

**SNACKS APPROVED FOR
GRADE LEVELS K-6**

Snack Items that Meet SB12

Not more than 175 calories per item.
Not more than 35% total calories from fat. Not more than 10% total calories from saturated fat. Not more than 35% total weight from sugar.

Name Products	Brand Name/ Manufacturer	Serving Size (grams)	Calories	Total Fat (grams)	Saturated Fat (grams)	Sugars (grams)
Bagel, onion or plain 2.3oz	Tony Roberts	65.2	173		0.29	3
Bar, Frozen Juice	Minute Maid	64.4	60	0	0	20
Bars, chewy granola lowfat chocolate chip	General Mills	43	155	3	0.94	10
Bars, Chex Milk n cereal Bar	General Mills	40	160	4	1.5	13
Bars, Chex Milk n cereal Bar	General Mills	40	160	4	1.5	13
Bars, fruit organic crispy rice envirokidz	Nature Path	28	110	3	0	7
Bars, Frunola Bar Cranberry	Kettle Valley	50	150	0.5	0	29
Bars, Frunola Bar plum	Kettle Valley	50	150	0.5	0	29
Bars, Journey apple cinnamon	Kellogg's	37	140	3	.5	11
Bars, Journey peanut butter w/ fudge chunks	Kellogg's	37	150	4	1	12
Bars, Kudos milk chocolate granola bar mini m & m	Mars	28	90	2.5	1	9
bars, luna bar peanut butter & jelly	Clif	48	170	2.5	1	13
bars, luna bar sesame raisin crunch	Clif	48	170	3	0.5	13
bars, luna bar toasted nuts n cranberry	Clif	48	170	3	0	12
Bars, moist and chewy dutch apple granola bar	Health Valley	29	100	1	0	10
	General Mills	35	140	4	0.5	12
Bars, nature valley chew trail mix sweet and salty almond	General Mills	35	160	7	2	12
bars, nugo bars chocolate	Nugo	28	100	1.5	1.0	7
Bars, nutrigrain chewy twists apple cobbler	Kellogg's	37	140	3	0.5	12
Bars, nutrigrain chewy twists strawberry cheesecake	Kellogg's	37	140	3	0.5	13
bars, sourpuss juice		64.4	60	0	0	17
bars, sourpuss juice	J J Snack	64.4	60	0	0	17
Bars, special k blueberry	Kellogg's	23	90	1.5	1	8
Bars, special k strawberry	Kellogg's	23	90	1.5	1	8

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bars,z bar caramel apple	Clif	36	120	2	0.5	12
bars,z bar chocolate brownie	Clif	36	120	2	0.5	12
Breadstick, soft parbake	Shannon	51	131	1	0	2
Breadsticks, Cheesy	Shannon	51	135	3	1.55	0.5
breakfast bar mini honey wheat WHB12572	Simply Blue	35.44	132.5	1.85	.34	7.3
brownie Low fat	Buena Vista	56	159	1.14	0.0192	18.4
Carnival crunch snack mix	Azar Nuts	21.35	80	1.5	0	3
cereal bar, team cheerios	General Mills	40	150	3.5	0	11
cereal bar, trix	General Mills	40	160	4.0	0	11
cereal breakfast squares, oatmeal raisin	Quaker	39.69	140	2.5	0.5	14
cereal Gorilla Munch Organic	Nature Path	30	115	1	0	9
Cereal, Gorilla Munch Low Salt	Nature Path	28	110	0	0.29	7
Cereal, mighty bites, whole grain kashi	Kellogg's	23	90	1	0	4
Cereal, Tiger Power Whole Grain Wheat Cereal	Kellogg's	23	80	0	0	6
Cheese balls, cheese curls, Hot & Crunchy	Classic Foods	21.27	100	3.5	0.5	1
Cheese cheddar cheese cubes	Kraft	43	170	15	10	0
Cheese handi snack mozzarella string cheese	Kraft	28	80	6	4	0
cheese it crackers	Sunshine	22	100	3	1	0
Cheese string cheese RF low moisture mozzarella	sargento	21	50	2.5	1.5	0
Cheese string cheese swirls	sargento	24	70	4.5	3	0
cheetos baked crunchy flamin hot	Frito Lay	28	130	5	1	3
chips baked lays kc masterpiece	Frito Lay	24.5	140	3	0	3
chips baked lays original	Frito Lay	31.4	123	1.7	0	3
chips baked lays sour cream and onion	Frito Lay	31.4	134	3.4	0	3
chips baked lays sour cream and onion	Frito Lay	28.125	140	3	0.5	3
chips cheese balls		21	100	3.5	0.5	1
Chips crisp ums cinnamon sugar	Quaker	37	170	6	1	7
chips Genisoy soy crisps apple cinnamon	Genisoy	28	120	2	0	4
Chips, Baked Nacho cheesier & cooler Doritos	Frito Lay	21.26	90	2.5	0	3

