



Bellflower Unified School District Smart Snacks List

All foods and beverages sold at school during the school day will need to meet nutrition standards. The Smart Snacks in School regulation started in 2014-15 and applies to foods sold a la carte, in the school store, fundraisers, and vending machines. The following is a list of foods and beverages that meet the USDA Smart Snacks standards for K-12. This list is NOT all inclusive. Alternative items may be available at different stores or vendors. Be aware that manufacturers' ingredients and distribution change frequently.

Is your snack a Smart Snack? Find out with the California Project Lean Snacks Product Calculator! This calculator has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used on food and beverages.
<http://www.californiaprojectlean.org/doc.asp?adp=192&id=293>

Cereal/Breakfast Bars					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Fiber One	Streusel Bar - Strawberry or Blueberry	1 bar (40g)			x
Kashi	Soft Baked Cereal Bars - Ripe Strawberry	1 bar (35g)		x	x
Kellogg's	Nutri-Grain Cereal Bars - All Flavors	1 bar (37g)	x	x	x
Kellogg's	Special K Cereal Bar - Red Berries, Chocolate Pretzel	1 bar (22g)		x	x
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	x		
Nature Valley	Crunch Granola Bar - Flavors: Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	x		
Quaker	Soft Baked Bars - Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	x	x	x
Quaker	Variety Pack Bars - Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)		x	

Yogurt/Cheese/Pudding					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Activia	Reduced Fat or Low Fat - All Flavors	1 container (113g)			x
Chobani	Non-fat Yogurt - All Flavors	1 container (150g)	x		
Chobani	Low Fat Yogurt - All Flavors	1 container (170g)	x	x	x
Dannon	Danimals - Nonfat Yogurt	1 container (113g)		x	x
Dannon	Danimals - Yogurt Smoothies	1 bottle	x	x	x
Dannon	Oikos - Fruit on the Bottom (NON-fat)	1 container (150g)			
Hunt's SnackPack	Fat Free or Low Fat Pudding - All Flavors	1 container (3.5oz)		x	x
Kraft	Live Active 2% Milk - Marbled Colby & Monterey Jack	1 stick		x	
Kraft	Mozzarella String Cheese - 2% Milk	1 stick		x	
Precious	String Cheese	1 stick (28g)		x	
Precious	Stringsters Reduced Fat String Cheese	1 stick (28g)			x
Sargento	LIGHT String Cheese	1 stick			x
Sargento	Reduced Fat - Colby Jack, Cheddar, Sharp	1 stick		x	x
Sargento	String Cheese	1 stick		x	x
Stater Bros.	LIGHT String Cheese	1 stick			x
The Laughing Cow	Cheese Wedges Light - All Flavors	1 wedge	x		x
Yoplait	Go-Gurt - All Flavors	1 tube (64g)	x	x	x
Yoplait	Original Yogurt - All Flavors	1 container (170g)			x
Yoplait	Reduced Fat Yogurt - All Flavors	8 fl. oz or less (<227g)	x	x	x
Yoplait	Yoplait Kids Yogurt - All Flavors	1 container		x	x

Granola Bars					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (35g)	x		
CLIF	LUNA fiber- All Flavors	1 bar (40g)			x
Great Value	Crunchy Oats & Honey	2 bars (42g)		x	
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter, Chocolate Chips	1 bar (35g)	x	x	
Nature Valley	Chewy Trail Mix Bar	1 bars (35g)	x	x	x
Nature Valley	Crunch Granola Bar- Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	x	x	x
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)		x	x
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	x	x	x

Chips/Pretzels/Popcorn/Corn Nuts					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Act II	94% Fat Free Butter Popcorn - bags	6.5 cups popped		x	x
Corn Nuts	Flavors: Original, Ranch, Chile Picante	1 package (1/3 cup)		x	x
Corn Nuts	Variety Pack	1 package (1/3 cup)	x		
General Mills	Chex Mix Snack Mix - indiv. snack bags flavors: Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		x	
Jolly Time	Healthy Pop Butter 94% Fat Free - 100 Calorie Pack	1 package		x	
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		x	
Kashi	Sundried Tomato Basil & Feta Hummus Crisps	1 package (23g)		x	
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips		x	

