with a Crunch – Peanut butter & dark chocolate, Vanilla Blueberry, Oats & Honey	1 bar (35 g)	X	X	X		X
Kroger	Chewy Granola Bars –Peanut butter, Smores, Chocolate Chip	1 bar (35 g)		X		X	
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X	X	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter,	2 bars (42g)	X	X	X	X	X
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	X	X		
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X	X	X		
Quaker	Chewy Granola Bar – Peanut Butter Chocolate Chip, Chocolate Chunk, Smores	1 bar (24g)	X	X	X		X
Special K	Chewy Snack Bars – Salted Pretzel Chocolate, Berry Medley, Blueberry Bliss	1 bar (25 g)	X	X	X		

Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost- co
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)	X	X			
Dryers	Outshine fruit bars and coconut water	1 bar	X	X	X	X	
Fudgsicle	The Original Fudge Bars	1 bar	X	X	X		
Skinny Cow	Ice Cream Sandwiches Low Fat -All flavors	1 sandwich	X	X	X		X
Skinny Cow	Bars- Fudge	1 bar (4 oz)		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)	1 treat (varies in size)					
Creamsicle	100 Calorie Original Cream Bar	1 bar (2.5 oz)	X		X		
Great Value	Fudge Bar	1 bar (1.65 oz)	X				
Future	Fruit Bars	1 bar	X		X		
Open Nature	Fruit and Veggie Bars	1 bar (2.75 oz)			X		
Yasso Bars	Frozen Greek Yogurt Bar	1 bar	X	X			