

Smart Snacks in Schools Guideline to Suggested Products

Here is a list of snacks that *currently* meets the USDA Smart Snacks in School Guidelines final rule, effective July 1, 2014. This is intended to only be a first-step guide. Because of the ever changing nature of production formulation and discontinuation, it is important that users should check each food item's label to confirm its current compliance before using. An easy way to check for compliance is to [use the "Food Calculator"](#). Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools. In addition, the Alliance for a Healthier Generation has a list of additional snacks that may meet USDA guidelines. [View list here.](#)

This list is provided as a courtesy to schools and other organizations that are looking for acceptable snack products that meet the National School Lunch Program regulations. The following companies are known to have provided acceptable snacks. This list is not inclusive of all manufactured products that might be available. Inclusion on this list does not imply approval or recommendation by the Minnesota Department of Education.

Fruit Snacks / Fruit

- Warner Brother's Fruit Flavored Shapes Scooby Doo (0.9)
- Mott's Fruit Flavored Snacks: Mixed Berry and Assorted Fruit flavors (1.6 oz)
- Welch's Fruit Snacks: Mixed Fruit, Island Fruit, Strawberry, and Berries 'N Cherries flavors (1.55 oz)
- Del Monte Fruit Burst Squeezable Fruit Tubes: Mixed Berry, Strawberry, Pear-Cinnamon, and Mango flavors (62 g)
- Snapz Apple Crisps: Original, Cinnamon, and Apple Strawberry (0.46 oz.)
- Dole Fruit Bowls in 100% fruit juice (4-7 oz)
- Dole Fruit in Gel (4.3-7 oz)
- Fruit Pockets, Apple and Cherry flavors (2 oz or 1.87 oz)
- Albie's E.Z. Jammers: Apple-Filled Jammer Stick ONLY (3.5 oz)

Dairy Options

- Land 'O Lakes Cheese Cubes: RF cheddar, RF Co-Jack (1 oz single serve packages)
- Land 'O Lakes CowRageous Pudding cups: Vanilla and Chocolate (3.75 oz)
- Go-Gurt: all flavors (64 grams)
- Upstate Farms yogurt: All flavors (4 oz)
- Upstate Farms Greek yogurt: All flavors (4 oz)
- Yoplait yogurt – Original: All flavors (4 oz., 6oz)
- Yoplait Greek yogurt: All flavors (4 oz.)
- Yoplait Greek Blended yogurt: All flavors (5.3 oz.)
- Yoplait Trix Yogurt: all flavors (4 oz)

Meat, Nuts, Seed, and Legumes

- Jack Link's Beef Jerky: Original, Teriyaki, and Peppered (0.85 oz) or Original Chicken Strip (0.8 oz)
- Klement's Fit Lifestyle: Beef Snack Stick and Honey Ham Snack stick (14 g)
- Pipz Jerky: Classic Ketchup, Turkey Ranch, and Minnesota Steak House (34 g)
- Old Wisconsin Fast Fuel Snack Stick: Beef and Turkey Honey Brown Sugar (14 g)
- Peanuts, Cashews, Almonds, or Pistachios - lightly salted (1 oz.)
- Sunrich Naturals: Lightly Salted Sunflower seeds (1 oz) and Honey Roasted Sunflower Seeds (1.2 oz)
- Seapoint Farms Edamame: Dry Roasted and Wasabi (0.79 oz.)
- Go'Bonzos Roasted and Seasoned Chickpeas: Flavors: It's Pizza, Cool Ranch, Chili Citrus, Spicy Nacho, French Toast, Lightly Salted, Sriracha (.75 oz)