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Chips, Baked Pita, Honey Wheat	Bachman	28	120	2.5	0	3
Chips, Baked Pita, jalapeno cheddar	Bachman	28	120	2.5	0	1
Chips, Baked Pita, sea salt	Bachman	28	120	2.5	0	0
Chips, Baked Pita, sun dried tomato	Bachman	28	120	2.5	0	1
Chips, Baked Pita, white cheddar	Bachman	28	120	3.5	0	1
Chips, Baked Ranch Doritos	Frito Lay	28	170	5	1	2
Chips, Baked Ruffles Cheddar and Sour Cream	Frito Lay	24.81	140	2.5	0	3
Chips, Kettle Krisps Light lowfat French Onion	Kettle Foods	28	110	1.5	0	1
Chips, Kettle Krisps Light lowfat Hickory BBQ	Kettle Foods	28	110	1.5	0	1
Chips, Kettle Krisps Light salted lowfat	Kettle Foods	28	110	1.5	0	0
Chips, light lays, original	Frito Lay	28.35	75	0	0	3
Chips, reduced fat nacho cheesier	Frito Lay	28	130	5	1.4	2
Chips, sweet bbq thin crisps	Stacy's Pita Chips	28	110	2	0	4.5
Chips, white cheddar cheese thin crisps	Stacy's Pita Chips	28	106	2.5	0	4.5
Chips, yukon gold potato onion, garlic and yogurt	Terra Chips	28	130	5	0.75	4
Cookies ahoy thin crisps 100 calorie pack	nabisco	26	100	3	1	7
cookies all sport bites graham 28.4gm	MJM	28.4	113.25	3.24	.49	6.54
cookies apple cinnamon bear graham 25.5gm	MJM	25.5	105.5	2.97	.67	5.78
cookies chocolate bear graham 25.5gm	MJM	25.5	105.5	2.76	0.62	6
cookies chocolate chip dough rf	Buena Vista	28	118	4.5	1.12	9.25
cookies chocolate teddy grahams	nabisco	28	120	4	0.5	8
cookies cinnamon teddy grahams	nabisco	35	160	5	1	9
cookies dough oatmeal raisin rf 1.6oz Camden Creek	J J Snack	45	170	6	1.5	15
cookies honey teddy grahams	nabisco	35	150	4.5	1	9
cookies lemon	Royal Foods	28.4	112	3.7	.92	8.26
cookies lemon dinosaurs 25.5gm	MJM	25.5	104.6	3	0.47	5.4
cookies Mrs. good cookie icee cookie	J J Snack	28	130	4	1	7
cookies oatmeal	Royal Foods	42.5	170	5.69	1.39	12.55

