

## SMART SNACKS IN SCHOOLS

This is a list of some products which met the *USDA Smart Snacks in School* guidelines of the year 2016. Because of the ever-changing nature of products, it is possible to check foods and beverages to confirm compliance. An easy way to check for compliance is to utilize the **Alliance for Healthier Generation** website ([https://www.healthiergeneration.org/app/resources?resources\\_tags=smart-snacks](https://www.healthiergeneration.org/app/resources?resources_tags=smart-snacks)). Click on “Smart Snacks Product Calculator,” and follow the directions.

### Baked Goods

**NOTE – Whole Grain must be the first ingredient**

- Best Maid Smart Grains Cookies 51% WG Choc Chip, Sugar, Snickerdoodle, Choc Chip M&M, Strawberry Shortcake (1oz)
- Best Maid Smart Grains Cookies WG, Oatmeal Chocolate Chip, Oatmeal Apple Cinnamon (1.5oz)
- Kraft Bagel-ful: Strawberry, Cinnamon Apple (2.5oz)
- Lender’s White Whole Grain Bagel, Plain (2oz)
- Otis Spunkmeyer Delicious Essentials Cookies: Chocolate Chip, Oatmeal Raisin, Sugar, Carnival (1oz), Chocolate Brownie (1.5oz)
- Otis Spunkmeyer Delicious Essentials WG Muffins: Blueberry, Apple Cinnamon, Banana, Chocolate Chocolate Chip (2oz)
- Pillsbury Mini Muffins: Blueberry, Chocolate Chip (1.6oz)
- Quaker Soft Baked Bread: Banana Nut, Cinnamon Nut
- Redit-Bake BeneFIT frozen WG cookie dough: Chocolate Chip (1oz), Oatmeal Raisin (1oz, 1.33oz & 1.85oz)
- Redit-Bake BeneFIT WG Deluxe Cinnamon Roll (1.7oz)
- SuperBakery WG Cupcakes: Chocolate, Vanilla (1.5oz)
- SuperBakery WG Mini Loaf: Very Berry, Blueberry, Apple Cinnamon, Chocolate Chip, Dreamy Orange (2oz)
- Superpretzel WG Soft Pretzel (2.2oz) Mini (1oz) Nuggets (0.5oz) FunShapes (2.2oz) WG Superstix: Cinnamon Bun, Strawberry Cream (2.1oz)

### Frozen Treats, Ice Cream, & Yogurt

**Note- Milk or Fruit must be the first ingredient**

- Annie Nonfat Frozen Yogurt soft serve mix (4-6oz)
- Blue Bunny CoolDaze Ice Cream Sandwich (3oz)
- Blue Bunny CoolDaze FrozFruit Chunky Pineapple and Chunky Strawberry (4oz)
- Blue Bunny CoolDaze Fudge Bar (3oz)
- Blue Bunny CoolDaze Sundae Crunch Bar, Chocolate and Strawberry (3oz)
- Blue Ribbon Classics Fudge bar (3oz)
- Colombo Low Fat/Nonfat Frozen Yogurt Mix
- Hershey Creamery Dessert Cups (3oz) and Foam Cups (4oz)
- Hershey Creamery Tropi-Kool Fruit Bar Mango, Banana Cream, Strawberry (2.5oz)
- Hershey Creamery Reduced Fat Mighty Mini, Minty Mint, Cookies & Cream and Vanilla, Chocolate or Strawberry Scooter, Fudge-O Bar, Orange Blossom and Polar Blast (2.5oz)
- Luigi’s Frozen 100% juice sorbet cups: all flavors (4.4oz)
- Minute Maid 100% Juice bars: blue raspberry, cherry, grape, and orange (2.25oz)
- North Star Fudge Bar (2.5floc)
- Whole Fruit 100% frozen fruit juice cups (2-4.4oz)
- YoCream Nonfat Frozen Yogurt Mix (3oz)

Inclusion of this list does not imply endorsement or recommendation by the Nebraska Department 800-731-2233.

