



# Healthy Snacks



**Endorsed by Fargo Public Schools  
supported by the FPS Wellness Policy**

## Approved Snack List

Compiled June and July 2010 by Cass Clay Healthy People Initiative interns/volunteers Kristy Singlestad and Devany Schulz. This snack list has been based on adapted food standards set by a committee at the Institute of Medicine Nutrition Standards for Foods in Schools, which produced the report *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth* (2007).

### **Institute of Medicine Recommended Standards:**

**Standard 1:** Snacks, foods, and beverages meet the following criteria for **dietary fat** per portion as packaged:

- No more than 35 percent of total calories from fat;
- Less than 10 percent of total calories from saturated fats; and
- Zero trans fat.

**Standard 2:** Snacks, foods, and beverages must provide no more than 35 percent of calories from **total sugars** per portion as packaged.

*Exceptions include:*

- 100-percent fruits and fruit juices in all forms without added sugars;
- 100-percent vegetables and vegetable juices without added sugars; and
- Unflavored nonfat and low-fat milk and yogurt. Flavored nonfat and low-fat milk can contain no more than 22 grams of total sugars per 8-ounce portion, and flavored nonfat and low-fat yogurt can contain no more than 30 grams of total sugars per 8-ounce serving.

**Standard 3:** Snack items are 200 **calories** or less per portion as packaged.

**Standard 4:** Snack items meet a **sodium** content limit of 200 mg or less per portion as packaged.

**Standard 5:** Foods and beverages are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.

### **Dakota Medical Adaptations:**

**-Caloric Content Adaptation:** Snack items for elementary students are not to exceed 150 calories. Snack items for middle school and high school students are not to exceed 200 calories. Guidelines are based on the Alliance for a Healthier Generation Standards.

- **“Cheese” exception:** The exception allows any cheese from reduced or no fat milk that meet all other IOM standards are exempt from the total fat (<35%) standard.

- **Nut and Seed Exception:** Nuts and seeds are exempt from the total fat (<35%) standard. However, they must meet all other IOM standards, including saturated fat, trans fat, and sodium standards.

List compiled from grocery store in the Fargo area: Hornbacher’s, SunMart, Cashwise, Target, WalMart and Sam’s Club.

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## **SNACKS THAT MEET NUTRITION CRITERIA**

### **Fruits and Vegetables!**

**This list is unlimited. Children may have as many fruits and vegetables as they like!!**

#### **Fruit**

*Apples*  
*Apricots*  
*Bananas*  
*Blackberries*  
*Blueberries*  
*Cantaloupe*  
*Cherries*  
*Clementine*  
*Grapefruit*  
*Grapes*  
*Kiwi*  
*Mandarin*  
*Mango*  
*Nectarine*  
*Oranges*  
*Papaya*  
*Peaches*  
*Pears*  
*Pineapple*  
*Plums*  
*Pomegranate*  
*Raspberries*  
*Star Fruit*  
*Strawberries*  
*Tangerines*  
*Watermelon*

#### **Vegetables**

*Broccoli*  
*Carrots*  
*Cauliflower*  
*Celery*  
*Cherry Tomatoes*  
*Cucumbers*  
*Edamame*  
*Jicama*  
*Mushrooms*  
*Peas/Pea Pods*  
*Peppers*  
*Radishes*

#### **Nuts**

*See the list of approved nuts in the bulk-food section, which includes recommended serving sizes.*