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cookies oatmeal	Royal Foods	28.4	113	3.8	.93	8.37
cookies oatmeal raisin 25.2 gm	Camden Creek	25.2	100	3.5	1	8
Cookies oreo thins thin crisps 100 calorie pack	nabisco	26	100	3	1	9
cookies rf chocolate chip	Otis Spunkmeyer	38	140	4.5	1.5	13
cookies rf sweet discovery carnival	Otis Spunkmeyer	38	140	4.5	1.5	13
cookies rf sweet discovery oatmeal raisin	Otis Spunkmeyer	38	140	4	1.5	11
cookies rf sweet discovery sugar	Otis Spunkmeyer	38	140	4	1.5	11
cookies rf value zone carnival 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies rf value zone chocolate chip 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies rf value zone sugar 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies Star spangled Mrs. Good Cookie	J J Snack	28	130	4	1	7
cookies waffle, blueberry or strawberry 25.5gm	MJM	25.5	106.4	3	0.47	6
Corn Chompers, Roasted Toasted	California Nugget	22.4	84	2	0.3	7
Corn Nuts, Cool Ranch	Dakota Gourmet	28.35	104	2.5	0.4	0.7
Corn Nuts, Cool Ranch	California Nugget	22.4	84	2.5	0.4	7
Corn Nuts, Salsa Snacks	Kraft	28	130	4.5	0.5	1
Cracker Austin Cheese Cracker w/ PB Red Fat	Kellogg's/ Keebler	37	170	7.5	1.5	4
Cracker Austin Toasty w PB Sandwich Crackers RF	Kellogg's/ Keebler	37	170	7	1.5	5
Crackers Animal Snacker whole wheat 1 oz WAS100	Simply Blue	28	120	3	1	8
Crackers cheese nips thin crisps	nabisco	13.8	100	1	0	1
Crackers, Animal crackers	nabisco	34	130	3.5	0.5	6
Crackers, Animal crackers 0.75 oz 30100-20150	Keebler	21.26	100	3.1	0.5	6
Crackers, Animal Snackers	Biscomerica Corp	28	122	3.1	0.5	8.2
Crackers, Animal Snackers Chocolate	Biscomerica Corp	28	112	3.8	0.9	8.2
Crackers, Animal wild thing	Sugar Foods	28	120	3.5	0.5	7
Crackers, Animal wild thing	Sugar Foods	42	170	4.5	1	10
Crackers, baked animal goldfish phy ed	Campbell Soup Co	25.2	120	4	1	7
Crackers, belly bears choco, cinnamon & honey	J J Snack	28	130	4	0	7

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Crackers, cheese nips thin crisps	Kraft	20.7	100	3	1	6
Crackers, elf grahams 1 oz 30100-40213	Kellogg's/ Keebler	28.35	130	4	1	8
Crackers, goldfish parmesan	Campbell Soup Co	21	100	3	1	7
Crackers, graham sticks scooby doo	Kellogg's	28	120	4	0.5	8
Crackers, grahams chocolate giant goldfish	bell Soup Co/ Pepperidge F	25.2	120	3.5	1	6
Crackers, grahams cinnamon giant goldfish	bell Soup Co/ Pepperidge F	25.2	120	4.5	1	7
Crackers, jungle fruit sweetened mrs. gdcook	J J Snack	31.3	140	4	1	5
Crackers, jungle vanilla mrs. gdcook	J J Snack	31.3	120	3	1	7
Crackers, reduced fat cheese on cheese crackers 79783-20544	Austin/ Kellogg's	39.12	170	6	1.5	6
Crackers, Right Bites Cheez Its 100 Calorie Pack	Kellogg's	22	100	3.0	1	0
Crackers, Ritz Crisps	nabisco	28	140	5	1	3
Crackers, seanimals 79783-40790	Austin/ Kellogg's	28.35	130	4.5	1.0	6
Crackers, Wheatables	Keebler	31	140	4	1	4
Crackers, zoo animal 79783-48786	Austin/ Kellogg's	28.35	130	2	0	7
crisps real pineapple chunks	Brothers All Natural	15	60	0	0	11
crisps real sliced strawberries	Brothers All Natural	7.5	30	0	0	4
frozen dessert Cool daze freezy fruit punch pop 1.88 oz	Blue Bunny	57	45	0	0	10
frozen dessert cool daze fudge dream bar	Blue Bunny	57	90	1.5	1	12
frozen dessert Cool daze ice cream sandwich	Blue Bunny	64	150	3	1.5	15
frozen dessert Cool tube orange sherbet	Blue Bunny	62	80	1	0.5	15
frozen dessert Cool tube rainbow sherbet 3 oz	Blue Bunny	64	80	1	0.5	15
frozen dessert frostar juice on a stick cherry 1.75oz	J J Snack	58	45	0	0	10
frozen dessert frostar pudding on a stick chocolate 1.75oz	J J Snack	59	110	3	1	13
frozen dessert frostar pudding on a stick vanilla chocolate swirl 1.75oz	J J Snack	59	100	3	0.5	13
frozen dessert frozfruit mango, pineapple good for you bars	Blue Bunny	120	80	0	0	20