Chips

- Cheetos – Reduced Fat: Puffs Flamin' Hot and Regular (0.7 oz.)
- Cheetos- Oven Baked WG Crunchy Hot and Original (.875 oz)
- Cheetos Fantastix: Hot (1oz)
- Doritos – Reduced Fat: Nacho, Ranch, and Spicy Sweet Chili (1 oz.)
- Lays - Baked: Original, BBQ, and Sour Cream & Onion (0.875 oz.)
- Lays-Baked: Ruffles Original Flavor (0.875 oz)
- Tostitos Scoops – Baked (1 oz.)
- PopChips: BBQ, Sour Cream & Onion, Salt & Vinegar, Sea Salt, and Salt and Pepper(1 oz.)
- PopChips Ridges: Chili Cheese and Perfectly Salted (1 oz)
- Salveo Snackin' Puffs: Apple Cinnamon, Southwest Cheddar, and Buttery Caramel (1 oz)
- Salveo Tator Pops: Original Sea Salt, Peppercorn Ranch, and Sweet Thai Chili (1 oz)
- Salveo Baked Potato Crisps: Original Sea Salt and BBQ (1.125 oz)
- Salveo Maple Crunch Stix, Hot and Spicy Baked Fries, and Cheddar Bacon Baked Fries (1 oz)
- Salveo Cheese Balls (23 g)
- Deer River Snacks, Baked Crisps with Sea Salt flavor only (1 oz)
- Kashi Hummus Crisps: Carmelized Onion and Sundried Tomato Basil & Feta (23 g)
- Kellogg's Special K Cracker Chips: Cheddar, BBQ, Sea Salt, and Sour Cream and Onion (25 g)
- Eagle Popped Crisps: Original, Sour Cream and Onion, and BBQ (22 g)
- TGI Friday's Crunchy Fries Snacks: Extreme Heat and Cheddar Cheese (1 oz)

Popcorn

- Angie's Boom Chick-A-Pop All-Natural Popcorn: lightly sweetened popcorn (1 oz)
- Popcorn Indiana: Kettle Corn (1 oz.)
- Vic's Lite White Popcorn (0.5 oz.), White Cheddar Popcorn (18 g), and Kettle Style Popcorn (1 oz)

Granola / Granola Bars / Cereal / Cereal Bars

- Rockin' Ola Granola Strawberry with marshmallows or chocolate with marshmallows (30 g)
- Fieldstone Granola (1 oz)
- Betty Crocker Oatmeal Bars: Butterscotch, Chocolate Chip, and Double Chocolate (1.24 oz.)
- Clif Bar Kid Z Organic: Honey Graham, Iced Lemon Cookie, Iced Oatmeal Cookie (36 g)
- Clif Bar Kid Z Fruit and Veggie: Keen Green, Purple Power, Awesome Orange (33 g)
- Fieldstone Bar: Totally Multigrain Apple Cinnamon, Totally Multigrain Banana Bread, Totally Multigrain Brown Sugar Cinnamon (1.21 ounces), and FastStart Breakfast bars: Strawberry and Apple Cinnamon (1.4 oz)
- Fieldstone Apple Delights and Strawberry Delights (1.41 oz)
- General Mills Cereal Bars: Apple Cinnamon Cheerios, Team Cheerios, Fruity Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Golden Grahams, Trix
- General Mills Cereal Bowls: Berry Kix (0.688 oz.), Cheerios (1 oz.), Frosted Corn Flakes (1 oz.), Honey Nut Cheerios (1 oz.), Kix (0.5 oz.), Honey Nut Chex (1.13 oz), Reduced Sugar Cinnamon Toast Crunch (1 oz.), Reduced Sugar Cocoa Puffs (1.06 oz.), Cinnamon Chex (1 oz), Cinnamon Toast Crunch (1 oz), Fruity Cheerios (1 oz), Honey Kix (.5 oz), Multi-grain Cheerios (1 oz). Total Raisin Bran (1.2 oz), Trix (1 oz), 25% Less Sugar Trix (1 oz).
- General Mills Cereal On-The-Go Pouches: Cinnamon Toast Crunch (1 oz), Fruity Cheerios (0.88 oz.), and Reduced Sugar Cocoa Puffs (0.88 oz.)
- General Mills Cinnamon Toast Crunch Crisps (1 oz)
- Kellogg's Nutri-Grain Bar- Chewy: Apple Cinnamon, Blueberry, Raspberry, Strawberry, Strawberry Greek Yogurt (1.3 oz)
- Kellogg's Krispies Chewy Cereal Bars: Berry, Apple Cinnamon, and Chocolate (36 g)
- Kellogg's Chewy Granola Bar: Trail Mix and Honey Almond Flax (35 g)
- Kellogg's Whole Grain Poptarts: Frosted Strawberry, Frosted Fudge, and Frosted Brown Sugar Cinnamon (1 pastry-50 g)
- Kellogg's Krave S'mores Cereal pouch (28 g)
- Nature Valley Backpacker: S'mores and Chocolate Chip (1.24 oz)
- Nature Valley Crunchy Granola Bar: Oats 'n Honey, Cinnamon, and Maple Brown Sugar (2 bars) (1.6 oz.)
- Nature Valley Fruit and Nut Bars: Trail Mix, Cranberry Pomegranate, Dark Chocolate Cherry, Dark Chocolate and Nut (35 g)
- Nature Valley Oatmeal Squares: Cinnamon Brown Sugar, Banana Bread Dark Chocolate, Blueberry (35 g)
- Nature Valley Crisps: Chocolate Chip and Cinnamon (1.2 oz)
- Quaker Chewy Regular: Peanut Butter Chocolate Chip, Oatmeal Raisin, Carmel Apple, Chocolate Chunk, Chocolate Strawberries, Birthday Cake, Banana Chocolate Chip, Girl Scout Thin Mint and Low-Fat S'mores (0.84 oz.)
- Quaker Chewy 25% Reduced Sugar: Chocolate Chip, Cookies & Cream, and Peanut Butter Chocolate Chip (0.84 oz.)
- Quaker Breakfast Flats: Cranberry Almond, Banana Honey Nut, and Raisin Cinnamon (40 g)
- Quaker Soft Baked Bars: Banana Nut Bread and Cinnamon Pecan Bread (42 g)
- Quaker Chewy Snackwich: Apples and Caramel (40 g)
- SuperBakery Ultra Power Breakfast (54 g)

