



CUSD Suggested Smart Snack List

The CUSD Wellness Policy BP 5030(a) affirms that foods and beverages available to students at District schools should support health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, fundraising or other venues will comply with Smart Snacks in Schools standards. Smart Snacks in Schools is a federal rule that went into effect July 1, 2014 and is implemented by thousands of schools around the country.

Do You...

- Coordinate school fundraisers
- Manage a school store or snack bar
- Sell food during the school day on campus
- Manage school vending machines
- Want healthier foods on school campus

If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn.

Why are Smart Snacks Important?

- More than **25% of kids' daily calories** may come from snacks.
- Kids who have healthy eating patterns are more likely to **perform better academically**.
- When Smart Snacks are available, **the healthy choice is the easy choice**.
- Smart Snacks Standards are a **Federal requirement** for all foods sold outside school meal programs.

The following is a list of foods and beverages that meet the standards for all grade levels as of 9/13/19. This list is up to date to the best of our knowledge, however products change without notice. This list is not all inclusive. To determine if an alternative item meets the Smart Snacks standards, please refer to the California Project Lean Smart Snack Calculator or Reference Cards.

If you have additional questions, please contact the CUSD Food & Nutrition Services Department (959) 234-9509.

CUSD Suggested Smart Snack List

Fruit and Vegetable Snacks:

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)			X
Brother's	All Natural Fruit Crisps	1 bag	X		X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)			X
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X		X
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (113g)	X		X
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X		X
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)	X	X	X
Great Value	Unsweetened Applesauce- Individual Cups	1 cup (113 g)	X		
Great Value	Fruit Cups in Juice- Peaches	1 cup (113 g)	X		
Happy Kid	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (90g)			X
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)			X
Motts	Natural Applesauce	1 cup (111g)	X		X
Pure Organic	Layer Fruit Bar- Pineapple Passionfruit, Strawberry Banana	1 bar (18 g)	X	X	X
Sunmaid	Raisins	1 box (28.3)	X		X
That's It	Fruit Bar- All Flavors	1 bar (35 g)	X		X
Tree Top	No Sugar Added Natural Applesauce- Individual Cups	1 unit (113g)	X		
Tree Top	Applesauce Pouches All Flavors	1 pouch (26g)			X

Chips and Crackers:

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Frito Lay	Lay's Kettle Cooked 40% Less Fat Original Potato Chips, 1.375 oz	1 bag (1.375 oz)			X
Frito Lay	Lay's Kettle Cooked Sea Salt & Vinegar Potato Chips, 1.375 oz	1 bag (1.375 oz)			X
General Mills	Chex Mix- Simply Chex Snack Mix Single Serve Strawberry Yogurt, 1.03 oz	1 bag (1.03 oz)	X		X
General Mills	Chex Mix- Simply Chex Snack Mix Single Serve Chocolate Caramel, 1.03 oz	1 bag (1.03 oz)			X
General Mills	Chex Mix Simply Chex Snack Mix Single Serve Cheddar, 0.92 oz	1 bag (0.92 oz)			X
General Mills	Chex Mix Snack Mix Single Serve Hot & Spicy, 0.92 oz	1 bag (0.92 oz)			X
Pop Chips	Pop Chips, Single Serve- Sea Salt, BBQ and Sour Cream and Onion Flavors, 0.8 oz	1 bag (0.8 oz)	X		X
Rold Gold	Heartzel Pretzels, Whole Grain, 0.7 oz	1 bag (0.7 oz)			X
Tostitos	Baked 50% Less Fat Scoops Tortilla Chips, 7/8 oz	1 bag (7/8 oz)			X

Crackers, Cookies and Grahams:

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
365 Everyday Value	Organic Creature Crackers	1 package (30 g)	X		X
Appleways	Whole Grain Cheddar Cheese Crispy Cracker 0.9oz	1 package (0.9oz)	X		
Crave-N-Rave	Crave-N-Rave Spikerz El Nacho Cheese Cracker Bites	1 package (0.9oz)	X		
Crave-N-Rave	Crave-N-Rave Spikerz Heavenly Ranch Bites	1 package (0.9oz)	X		
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)	X		X
Honey Maid	Lil Squares,	1 bag (30 g)			X
Nabisco	Teddy Grahams	1 package (28g)	X		X

