

Glendale Elementary School District Approved Food List *– Smart Snacks

USDA’s Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014 and merges the previous Arizona Nutrition St

Scottsdale Unified School District – Smart Snacks List

The following list is of foods and beverages that meet the standards for K-12. This list is *not all inclusive*. Alternative items may be available at different stores. Manufactures’ ingredients and distribution change frequently. To find out if a food or beverage not on the list meets, please call Nutrition Services at 480-484-6208, or email Patti Bilbrey, Director of Nutrition Services, at pbilbrey@susd.org.

Manufacturer	Name/Description	Serving Size	Walmart	Fry’s	Safeway	Sam’s	Costco
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X				X
All Brands	Dried Fruit w/ No Added Sugar	¼ cup	X				X
All Brands	Fresh Fruit & Vegetables-Individual bags or Platters	½ cup	X				X
Brother’s	All Natural Fruit Crisps	1 bag	X				
Buddy Fruits	100% Fruit Snack Squeeze Pouch-All Flavors	1 pouch (90g)	X				
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2 oz)	X				
Chiquita	Fruit Chips 100% Fruit Freeze Dried-All Flavors	1 pouch (30g)	X				
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container 2.75 oz	X				
Del Monte	Fruit Cups No Sugar Added-All Flavors	1 cup (106g)	X				
Del Monte	Fruit Naturals No Sugar Added	1 container 1 cup	X				
Del Monte	Fruit Burst Pouch-All Flavors	1 Pouch (90g)	X				
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)					
Dole	Fruit Cups in 100% Juice-All Flavors	1 Container (113g)					
Dole	Fruit Squish’ems	1 Pouch	X		X		
Earthbound Farms	Organic Raisins	1 box (43g)		X			
Great Value	All Natural No Sugar Added Applesauce – Individual Cups	4oz unit 113 g	X				
Great Value	Dried Apricots	7 pieces	X				
Great Value	No Sugar Added Fruit Cups – Peaches	1 bowl (108g)	X				
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99 g)	X				
Kirkland	Real Sliced Fruit – Freeze Dried- Individual Bags	1 bag					X
Kroger	Applesauce- No Sugar Added	1 container (4 oz)		X			
Kroger	Seedless Raisins	1 box (1oz)		X			
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)		X	X		X
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)		X	X		
Manufacturer	Name/Description	Serving	Walmart	Fry’s	Safeway	Sam’s	Costco
O Organics	Raisins	1 box (1oz)			X		
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch – All flavors	1 pouch 4 oz	X				
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch 4.4 oz	X				
Plum Kids	Organic Mashups- All Flavors	1 pouch (90g)			X		
Plum Kids	Organic Slam Dunk- Fruit & Veggie Dip-All Flavors	1Pack (52g)			X		

Safeway	Realfruit Squeezable Sauce Pouch	1 pouch (90g)			X		
Safeway Kitchen	Raisins	1 box (1oz)			X		
Sunmaid	Raisins	1 box (42.5g)	X	X	X		X
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X				
Tree Top	All Flavor Pouches	1 pouch (26g)			X		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 Cup)	X	X	X	X	
Corn Nuts	Variety Pack	1 package (1/3 Cup)					X
General Mills	Chex Mix Snack Mix –Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		X	X	X	
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package		X	X		
Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz		X	X		
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz	X	X	X		

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)	X				
David	Original Sunflower Seeds	1 bag (1.75oz)	X	X	X	X	X
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)	X		X		
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)				X	X
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)				X	X
Wonderful	Pistachios	1 bag (1.5 oz)	X		X	X	X

Cakes/Cookies/Crackers

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Kellogg's	Special K Cracker Chips – Individual Bags	1 package	X			X	
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)	X	X	X		
Nabisco	100 Calorie Packs – Sweet and Salty	1 package	X				

		(22g)					
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)	X	X			
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)	X	X	X		
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		X	X		
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)	X	X	X		

Drinks

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Campbell's	V-8 Fusion – Individual pouches-All flavors	1 pouch	X		X		
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl oz)	X	X	X		
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl. oz)		X	X		
Capri Sun	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl. oz)					X
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz)		X	X		
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz. or less	X	X	X		
Juicy Juice	Fruitifuls – All Flavors	6.75 fl oz		X	X		
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl oz)		X			
Martinellis	100% Pure Apple Juice	8 fl oz or less					X
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White Grape, & Mixed Berry	8 fl oz. or less	X	X	X	X	X
Motts	100% Apple Juice	8 fl oz. or less	X	X	X	X	
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	8 fl oz. or less	X	X	X		
Treetop	100% Apple Juice	8 fl oz. or less	X	X	X		X
Treetop	100% Juice Assorted	8 fl oz or less					X
All Brands	100% Juice (Product must state 100% juice)	8 fl oz. or less	X	X	X	X	X
All Brands	Milk 1%, Fat Free (Flavored milk MUST be Fat Free)	8 fl oz. or less	X	X	X	X	X
All Brands	Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain only, No Flavors)	8 fl oz. or less	X	X	X	X	X