**SNACKS THAT MEET NUTRITION CRITERIA**  
**Single-Serving Items**

Food Type and Brand	Snack Item	Serving Size	Elem School	Mid/High School	Peanut Free
<b>Crackers and Snacks</b>					
<b>EnviroKidz Organic</b>	<i>Crispy Rice - Assorted Varieties</i>	1 oz	x	x	
<b>General Mills</b>	<i>Chex 100 Calorie Pouch, Cheddar</i>	.81 oz	x	x	x
	<i>Chex 100 Calorie Pouch, Chocolate Caramel</i>	.72 oz	x	x	x
<b>Nabisco</b>	<i>100 Calorie Packs</i>				
	<i>Chips Ahoy Thin Crisps</i>	1 pouch	x	x	x
	<i>Oreo Thin Crisps</i>	1 pouch	x	x	x
	<i>Right Bites Cookies, Chips Deluxe Pouch</i>	1 pouch	x	x	x
	<i>Sweet and Salty Mix-Kettle Flavor</i>	1 pouch	x	x	x
<b>Fruit</b>					
<b>Archer Farms</b>	<i>Real Fruit Strips - all varieties</i>	1 strip	x	x	x
<b>Clif</b>	<i>Clif Kid Organic Fruit Twist</i>	1 twist	x	x	x
<b>Del Monte</b>	<i>Pineapple Tidbits in 100% Juice (plastic cups)</i>	4 oz	x	x	x
	<i>Mixed Berries Fruit Naturals (plastic cups)</i>	4 oz	x	x	x
<b>Dole</b>	<i>Pineapple in 100% Juice</i>	4 oz	x	x	x
	<i>Sun-Maid Raisins</i>	1.5 oz, 0.8 oz	x	x	x
<b>Food Club</b>	<i>Raisin Boxes</i>	1.5 oz, 0.8 oz	x	x	x
<b>Full Circle Organic</b>	<i>Organic Applesauce - No Sugar Added</i>	4 oz	x	x	x
<b>Funky Monkey</b>	<i>Freeze Dried Fruit-single serving-assorted varieties</i>	1 oz	x	x	x
<b>Market Pantry</b>	<i>Applesauce, Natural-No Sugar Added</i>	4 oz	x	x	x
	<i>Raisins (Mini Box)</i>	.8 oz	x	x	x
<b>Mott's</b>	<i>Applesauce, Healthy Harvest - No Sugar Added, Blueberry</i>	3.9 oz	x	x	x
	<i>Applesauce, Healthy Harvest - No Sugar Added, Granny Smith</i>	3.9 oz	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Applesauce, Healthy Harvest - No Sugar Added, Natural</i>	3.9 oz	x	x	x
	<i>Applesauce, Healthy Harvest - No Sugar Added, Summer Strawberry</i>	3.9 oz	x	x	x
<b>Musselman's</b>	<i>Applesauce, Natural Unsweetened</i>	4 oz	x	x	x
<b>Santa Cruz Organic</b>	<i>Organic Applesauce</i>	4 oz	x	x	x
<b>Sensible Foods</b>	<i>Sensible Foods Crunch Dried Snack</i>	.75 oz bag	x	x	x
<b>Stretch Island Fruit Co.</b>	<i>All Natural Fruit Strip, Assorted Varieties</i>	.5 oz	x	x	x
<b>Wild Harvest</b>	<i>Organic Applesauce Unsweetened</i>	4 oz	x	x	x
	<i>Wild Harvest Organic Raisins</i>	1.5 oz	x	x	x
<b><u>Granola Bars</u></b>					
<b>Archer Farms</b>	<i>Simple Balanced Granola Bars (NOT Yogurt Drizzled)</i>	1 bar	x	x	
<b>Bakery on Main</b>	<i>Cranberry Maple Nut Granola Bar</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Granola Bars</i>	1 bar			
<b>Clif Kid</b>	<i>Organic 2 Bar - Chocolate Brownie</i>	1 bar	x	x	
	<i>Organic 2 Bar - Honey Graham</i>	1 bar	x	x	
<b>Chex Mix</b>	<i>Turtle Chex Mix Granola Bar</i>	1 bar	x	x	
<b>Enjoy Life</b>	<i>Caramel Apple</i>	1 bar	x	x	x
	<i>Very Berry</i>	1 bar	x	x	x
	<i>Cocoa Loco</i>	1 bar	x	x	x
<b>Kashi</b>	<i>Cranberry Walnut Fruit and Grain Bar</i>	1 bar	x	x	
	<i>Dark Chocolate Coconut</i>	1 bar	x	x	
	<i>Go Lean Crunchy! Protein and Fiber Bar</i>				
	<i>Chocolate and Almond</i>	1 bar		x	
	<i>Chocolate and Peanut</i>	1 bar		x	
	<i>Pumpkin Pecan Fruit and Grain Bar</i>	1 bar	x	x	
	<i>Raspberry Chocolate</i>	1 bar	x	x	
	<i>TLC Cereal Bar</i>	1 bar	x	x	

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	<i>Blackberry Graham</i>	1 bar	x	x	
	<i>TLC Soft-Baked Cereal Bar</i>				
	<i>Baked Apple</i>	1 bar	x	x	x
	<i>Blackberry Graham</i>	1 bar	x	x	x
	<i>Ripe Strawberry</i>	1 bar	x	x	x
	<i>TLC Chewy Granola Bar</i>	1 bar			
	<i>Cherry Dark Chocolate</i>	1 bar	x	x	
	<i>Dark Mocha Almond</i>	1 bar	x	x	
	<i>Honey Almond Flax</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>TLC Crunchy Granola Bar</i>				
	<i>Honey Toasted 7 Grain</i>	2 bars		x	
	<i>Pumpkin Spice Flax</i>	2 bars		x	
	<i>Roasted Almond Crunch</i>	2 bars		x	
	<i>TLC Trail Mix Chewy</i>	1 bar	x	x	
	<i>TLC Dark Almond Chewy</i>	1 bar	x	x	
<b>Kellogg's</b>	<i>Nutri-Grain-All Varieties</i>	1 bar	x	x	x
<b>Flavorite</b>	<i>Crunchy Granola Bars - Variety Pack</i>	2 bars		x	
<b>Food Club</b>	<i>100 Calorie Granola Bars</i>	1 bar	x	x	
	<i>Chocolate Chunk</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>Rainbow Chip</i>	1 bar	x	x	
	<i>S'mores</i>	1 bar	x	x	
	<i>Variety Pack</i>	1 bar	x	x	
	<i>Essential Choice</i>	1 bar			
	<i>Strawberry Light and Crispy</i>	1 bar	x	x	
	<i>Blueberry Light and Crispy</i>	1 bar	x	x	