- SuperBakery Ultra Power Cocoa Breakfast (54 g)
- SuperBakery MVP Breakfast (54 g)
- Readi-Bake BeneFIT: Mini Bars: Oatmeal Spice, Brownie Bar, and Maple Brown Sugar (1.25 oz)
- Darlington Appleways Soft Oatmeal Bars: Apple, Blueberry Pomegranate, Chocolate Chip, and Strawberry (1.2 oz)
- Darlington Breakfast Squares: Apple and Iced Cinnamon (1.5 oz)
- Darlington Waffle Snaps: Apple Cinnamon and Strawberry (1 oz)

Bread

- Lender's White Whole Grain Bagel: Plain (2 oz.)
- Bridgford's Heat and Serve Honey Whole Wheat 2" Biscuits (1.25 oz)
- Bridgford's Heat and Serve Rolls: Honey Wheat Rolls (1 and 1.5 oz), White Whole Wheat Garlic Rolls (1.5 oz), and Flax Seed Whole Wheat Honey Rolls (1.5 oz)
- Bridgford's Breadstick Dough: Honey Wheat Breadsticks (1 and 1.5 oz) and White Whole Wheat Cheesy Garlic (1.125 oz)
- C.H. Guenther & Son, Inc Conestoga Whole Grain Roll Dough (1.25 oz)
- C.H. Guenther & Son, Inc Conestoga Whole Grain Thaw and Bake Roll Dough (1.25 oz)
- SuperBakery Ultra Sliced Slider Roll (1 oz)
- SuperBakery Ultra Dinner Roll (1 oz)
- JSB Industries: WG Sliced Bagels: Blueberry, Cinnamon Raisin, French Toast, and Honey Wheat (1.7 and 2 oz)
- JSB Industries WG English Muffin (2 oz)

Baked Goods

- Bridgford's Cinnamon Roll Dough: White Whole Wheat Cinnamon Rolls dough (1.25 oz)
- Best Maid Smart Grains Cookies – 51% Whole Grain: Chocolate Chip, Sugar, Snickerdoodle, Chocolate Chip M&M, Double Chocolate Chip, and Strawberry Shortcake (1 oz.)
- Best Maid Smart Grains Cookies – 100% Whole Grain: Oatmeal Chocolate Chip, Oatmeal Apple Cinnamon (1.5 oz.)
- Best Maid Smart Grains Cookies-51% WG with Oats: Chocolate Chip, Candy, and Strawberry White Chocolate (1 oz and 1.5 oz)
- J&J SnackFoods Readi-Bake BeneFIT Whole Grain Deluxe Cinnamon Roll (1.7 oz)
- J&J SnackFoods Whole Grain SUPERPRETZEL Regular sized: (2.2 oz), Mini Pretzels (1 oz), Soft Pretzel Rods (1 oz) and Pretzel Nuggets (.5 oz)
- J&J Whole Grain Superstix: Cinnamon Bun (2.1 oz.) and Cinnamon Bun Bites (.7 oz)
- J&J SnackFoods Tio Pepe's Fruit Filled WG Churros: Apple, (1.9 oz), Raspberry (1.9 oz), Cinnamon (1.48 oz)
- J&J SnackFoods Readi-Bake BeneFIT frozen cookie dough: Chocolate Chip, Candy, Double Chocolate, Sugar, and Oatmeal Raisin (1 oz, 1.33 oz, and 1.85 oz)
- Otis Spunkmeyer Delicious Essentials Cookies: Chocolate Chip, Oatmeal Raisin, Sugar, Carnival (1oz), and Chocolate Brownie (1.5 oz.)