Yogurt and Cheese:

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Chobani	Non-fat & Low-Fat Yogurt- All Flavors	6 oz (170g)	X		
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X		
Great Value	Low-Fat & Non-Fat Yogurt- All Flavors	6 oz	X		
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X		
Sargento	Light String Cheese	1 stick	X		
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X		
Stonyfield	Yogurt Punch – Strawberry Banana	1 pouch (99g)	X		
Stonyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X		
The Laughing cow	Babybel Light	1 piece	X		
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X		
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X		

Cereal/Granola Bars

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Cascadian Farm	Organic Chewy Granola Bar- Oatmeal Raisin, Harvest Berry, Vanilla Chip, Chocolate Chip	1 bar (35g)	X		X
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)	X	X	X
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips, Honey Almond Flax	1 bar (35g)	X	X	X
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X	X
Nature Valley	Crunch Granola Bar- Oat N Honey	2 bars (42g)	X	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X		X
Quaker	Chewy S'More Bar	1 bar (24 g)			X
RX	RXBAR Kids Whole Food Protein Bar, Berry Blast	1 bar (33 g)			X

Ice Cream/Frozen Fruit Bars:

Manufacturer	Name/Description	Serving Size	Walmart	Costco	Amazon
Enlightened	Mint Chip Swirl Low Fat Ice Cream Bar, Mint Chocolate Chip	1 bar (70 g)	X		
Nestle	Outshine Fruit Bars	1 bar (43 g)	X		
True Moo	Chocolate Vanilla Swirl Lowfat Ice Cream Cup	1 cup (3oz)	X		
Nutrifreeze	Fruit Bars- Tropical Blend, Sour Cherry, Strawberry, Orange	1 bar (78 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Crumbled Cookie Cone	1 cone (70 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Vanilla and Chocolate Cone	1 cone (70 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Polar Pole, Orange or Rainbow	1 bar (45 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Low Fat Vanilla Ice Cream Sandwich	1 bar (51g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Creamy Cotton Candy Bar	1 bar (54 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Sour Swell Cherry Bar	1 bar (53 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Orange Cream Bar	1 bar (52 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Fudge Frenzy Bar	1 bar (63 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Chocolate Shortcake Bar, Low Fat	1 bar (70 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Strawberry Shortcake Bar, Low Fat	1 bar (70 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Sour Cyclone, Blue Raspberry	1 bar (80 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Birthday Cake Cone	1 cone (70 g)			Purchase from Food & Nutrition Services: 949-234-9512
Rich's	Low Fat Ice Cream Cup: Vanilla, Chocolate, Strawberry or Vanilla Chocolate Swirl	1 cup (50 g)			Purchase from Food & Nutrition Services: 949-234-9512

Beverages:

Manufacturer	Name/Description	Serving Size (EL)	Serving Size (MS/HS)	Walmart	Costco	Amazon
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X
All Brands	Milk- Low Fat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.	X	X	X
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.	X	X	
Campbell's	V8 Fusion Refreshers	≤ 8 fl oz.	≤ 12 fl oz.			X
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	X	X
Dole	100% Pineapple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X		
Horizon	Organic Milk, 1% White	≤ 8 fl oz.	≤ 12 fl oz.	X		
Juicy Juice	100% Juice Box	6.75 fl oz.	6.75 fl oz.	X		X
Kirkland	100% Juice- Crisp Apple, Apple Grape, Fruit Punch	≤ 8 fl oz.	≤ 12 fl oz.		X	
Motts	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X		X
Ocean Spray	100% Juice- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X		X

Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.			X

Item availability at each store is subject to change.

Please refer to the Smart Snack Calculators below to ensure items not on this list are compliant:

California Project Lean Smart Snack Calculator: <http://www.californiaprojectlean.org/doc.asp?adp=192&id=293>

The Smart Snacks Guidelines can be found at <https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>