Lays	Baked Ruffles Potato Chips	9 crisps (1oz)		x	x
Lays	Baked Potato Chips - flavors: BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz			x
Popcorners	Flavors: Sweet Cinnamon, Memphis BBQ	1 package (28g)			x
Tostitos	Oven Baked Tortilla Scoops	16 chips (28g)		x	

Nuts/Seeds/Jerky					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Blue Diamond	Almonds Whole Natural - Grab & Go Bags	1 bag (1oz)		x	x
Blue Diamond	Almonds Whole Natural	24 nuts (1oz)			x
David	Original Sunflower Seeds	1 bag (1.75oz)	x	x	x
David	Pumpkin Seeds	1/3 cup		x	
Emerald	Natural Almonds - 100 calorie pack	1 bag (18g)		x	x
Hoody's	Dry Roasted Peanuts	40 pieces	x		
Kirkland	Dry Roasted Almonds	1/4 cup	x		
Kirkland	Pistachios	1/2 cup with shells	x		
Orchard Fresh	Walnuts Halves & Pieces	1 oz		x	
Orchard Fresh	Pecan Halves	1 oz		x	
Orchard Fresh	Whole Natural Almonds	1 oz			
Planters	Single Serve Salted Cashews	1 bag (1oz)	x		x
Planters	Single Serve Salted Peanuts	1 bag (1oz)	x		x
Planters	Cashew Halves and Pieces	50 pieces	x	x	x
Planters	Dry Roasted Peanuts	39 pieces (28g)	x	x	x
Wonderful	Pistachios	1 bag (1.5oz)	x	x	x
Wonderful	Pistachios - Roasted, Salted, Shelled	1/4 cup	x		x
Wonderful	Pistachios - With Shell	1/2 cup	x		x

Pastries/Bagels					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Kellogg's	Pop Tarts Low Fat- Brown Sugar or Strawberry	1 pastry	x	x	x
Kellogg's	Pop Tarts Oatmeal Delights- All Flavors	1 pastry		x	x
Kellogg's	Pop Tarts Whole Grain- All Flavors	1 pastry			x
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain	1 bagel		x	x
Thomas	Bagel Thins- 100% Whole Wheat- All Flavors	1 bagel		x	

Ice Cream/Frozen Novelties					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Blue Bell	Fruit Bars- All Flavors	1 bar	x		
Dryer's	No Sugar Added Fruit Bars- All Flavors	1 bar (51g)		x	x
Fudgsicle	100 Calorie Bar	1 bar (65g)		x	x
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich	x	x	x
Skinny Cow	Cones- All Flavors	1 cone			x
Skinny Cow	Bars- All Flavors	1 bar			x
Weight Watchers	Fudge Bars- Giant Latte	1 bar		x	x
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	x	x	x

Cakes/Cookies/Crackers					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)		x	x
BelVita	Soft Baked Banana Bread	1 bar (1.76oz)		x	x
BelVita	Soft Baked Mixed Berry Bites	1 bag (1.76oz)	x	x	x
BelVita	Soft Baked Oats & Chocolate	1 bag (1.76oz)		x	x
Homekist	Honey Graham Crackers	2 full cracker sheets		x	
Kellogg's	Nutri-Grain Cereal Bar- All Flavors	1 bar	x	x	x
Kellogg's	Special K Cracker Chips- Individual Bags	1 package		x	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)		x	x
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)		x	x
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)		x	x
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)		x	x
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)			
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)		x	
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Honey, Cinnamon, Chocolate Chips	1 pouch		x	x
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces		x	x
Nabisco	Triscuit- All Flavors	About 6 crackers		x	x
Nabisco	Triscuit Thin Crisps- All Flavors	About 5 crackers		x	x
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces		x	x
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetables, Great Plains Multigrain	13 chips (28g)		x	x

Nabisco	Wheat Thins POPPED - All Flavors	11 pieces		x	x
Cheez-It	100 Calorie 9-12g Whole Grain Cheez-It	1 pack		x	x
Pepperidge Farm	Whole Grain Goldfish	27 pieces		x	x