- Otis Spunkmeyer Delicious Essentials Muffins: Wild Blueberry, Banana, Double Chocolate Chip, and Apple Cinnamon (2 oz)
- SuperBakery Whole Grain Mini Loaf: Very Berry, Banana, Blueberry, Apple Cinnamon, Chocolate Chip, and Dreamy Orange (2 oz.)
- SuperBakery Ultra Muffin: Very Berry, Banana, Blueberry, Cinnamon Burst, Dreamy Orange
- SuperBakery Ultra Stuffer-Cream Cheese and Strawberry Jelly (2.5 oz)
- SuperBakery Whole Grain Super Donut (1.9 oz)
- SuperBakery Whole Grain Dunkin Sitx (1.9 oz)
- SuperBakery Super Stars: Glazed, Cinnamon, and Powdered (37 g)
- JSB Industries: WG Muffins: Sweet Potato, Chocolate Chocolate Chip, Blueberry, Apple Cinnamon, Chocolate Chip, and Banana varieties (1.8 oz)
- JSB Industries: WG Muffins: Bran, Blueberry, Apple Cinnamon, Strawberry, Chocolate Chip, Banana, and Chocolate Chocolate Chip (2 oz)
- JSB Industries: WG Muffintops: Chocolate Chocolate Chip, Blueberry, Apple Cinnamon, Chocolate Chip, and Banana (2 oz)
- JSB Industries: WG Loafs: Blueberry, Apple Cinnamon, Chocolate Chip, and Banana (2 oz)
- JSB Industries: Cookie Dough: Chocolate Chip, Sugar, Oatmeal Raisin, and Carnival (1, 1.33, and 1.5 oz)
- Fiber One: Oatmeal Raisin Soft-Baked Cookie (31 g)
- Fiber One: Streusel Bars (Blueberry and Strawberry flavors) (40 g)
- Great Northern Baking Company, Pre-Portioned Dough: M&M Chocolate Chip (1.75 oz)
- Tyson Chef Pierre muffins: Blueberry, Banana, and Double Chocolate Chunk Muffin (2 oz)

Beverages: ALL grades

- Juicy Juice: All flavors (4.23 oz.)
- Milk: White and Chocolate (8 oz.)
- V8 100% Vegetable Juice: (5.5-8 oz can)
- V8 V-Fusion: All flavors (8 oz.)
- Citrus Sun Froot Juice: Red, Orange, and Purple flavors (4 oz)
- Envy 100% sparkling fruit juice, all flavors (8 oz)

Beverages: Middle School and High School ONLY

- Izze: All flavors (8.4 oz.)
- Naked Juice: All flavors (10 oz)
- Welch's 100% Juice: All flavors (10 oz.)
- Tropicana 100% juice (10 oz)

Beverages: High School ONLY

Aspire beverages (Fire, Ice, Storm, Rise, and Rush) (12 oz)

Gaterade G2 (12 oz)

Propel (16.9 oz)

Powerade Zero (20 oz)

Sparkling Ice: all flavors, including Sparkling Ice Tea and Essence flavors (17 oz)

Vitamin Water Zero (20 oz)

