

**Perris Elementary School District  
Nutrition Services**

**Smart Snacks List**

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or offered to students during the school day and extended school day (includes before/after school activities and parties/celebration during/after school). The new rule went into effect July 1, 2014 and merges the previous California Nutrition Standards. There are no exemptions to these standards. The following list is of foods and beverages that meet the standards for all grade levels. This list is not all inclusive. Alternative items may be available. Manufactures' ingredients change frequently. If you have additional questions, please contact the Nutrition Services office at (951) 657-7798

**Applesauce/Fruit cups/Fruit snacks**

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit w/ No Added Sugar	¼ cup
All Brands	Applesauce-No Sugar Added	1 container(4 oz.)
All Brands	Raisins	1 Box (1 oz)
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)
Chiquita	Fruit Chips 100% Fruit Freeze Dried-All Flavors	1 pouch (30g)
Del Monte	Fruit Cups No Sugar Added-All Flavors	1 cup (106g)
Dole	Fruit Cups in 100% Juice-All Flavors	1 Container(113g)
Snapz	Apple Crisps, Original, Cinnamon	1 pouch (0.46 oz)
Welch's	Fruit Snacks, Mixed Fruit, Berries N Cherries flavors	1 pouch (1.55 oz)

**Chips/Pretzels/Popcorn**

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
Act II	94% fat Free Butter Popcorn	1 bag
Angie's	Boom Chick-A-Pop All-Natural Popcorn	(0.6 oz.)
Corn Nuts	Original, Ranch, Chile Picante	1 Package (1/3 cup)
Frito Lay	Cheetos, Oven Baked Flamin' Hot Chips	1 bag (.0875 oz )
Frito Lay	Cheetos, Oven Baked	1 bag (.0875 oz )
Frito Lay	Doritos, Reduced fat: Cool Ranch or Nacho Cheese	1 bag (1 oz )
Frito Lay	Baked Potato Chips –BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 bag (0.875 oz – 1oz )
Frito Lay	Cheetos, Reduced Fat Puffs	1 bag (0.7 oz)

Pepperidge Farm	Whole Grain Goldfish- Baked Cheddar or Pretzel <b>ONLY</b>	1 pouch (0.75 oz)
Pirate's Booty	Pirate's Booty – Aged White Cheddar	0.75 – 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
PopChips	BBQ, Sea Salt, Sour Cream & Onion, Cheddar & Sour Cream	1 bag (0.8 oz)
Special K	Special K Cracker Chips: Cheddar, Sea Salt, Sour Cream & Onion, and Southwest Ranch	(0.87 oz.)
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)

### Cookies/Crackers/Granola Bars

Manufacturer	Name/Description	Serving Size
Annie's	Bunny Grahams – Honey, Chocolate and Choc Chip	1.25 oz Pkg
Betty Crocker	Oatmeal Bars: Butterscotch, Choc Chip & Double Chocolate	1.24 oz
General Mills	Cereal bars – Apple Cinnamon Cheerios, team Cheerios Strawberry, Fruit Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Trix	1 bar
General Mills	Cereal On-The-Go Pouches: Cinnamon Toast Crunch, Golden Grahams, Fruit Cheerios, Reduced Sugar Cocoa Puffs	1 Pouch (0.88 – 1 oz)
Kashi	Chocolate Chip Chia, Honey Oat Flax, Berry Lemonade with Chia, Chocolate Almond and Sea Salt with Chia, Dark Mocha Almond, Trail Mix, Honey Almond Flax, Peanut Peanut Butter, Cherry Dark Chocolate	1 bar
Kellogg's	Nutri-Grain Bar- Chewy: Apple Cinnamon, Strawberry, Blueberry, Mixed Berry, Cherry, Raspberry	1 bar (1.3 oz)
Kellogg's	Rice Krispy Square, Whole grain <b>ONLY</b>	1.41 oz
Nabisco	BelVita Soft Baked Cookie – Oats & Chocolate, Banana bread, Mixed Berry	1 Cookie
Nabisco	Teddy grahams Multipacks – Chocolate, Cinnamon, Honey	1 Pouch (28g)
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces
Nabisco	Triscuit- All Flavors	About 6 crackers
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers

Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)
Nature Valley	Crunchy Granola Bar: Oats 'n Honey, Peanut Butter, Apple Crisp, Cinnamon, Maple Brown Sugar, and Oats & Dark Chocolate	2 bars (1.6 oz.)
Nature Valley	Chewy Bars: Fruit & Nut Trail Mix and Chocolate Chunk	(1.2 oz.)
Nature Valley	Oatmeal Squares: Cinnamon Brown Sugar	1 Square
Nature Valley	Nature Valley Crisps: Chocolate Chip and Cinnamon	(1.2 oz)
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)

### Nuts/Seeds

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural- Grab & Go Bags	1 bag (1oz)
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)
David	Original Sunflower Seeds	1 bag (1.75oz)
David	Pumpkin Seeds	1/3 cup
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)
Kirkland	Dry Roasted Almonds	1/4 cup
Kirkland	Pistachios	1/2 cup with shells
Planters	Single Serve Salted Cashews	1 bag (1oz)
Planters	Single Serve Salted Peanuts	1 bag (1oz)
Planters	Dry Roasted Peanuts	39 pieces (28g)
Wonderful	Pistachios	1 bag (1.5oz)
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup

### Drinks

Manufacturer	Name/Description	Serving Size
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	< 8 fl oz.
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	< 8 fl oz.
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)
Florida's Natural	100% Fruit Juices- All Flavors	< 8 fl oz.

Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	< 8 fl oz.
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	< 8 fl oz.
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	< 8 fl oz.
Silk	Pure Almond Milk- All Flavors	< 8 fl oz.
Treetop	100% Juice Assorted	< 8 fl oz.
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8 fl oz.
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	< 8 fl oz.
All Brands	100% Juice (Product Must State 100% Juice)	< 8 fl oz
All Brands	Milk- Lowfat 1%, or Fat Free	< 8 fl oz
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	< 8 fl oz
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size

### Yogurt/Cheese/Smoothies

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)
Chobani	Non-Fat and Low- Fat Yogurt- All Flavors	6 oz (170g)
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)
Dannon	Light & Fit	6oz (170g)
Frigo	Light String Cheese	1 stick (28 g)
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)
Kraft	Mozzarella Cheese String- 2% milk	1 stick
Precious	String Cheese	1 stick (28g)
Sargento	String Cheese or Light String Cheese	1 stick
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container
Yoplait	Greek 100- All Flavors	5.3oz (150g)

### Ice Cream/Frozen Novelties

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)
Blue Bunny	Cool Daze Ice Cream Sandwich or Sundae Crunch Bar	3 oz
Blue Bell	Fruit Bars- All Flavors	1 bar
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar
Fudgsicle	Fat Free- No Sugar Added	1 bar (65g)
Fudgsicle	100 Calorie Bar	1 bar (65g)
Healthy Choice	Premium Fudge Bars	1 bar (64g)
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich
Skinny Cow	Cones- All Flavors	1 cone
Skinny Cow	Bars- All Flavors	1 bar

Individual schools are responsible for maintaining product documentation including:

- Ingredient and nutrition labels of each product sold or served.
- Approval of product from the Alliance for a Healthier Generation Smart Snacks Calculator @ <https://foodplanner.healthiergeneration.org/calculator/> for each item sold.

These items will be requested by the State auditors during the Nutrition Services audit