## Fruit Snacks

### NOTE - Fruit must be the first ingredient

- Betty Crocker Scooby Doo Fruit Shapes (0.9oz)
- Mott's Fruit Snack, Assorted Fruit and Mixed Berry (1.6oz)
- Ocean Spray Craisins, Orange, Blueberry, Strawberry and Cherry (1.16oz = ½ cup fruit)
- Welch's Fruit Snacks, Mixed Fruit and Berries 'N Cherries, Island Fruits, Strawberry Flavors (1.55oz)
- No sugar coated/dipped raisins

## Chips, Crackers, Popcorn, Other . . .

### NOTE – Whole grain or Vegetable must be the first ingredient

- Cheetos Oven Baked, Crunchy and Flamin' Hot (0.875oz)
- Cheetos Fantastix, Flamin' Hot and Chili Cheese (1oz)
- Cheetos Puffs, Jumbo and Flamin' Hot (0.7oz)
- Cheetos Reduced Fat, Puffs Flamin' Hot (0.7oz)
- Chex Mix, Hot 'n Spicy (0.92oz)
- Simply Chex, Cheddar (0.92oz) and Strawberry Yogurt (1.03oz)
- Cheez-It Original and Atomic Cheddar (0.75oz)
- Cheez-It Whole Grain (1oz)
- Corn Nuts, Original, BBQ, and Ranch (1oz)
- Darlington Spikerz Cracker Bites, Nacho Cheese, Ranch, Salsa, and Chili Cheese (0.9oz)
- Doritos Reduced Fat, Cool Ranch, Flamas, Nacho, Spicy Sweet Chili (1oz)
- Eagle Popped Chips, BBQ, Sea Salt, Sour Cream & Onion (0.71-0.78oz)
- Keebler Bug Bites Grahams (1oz)
- Keebler Elf Grahams, Cinnamon (1oz)
- Keebler Gripz Mini Grahams, Cinnamon and Choc Chip (0.95oz)
- Keebler Scooby Doo Graham Cracker Bones (1oz)
- Lays Baked, Original, BBQ, Sour Cream & Onion (0.875oz)
- Nabisco Teddy Grahams, Honey (0.75oz)
- Pepperidge Farm Goldfish, Whole Grain Cheddar and Whole Grain Original (0.75oz)

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- Pepperidge Farm Goldfish Physedibles: Vanilla and Lemon (0.9oz)
- Popcorn Indiana, Kettle Corn (1oz)
- Quaker Rice Cakes, Caramel (0.91oz)
- Redit-Bake BeneFIT WG Graham Crackers, Jungle Crackers, Dots, ABC and Sports (1oz)
- Rold Gold Pretzels, Heartzels (0.7oz)
- Salveo Baked Potato Crisps, Sea Salt, Sweet BBQ, Sour Cream & Onion (0.875-1.125oz)
- Salveo Sea Salt, Peppercorn Ranch, Sweet Thai Chili Tater Pops (0.8oz)
- Salveo Cheese Balls (0.8oz)
- Salveo Cheddar & Bacon, Hot Fries, Maple Crunch Stix (1oz)
- Salveo Puffed Multigrain, Caramel Crunch, Apple Cinnamon (0.5oz)
- Special K Cracker Chips, Cheddar, Sea Salt, Sour Cream & Onion, Southwest Ranch (0.87oz)
- Seapoint Farms Edamame, Dry Roasted and Wasabi (0.79oz)
- Smartfood Delight Popcorn, Sea Salt, White Cheddar, Sea Salt Caramel (0.5oz)
- Sun Chips Snack Mix Harvest Cheddar and Garden Salsa (0.875oz)
- Tostitos Reduced Fat Crispy Rounds (0.87oz) Baked Scoops (0.87oz)
- Vic's Kettle Popcorn Lite White Popcorn White Cheddar Popcorn (0.625oz) and Kettle Style Popcorn (1oz)