Frozen / Ice Cream

- Blue Bunny CoolDaze ice cream sandwich (3 oz.)
- Blue Bunny CoolDaze Sundae Crunch bar: Chocolate and Strawberry (3 oz.)
- Blue Bunny CoolDaze FrozFruit Chunky Pineapple and Chunky Strawberry (4 oz)
- Blue Bunny CoolDaze Fudge bar (3 oz)
- Blue Bunny CoolDaze Lowfat Chocolate and Vanilla Ice Cream Cup (51 g)
- Fruchi Smoothie: Island Splash (4 oz.)
- Kemps Fudge Bar (2.5 oz.)
- Luigi's frozen juice sorbet cups: All flavors (4.4 oz.)
- Luigi's Shape Ups made from 100% fruit juice (4.4 oz)
- Luigi's Whole Fruit 100% frozen fruit juice cups (2-4.4 oz)
- Minute Maid 100% juice bars: cherry, grape, and orange (2.25 oz)
- Ridgefield's Sidekicks frozen fruit cups: Sour Cherry Lemon, Blue Raspberry Lemon, Kiwi Strawberry, and Strawberry Mango (4.4 oz)
- MixMi Frozen Yogurt: All flavors (6 oz.)
- Coldstone Creamery Frozen Yogurt: all flavors EXCEPT banana bread batter, cake batter, Chocolate Fudge Brownie, Chocolate Malt, Cinnamon Bun, Cookies and Creamery, Peanut Butter, Key Lime, and Salted Caramel (in "Like It" size only)
- Ice Dog 100% juice slush pouch: strawberry, cherry limeade, blue raspberry, watermelon, and raspberry lemonade (4 oz)
- Johnny Pops: Strawberry Banana flavor (40 g)

Other snack items

- Annie's Bunny Grahams: Honey and Bunny Friends flavors (1.25 oz)
- Belly Bears Graham Cookies: Chocolate, Honey, and Cinnamon (1 oz.)
- Redit-Bake BeneFIT whole grain graham crackers: Jungle Crackers, Dots, ABC, and SPORTS (1 oz)
- Chex Mix: Hot 'n Spicy (0.92 oz.)
- Simply Chex: Chocolate Carmel (1.03 oz), Xtreme Habanero Lime (0.92 oz), Cheddar (0.92 oz.) and Strawberry Yogurt (1.03 oz.)
- Chortles: Chocolate Chip, Chocolate, and Cinnamon (0.46-1 oz.)
- Darlington Spikerz Cracker Bites: El Nacho Cheese, Heavenly Ranch, Salsa, Spicy Chili, and Simply Salted (0.9 oz.)
- Keebler Bug Bites Grahams (1 oz.)
- Keebler Elf Grahams: Chocolate, Original, and Cinnamon (1 oz.)
- Keebler Gripz Mini Grahams: Cinnamon (25 g)
- Keebler Scooby Doo Graham Cracker Bones (1 oz.)
- Keebler Animal Crackers (29 g)
- MJM Bear Grahams: Apple Cinnamon, Vanilla, and Chocolate Graham Bears (1 oz)
- MJM Waffle Grahams: Apple Cinnamon, Maple, and Strawberry (1 oz)
- MJM Dinosaur Grahams: Strawberry, Lemon, and Vanilla Dino Bites(1 oz)
- MJM: Sound Bites Grahams: Chocolate Raspberry and Vanilla (1 oz)
- MJM All-Sports Bites Grahams: Vanilla and Apple (1 oz.)

- MJM Sunrise Bites Maple Grahams (1 oz)
- MJM Tropical Treats Orange Grahams (1 oz)
- Nabisco Teddy Grahams - honey (0.75oz)
- Pepperidge Farm Giant Goldfish Grahams: Vanilla, , Chocolate, Cinnamon, and Honey (.9 oz)
- Pepperidge Farm Goldfish: Whole Grain Cheddar, Hot 'N Spicy Cheddar, and Whole Grain Pretzel (0.75 oz.)
- Pepperidge Farm Goldfish Physedibles: Vanilla (0.9 oz.)
- Rold Gold Pretzels: Hartzels (0.7 oz.)
- Kellogg's Rice Krispies Treats made with whole grain (40 g)
- SuperBakery Goodyman Whole Grain Rice Crispy (23 grams and 45 grams)
- Cheez-It, Atomic Cheddar, Cheddar Loco, and Original flavors (0.75 oz)
- Skeeter Grahams: Cinnamon Bitz, Cinnamon, Honey, and Chocolate (1 oz)
- Skeeter Allsome! Chocolate Chip Cookies (1.2 oz)
- MixMi Chom! Choms! (35 g)

Hot Entrees

- Pillsbury Cheesy Pull-Aparts: Mozzarella and Garlic, and Spicy Buffalo (4.06 oz)
- Tyson Bosco Sticks: Pretzel stuffed with cheddar cheese, Cheese breadstick, and Apple stick (1 stick each)
- Gilardi Three Cheese Calzones (4.69 oz)
- Fernandos (Foster Farms) Buffalo Chicken Grab Wrap (2.81 oz)
- Foster Farms 100% WG Lower Fat Chicken Corn Dog (4 oz)