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frozen dessert frozfruit strawberry good for you bars	Blue Bunny	120	90	0	0	22
frozen dessert fruiticana ice fruit cream blueberry	Fruiticana	75	120	0	0	24
frozen dessert fruiticana ice fruit cream pineapple	Fruiticana	75	120	0	0	26
frozen dessert fudge bar 3oz	Blue Bunny	91	130	1.5	1	20
frozen dessert haagen dazs raspberry, strawberry and banana sorbet and vanilla yogurt	haagen Dazs	71	90	0	0	15
Frozen Dessert ice cream bars strawberry & cream	Heartsmart	63	60	0	0	2
Frozen Dessert ice cream strawberry	Ava Soft	154	140	2.5	1.5	19
Frozen Dessert ice cream vanilla	Ava Soft	154	140	2.5	1.5	19
Frozen Dessert ice singles peach	Wawona	85	78	0.06	0	19
Frozen Dessert ice singles strawberry	Wawona	78	77	.12	0	18
frozen dessert Italian ice cups 4oz	Rosati Inc	113	118	0	0	29.5
frozen dessert juice bars 2.25oz	Minute maid	74	60	0	0	14
frozen dessert juice cup	J J Snack	84	70	0	0	25
frozen dessert orange dream bar 3oz	Blue Bunny	72	100	2	1	16
frozen dessert real italian ice	Luigi's	50	70	0	0	14
frozen dessert shape ups	J J Snack	84	90	0	0	25
fruit bites atomic apple	Brookside	21	70	0	0	2
Fruit Cups Cherry mixed fruit in plastic cup	Del Monte	113	70	0	0	15
Fruit Cups Cherry mixed fruit in pull top can	Del Monte	113	90	0	0	19
Fruit Cups fruit bowls peaches	Dole	113	80	0	0	16
fruit fun fruit 100% fresh ready to eat apples	Sunkist	57	30	0	0	6
fruit fun fruit 100% fresh ready to eat grapes	Sunkist	85	60	0	0	13
fruit fun fruit 100% fresh ready to eat orange wedges	Sunkist	133	50	0	0	8
fruit fun fruit 100% fresh ready to eat pineapple	Sunkist	77	40	0	0	9
fruit juice nuggets fruit snacks	Florida's Natural	14	43.3	0	0	4.57
fruit juice our string	Florida's Natural	43	130	0	0	14.5
fruit juice string in dispenser	Florida's Natural	42.5	130	0	0	14.3

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fruit leather strawberry, apple, tropical, watermelon, wildberry, grape, raspberry	Stretch Island	14	45	0	0	12
fruit snack strawberry, apple, tropical, watermelon, wildberry, grape, raspberry	Kettle Valley	20	68	0.3	0.3	11.5
fruit snack sunkist red sugar	General Mills	25.2	80	0.5	0.4	8
Gels, Cool Berry Burst 4 oz	Kozy Shacks	113	100	0	0	24
Gels, fruit punch 4 oz	Kozy Shacks	113	100	0	0	24
juice bar cherry, SB, blue rasp, luigi sour	J J Snack	63	80	0	0	14
latte iced mocha	Gehl's	208	190	1.5	0	35
marshmallow treat mello crisp	Bachman	34	130	3	1	10
muffins, apple cinnamon RF	Otis Spunkmeyer	50.4	160	5	1	15
muffins, banana RF	Otis Spunkmeyer	50.4	170	5	1	15
muffins, wild blueberry RF	Otis Spunkmeyer	50.5	170	5	1	15
nuts cashews salted 1 oz	Planters	28	170	14	3	2
nuts dry roasted sunflower seeds kernels	Dakota Gourmet	28	165	14.1	1.5	1
nuts honey roasted soy nuts	Dakota Gourmet	28	135	6.2	0.8	3.4
nuts honey roasted sunflower kernels	Dakota Gourmet	28	158	12	1.5	4
nuts mixed nuts mixed 1oz	Kar's	28	165	15	2	1
nuts oil roasted sunflower seeds salted	Dakota Gourmet	28	174	16.3	1.7	1.6
nuts salted peanuts 1 oz	Kar's	28	170	16	2.5	1
nuts sunflower kernels	Kar's	28	170	15	2	0
pearls citrus grapefruit	Citrapak	50	15	0	0	1
pearls citrus orange	Citrapak	50	25	0	0	2
pretzel baked 1 oz #3013	J J Snack	28	70	0	0	0
pretzel butter snaps	snyders	43	170	1.5	0	1
pretzel goldfish	Campbell Soup Co/ Pepperidge Farms	21	80	1	0.00	0.9
pretzel mini	snyders	43	160	1.5	0	1
pretzel poppers blazin hot	Sugar Foods	43	170	5	1	2
pretzel poppers cheznacho	Sugar Foods	28	120	3.5	0.5	1.4
pretzel poppers cool ranch	Sugar Foods	28	110	3.5	0.5	1.4
pretzel poppers cool ranch, nacho or pizza	Sugar Foods	42	170	5	1	2
pretzel poppers sour cream and onion	Sugar Foods	28	120	4	1	1