## Jerky and Meat Snacks

- Highland Beef Stix, Honey Peppered and Mesquite BBQ (0.5oz)
- Jack Links Jerky (Reduced Sodium), Plain, Peppered or Teriyaki (0.85oz)

## Nuts (No added candies, yogurt chips or yogurt dipped nuts)

- Sunflower Kernels, Unsalted, Lightly Salted or Honey Roasted (1oz)
- Peanuts, Cashews, Almonds, or Pistachios (1oz)
- Mixes consisting of only nuts and dried fruits

## Granola Bars and Cereal Bars

- Betty Crocker Oatmeal Bars, Butterscotch, Chocolate Chip, Double Chocolate (1.24oz)
- General Mills Cereal Bars, Apple Cinnamon Cheerios, Team Cheerios Strawberry, Fruity Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Golden Grahams, Trix
- General Mills Cereal Bowls: Berry Kix (0.688oz), Cheerios (1oz) Frosted Corn Flakes (1oz), Golden Grahams (1oz) Honey Nut Cheerios (1oz), Kix 0.625oz, Reduced Sugar Cinnamon Toast Crunch (1oz), Reduced Sugar Cocoa Puffs (1.06oz)
- General Mills Cereal On-The-Go Pouches, Cinnamon Toast Crunch, Golden Grahams, Fruity Cheerios (1oz), Reduced Sugar Cocoa Puffs (0.88oz)
- Kashi Chewy Granola Bars, Cherry Dark Chocolate, Trail Mix, Dark Mocha Almond, Honey Almond Flax (1.2oz)
- Kashi Layered Granola Bars, Peanut and Dark Chocolate (1.1oz)
- Kashi Crunch Bars, Honey Toasted 7-Grain, Roasted Almond Crunch, Pumpkin Spice Flax (0.84-1oz)
- Kashi Salty Snack Crisps, Caramelized Onion, Sun Dried Tomato Basil, and Tomato/Feta (1oz)
- Kellogg's Cereal Bar WG Cocoa Krispie (1.34oz)
- Kellogg's Nutri-Grain Bar – Chewy, Apple Cinnamon, Strawberry, Blueberry, Mixed Berry, Cherry, Raspberry, Strawberry Yogurt (1.3oz)

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- Kellogg's WG Rice Krispy Treats, Original (0.42-1.4oz) and Chocolatey Chip (1.59oz)
- Kellogg's WG Pop-Tarts Frosted Strawberry, Brown Sugar Cinnamon, Fudge
- Nature Valley Crunch Granola Bar, Oats 'n Honey, Peanut Butter, Apple Crisp, Cinnamon, Maple Brown Sugar, and Oats & Dark Chocolate (2 bars) (1.6oz)
- Nature Valley Chewy Bars, Fruit & Nut Trail Mix and Chocolate Chunk (1.2oz)
- Nature Valley Crisps, Chocolate Chip and Cinnamon
- Nature Valley Oatmeal Bites, Chocolate Chip and Smores (1.24oz)
- Nature Valley Oatmeal Squares, Cinnamon Brown Sugar
- Nature Valley Trail Mix Granola Bars, Fruit & Nut and Dark Chocolate Nut
- Quaker Oat and Yogurt Sandwich Biscuits, Strawberry and Vanilla
- Quaker Chewy Regular, Peanut Butter Chocolate Chip (1oz), and Low-Fat S'mores (0.84oz)
- Quaker Chewy 90 Calorie, Chocolate Chunk, Oatmeal Raisin, Peanut Butter, and S'mores (0.84oz)
- Quaker Chewy 25% Reduced Sugar: Chocolate Chip, Cookies & Cream, and Peanut Butter Chocolate Chip (0.84oz)
- Quaker Chewy School Days Amazing Apple
- Quaker Fruit and Oatmeal Breakfast Cookie, Oatmeal Raisin (0.84oz)
- Read-Bake BENEFIT Mini Bars, Oatmeal Spice and Maple Brown Sugar (1.25oz)

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