Water

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Any	Pure Water, No Added Artificial sweetener and/or Caffeine	Any Size	X	X	X	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g)			X		
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X	X	X		
Chobani	Champions Tube-All Flavors	1 Tube		X			
Cool Squeeze	Squeezable Yogurt	1 tube – 2.25 oz		X			
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 fl oz	X	X	X	X	
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X	X	X		
Dannon	Light & Fit	6 oz (170g)	X	X	X		
Frigo	Light String Cheese	1 stick (28g)	X	X	X	X	
Frigo	Light Variety String Cheese	1 stick			X		
Great Value	Low-fat Yogurt –All Flavors	6 oz	X				
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X				
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz	X				
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)	X	X	X		
Kraft	Mozzarella Cheese String – 2% Milk	1 stick	X	X	X		
Kroger	CowPals Light – All Flavors	1 stick		X			
Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)		X			
Kroger	The Truly Awesome Low-fat Yogurt Tube	1 tube		X			
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7 oz)				X	
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz	X	X	X		
Lucerne	Reduced Fat Yogurt	8 fl. Oz or less			X		
Lucerne	Low-fat Yogurt Tubes – All Flavors	1 tube (64g)			X		
Lucerne	Part-Skim Mozzarella String Cheese	1 stick			X		
Lucerne	Light String Cheese	1stick			X		
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick			X		
Plum Kids	Yogurt Mashups- All Flavors	1 pouch (90g)			X		

Plum Kids	Organic Yo'Drops Crunchable Yogurt- All Flavors	1 pack (7g)			X		
Precious	String Cheese	1 stick (28g)	X	X	X		X
Precious	Stringsters Reduced Fat String Cheese	1 stick			X		
Safeway Brand	Kids Yogurt –All Flavors	1 pouch or cup			X		
Sargento	String Cheese	1 stick	X	X	X		
Sargento	Light String Cheese	1 stick		X	X	X	
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	X	X	X	
Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)			X		
Stoneyfield	YoKids – Low-fat Yogurt – All Flavors	1 container (4 oz)	X		X		
The Laughing Cow	Babybel Light	1 piece				X	X
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X	X	X	X	X
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less	X	X	X	X	X
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)		X	X	X	
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X			
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)	X				X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X		X		
Yoplait	Light Yogurt – All Flavors	6 oz	X	X	X	X	X
Yoplait	Greek 100 – All Flavors	5.3oz (150g)		X	X		
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container 3.5oz	X	X			
Weight Watchers	String Cheese	1 stick	X		X		

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X	X			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X	X		X
CLIF	LUNA fiber – All Flavors	1 bar (40g)		X			
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)			X		
Great Value	Crunch Oats & Honey	2 bars (42g)	X				
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)	X	X			X
Kroger	Chewy Granola Bars – Oatmeal Cookie, Peanut butter Chocolate Chip	1 bar (35 g)		X			

Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X	X	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X	X	X	X
Plum Kids	Organic Jammy Sammy- All Flavors	1 bar (29g)			X		
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	X	X		
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X	X	X		
Safeway	Eating Right High Fiber Chewy Bars- All Flavors	1bar (40g)			X		
Safeway Kitchens	Chewy Granola Bars –Oatmeal & Raisin, S'mores, Chocolate Chip, Chocolate & Peanut Butter Chips, Variety Pack	1 bar (24 g)			X		
South Beach Diet	Protein Fit- Cinnamon Raisin, Peanut Butter	1 bar (35g)			X		

Ice Cream/ Frozen Novelties

Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)	X	X			
Blue Bell	Fruit Bars-All flavors	1 Bar	X	X	X		
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 bar (51g)	X	X	X		
Dryers	Outshine fruit bars and coconut water	1 bar		X			
Fruittare	Fruit Bars-All flavors	1 bar		X			
Fudgsicle	Fat Free-No sugar added	1 bar (65 g)	X	X	X		
Fudgsicle	100 Calorie Bar	1 bar (65g)	X		X		
Healthy Choice	Premium Fudge Bars	1 bar (3 oz)					X
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar		X			
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar		X			
Manufacturer	Name/Description	Serving	Walmart	Fry's	Safeway	Sam's	Costco
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich	X	X	X		
Skinny Cow	Cones-All flavors	1 cone	X	X	X		
Skinny Cow	Bars-all flavors-caramel, cookies & cream, fudge, chocolate	1 bar	X	X	X		
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3oz)				X	
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)	X				
Weight Watchers	Fudge bars-Giant latte	1 bar	X	X	X		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)	X				X