

**When served in approved portion sizes, snacks meet the USDA Smart Snack Guidelines**

**Fresh Fruits and Vegetables, Canned Fruit, Fruit Cups, Pouches, Dried Fruits:**

\*½ Cup serving                      \*No added sugar                      \*Packed in water or natural juices

apples              pears              plums              peaches              apricot              grapes  
pineapple              blueberries              oranges              tangerines              cherries              watermelon  
applesauce              broccoli              celery              cucumber  
Sunmaid or Dole raisins- plain

**100% Fruit Juices 8 oz. Elementary 12 oz. Middle School 12 oz. High School**

\*with or without carbonation \*100% or combination of below only

apple              orange              tangerine              grape              pineapple              apricot

**NO: MANGO, STRAWBERRY, BANANA, CANTALOUPE, COCONUT, RAW CARROT, AVOCADO, GRAPEFRUIT, PEA, BEAN SESAME, LEGUMES, GRANOLA, TRAIL MIX, MILK, EGG**

**Chips, Pretzels, Crackers, Popcorn, Cookies**

\*200 calories or less   \*200 mg sodium or less   \*total fat 35% of calories or less   \* 50% whole grain

\* first ingredient is fruit or vegetable   \* first agreement is whole grain   \* 0 Trans fat

- 1 oz.    Herr's Baked Chips, plain, barbeque, ripple,
- 1 oz.    Lays, classic, barbeque
- 1 oz.    Sunshine Cheez It, whole grain
- .75 oz.    Sunshine Cheez It, original, atomic cheddar
- .8 oz.    Wheat Thins, popped chips, sea salt,
- 1 oz.    Doritos, nacho
- .87 oz.    Tostitos Scoops
- 1 oz.    Kellogg's Special K crackers, sea salt, BBQ
- .7 oz.    Rold Gold pretzels
- .7 oz.    Herr's pretzels
- 1 oz.    Pringles
- 1 oz.    Keebler Grahams, cinnamon, original, elf, Scooby Doo sticks,
- 1 oz.    Nabisco Honey Maid grahams
- 1 oz.    Nabisco Teddy grahams (150 cal. pouches) honey, chocolate, cinnamon,
- 1.3 oz.    Kellogg's Nutri Grain Cereal Bar, apple cinnamon, blueberry, raspberry,
- 1.25oz    Betty Crocker oatmeal bar, butterscotch
- 1 oz.    Quaker Popped Rice Snacks, apple, chocolate
- 1 oz.    Fritos Corn Chips
- 1 oz.    Popcorn, white

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**Frozen Treats**



\*200 calories or less \* first ingredient is fruit \* 0 Trans fat

4 oz. Blue Bunny frozen fruit bar, chunky pineapple

2.25 oz. Hershey Polar Blast fruit punch

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**USDA SMART SNACK GUIDELINES**

To qualify as a Smart Snack, a food or entree must meet the general nutrition standards:

Grain Products that have 50 % or more whole grain by weight (have whole grain listed as first ingredient); or

Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or

Be a combination of food that contains at least ¼ cup of fruit and/or vegetable; and

Meet the nutrient standards for calories, sodium, sugar and fats:

|               |                                 |
|---------------|---------------------------------|
| Calories      | 200 calories or less            |
| Sodium        | 200 mg or less                  |
| Total Fat     | 35% or less than total calories |
| Saturated Fat | Less than 10% of calories       |
| Trans Fat     | 0 g                             |
| Sugar         | 35% by weight or less           |

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**ADDITIONAL FOODS MAY BE RESTRICTED FOR SPECIFIC CLASSROOMS DESIGNATED AS ALLERGEN FREE.**