Applesauce/Fruit Cups/Fruit Snacks					
Brand	Food Description	Serving Size	Costco	Walmart	Stater Bros.
Welch's	Fruit Snacks- Mixed Fruit	1 pouch (0.9oz)	x	x	x
All brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	x	x	x
All Brands	Dried Fruit with No Added Sugar	1/4 cup	x	x	x
All Brands	Fresh Fruit and vegetables - Individual Bags or Platters	1/2 cup	x	x	x
Brother's	All Natural Fruit Crisps	1 bag	x	x	
Buddy Fruits	100% Fruit Snack Squeeze Pouch - All flavors	1 pouch (90g)		x	x
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (30g)		x	x
Dole	Fruit Cups in 100% Juice	1 container (4oz)		x	x
Great Value	Unsweetened Applesauce	1/2 cup		x	
Great Value	Dried Apricots	7 piece		x	
Kirkland	Sunsweet Dried apricots	About 6	x		
Kirkland	Sunsweet Dried Plums	About 6	x		
Kirkland	Real Sliced Fruit - Freeze Dried - Individual Bags	1 bag	x		
Materne	Go Go SqueeZ- All Flavors	1 pouch		x	x
Motts	Healthy Harvest No Added Sugar - All flavors	1 cup (113g)		x	x
Motts	Applesauce Snack & Go - Only Strawberry Applesauce Pouch, Natural Applesauce Pouch, Mixed Berry Applesauce pouch, and Granny Smith Applesauce Pouch.	1 pouch (90g)		x	x
Motts	Natural Apple Sauce (must be <i>Natural</i> not <i>Original</i> variety)	1 cup (111g)		x	x
Stater Bros	Unsweetened Applesauce	1 cup			x
Sunmaid	Raisins	1 box (42.5g)	x	x	x
Tree Top	No Sugar Added Natural Apple Sauce - Individual Cups	1 unit (113g)	x	x	x

Drinks						
Brand	Food Description	Serving Size (ELEMENTARY)	Costco	Walmart	Stater Bros.	Serving Size (MIDDLE/HIGH SCHOOL)
Campbell's	V-8 Fusion - Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	<8 fl oz.	x	x		<12 fl oz.
Campbell's	V-8 Fusion Refreshers	<8 fl oz.	x	x		<12 fl oz.
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	x		x	1 pouch
Campbell's	V-8 Spicy Hot, Low Sodium or Regular	<8 fl oz.	x	x		<12 fl oz.
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	x	x	x	1 pouch (6.75 oz)
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	x		x	1 pouch (6.75 oz)
Florida's Natural	100% Fruit Juices- All Flavors	<8 fl oz.		x	x	<12 fl oz.
Great Value	100% Juice (Apple, Cranberry, Grape)	<8 fl oz.		x		<12 fl oz.
Great Value	Vegetable Juice from Concentrate (100% Juice)	<8 fl oz.		x		<12 fl oz.
Horizon	Organic Milk- Lowfat- All Flavors	<8 fl oz.		x	x	<12 fl oz.
JuicyJuice	Fruitfuls- All Flavors	6.75 fl oz.			x	6.75 fl oz.
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	<8 fl oz.	x			<12 fl oz.
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	x			6.75 fl oz.
Langer's	100% Juices- All Flavors	<8 fl oz.		x	x	<12 fl oz.
Minute Maid	100% Juice 10 oz Bottles- All Flavors	1 bottle (10 oz)		x	x	<12 fl oz.
Motts	100% Juice- All Flavors	<8 fl oz.		x	x	<12 fl oz.
Motts	Motts for Tots 100% Juice-All Flavors	<8 fl oz.		x	x	<12 fl oz.
Motts	Garden Blend- 100% Vegetable Juice	<8 fl oz.		x	x	<12 fl oz.
Motts	Medleys 100% Juice	<8 fl oz.		x	x	<12 fl oz.
Naked	Naked Juice- All Flavors	10 fl oz	x	x	x	10 fl oz
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	<8 fl oz.		x	x	<12 fl oz.
Silk	Pure Almond Milk- All Flavors	<8 fl oz.	x	x	x	<12 fl oz.
Simply Orange	100% Juice- All Flavors	<8 fl oz.			x	<12 fl oz.
Sunsweet	100% Prune Juice	<8 fl oz.		x		<12 fl oz.
Treetop	100% Juice Assorted	<8 fl oz.		x	x	<12 fl oz.
Tropicana	Tropicana 100% Juice- Apple, Fruit Punch, Orange	<8 fl oz.		x	x	<12 fl oz.
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	<8 fl oz.		x	x	<12 fl oz.
Water	Pure Water, No Added Artificial Sweetener	Any Size	x	x	x	Any Size