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pretzel rold gold heartzels	Frito Lay	28	110	1	0.00	2
pretzel rold gold tiny twists	Frito Lay	14	55	0.5	0	2
pretzel snaps	snyders	43	170	1.5	0	1
pretzel sourdough nibblers	snyders	43	160	0	0	1
pretzel sticks cinnamon	Buena Vista	36.4	122	0.78	0.26	0.026
pudding ballistic banana 4 oz	Kozy Shacks	113	100	1	0.5	13
pudding chocolate	Snack Pack	98	140	5	1.5	1.5
pudding crazy chocolate 4 oz	Kozy Shacks	113	120	1.5	0.5	19
pudding fat free chocolate 4 oz	Gehl's	113	115	0	0.0	20
pudding fat free vanilla 4 oz	Gehl's	113	115	0	0.0	21
pudding very vanilla 4 oz	Kozy Shacks	113	110	1	0.5	17
Rice Cake Honey nut rice cake mini	Quaker	28	110	.8	.18	7
rice snacks quakes caramel corn	Quaker	28	100	0.5	0	8
rice snacks quakes cheddar cheese	Quaker	20	90	3	0.5	1
sauce lite cheese cheddar and jalapeno 62gm	Gehl's	62	50	1.9	0.5	2
scones, lowfat apple cinnamon, lemon and original	Fat Cat	35.5	95	1	1	7
scones, lowfat apple cinnamon, mandarin orange and original	Fat Cat	56.5	151	2	1	12
snack honey graham crackers	Kellogg's	23	90	2.5	0	4
snack mix chex morning mix banana nut	General Mills	33	130	3.5	0.5	9
snack mix chex morning mix cinnamon & Fruit & Nut	General Mills	33	130	3.5	0.5	8
snack mix chex morning mix honey nut	General Mills	33	130	3	0.5	10
snack mix Gardetto's Red Fat	General Mills	28	130	5	1	1
snack mix mixers traditional	nabisco	28	130	4.5	1	2
snack mix munchies kids mix 28 gm	Frito Lay	28	130	4.5	1	4
snack mix smore 35 gm	Dakota Gourmet	35	140	4.6	1.1	10
snack mix trail mix original	Kar's	56.0	130	9	1.0	5.0
snack toast bites cinnamon	Sugar Foods	42	170	6	1	9
tubes, cool rainbow sherbet	Blue Bunny	64	80	1	0.5	15
tubes, orange sherbet 62gm	Blue Bunny	62	80	1	0.5	15
turnover home run apple and cherry	Horizon Snack Foods	56	167	5.3	1.3	10.9
turnover RF Apple	Horizon Snack Foods	57	167	5.3	1.3	10.4
turnover RF apricot 2oz	Horizon Snack Foods	57	175	5.3	1.3	11.9
turnover RF blackberry 2oz	Horizon Snack Foods	57	174	5.3	1.4	12.2
Wheat thins mini crisps	nabisco	21	100	3	0.5	1