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Peanut Butter</i>	1 bar	x	x	
	<i>Fruit and Grain Bar</i>	1 bar	x	x	
<b>General Mills</b>	<i>FiberOne 90 Calories</i>	1 bar	x	x	
	<i>FiberOne</i>				
	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Peanut Butter</i>	1 bar	x	x	
<b>Glutino</b>	<i>Gluten Free Bar - Apple</i>	1 bar	x	x	x
	<i>Gluten Free Bar - Blueberry</i>	1 bar	x	x	x
<b>Special K</b>	<i>Fruit Crisps</i>	2 crisps	x	x	
<b>Market Pantry</b>	<i>Fiber Granola Bars</i>	1 bar	x	x	
	<i>Oats and Apple Streusel</i>	1 bar	x	x	
	<i>Oats and Caramel</i>	1 bar	x	x	
	<i>Oats and Chocolate</i>	1 bar	x	x	
	<i>Oats and Strawberry</i>	1 bar	x	x	
	<i>Crunchy Granola Bars - Oats and Honey</i>	2 bars			
<b>Natural Path Organic</b>	<i>Pumpkin-N-Spice, Sunny Hemp</i>	1 bar	x	x	
<b>Nature Valley</b>	<i>Fruit and Nut Bar, Chewy Trail Mix</i>	1 bar	x	x	
	<i>Nature Valley Crunchy Granola Bar</i>				
	<i>Apple Crisp</i>	2 bars		x	
	<i>Maple Brown Sugar</i>	2 bars		x	
	<i>Oat's N Chocolate</i>	2 bars		x	
	<i>Oats and Honey</i>	2 bars		x	
	<i>Peanut Butter</i>	2 bars		x	
	<i>Pecan Crunch</i>	2 bars		x	

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Variety Pack</i>	2 bars		x	
<b>Our Family</b>	<i>Chewy Granola Bars</i>				
	<i>Peanut Butter Chocolate Chip</i>		x	x	
	<i>S'mores</i>		x	x	
	<i>Chocolate Chunk</i>		x	x	
	<i>High Fiber Chewy Bars, Assorted Varieties</i>		x	x	
	<i>Crunchy Granola Bars</i>				
	<i>Oats 'N Honey</i>		x	x	
<b>Quaker</b>	<i>Breakfast Cookie</i>	1 cookie	x	x	
	<i>Oatmeal Chocolate Chip</i>	1 cookie	x	x	
	<i>Oatmeal Raisin</i>	1 cookie	x	x	
	<i>Rice Snacks Lightly Salted (4.47 oz bag)</i>	1 bag	x	x	
	<i>Quaker Chewy Bar</i>	1 bar	x	x	
	<i>25% Less Sugar</i>	1 bar	x	x	
	<i>Chocolate Chip</i>	1 bar	x	x	
	<i>Cookies and Cream</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Chip</i>	1 bar	x	x	
	<i>Variety Pack</i>	1 bar	x	x	
	<i>90 Calories</i>	1 bar	x	x	
	<i>Chocolate Chunk</i>	1 bar	x	x	
	<i>Dark Chocolate Cherry</i>	1 bar	x	x	
	<i>Honey Nut</i>	1 bar	x	x	
	<i>Oatmeal Raisin</i>	1 bar	x	x	
	<i>Peanut Butter</i>	1 bar	x	x	
	<i>Peanut Butter Chocolate Chip</i>	1 bar	x	x	
	<i>S'mores</i>	1 bar	x	x	



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	<i>Other Granola Bars</i>				
	<i>Made with Cocoa Chocolate Swirl</i>	1 bar	x	x	
	<i>Made with Real Chocolate Mint</i>	1 bar	x	x	
	<i>Simple Harvest</i>	1 bar	x	x	
	<i>True Delights Dark Chocolate Raspberry Almond</i>	1 bar	x	x	
<b><u>Juice</u></b>					
<b>Apple and Eve</b>	<i>Fruitables Fruit and Vegetable - All Varieties *Diluted Juice (66% Juice)</i>	4.23 fl oz	x	x	x
	<i>Variety Pack: Apple, Very Berry or Fruit Punch (100% Juice, No Added Sugar)</i>	6.75 fl oz	x	x	x
<b>BigTex</b>	<i>Grapefruit Juice</i>	6 fl oz	x	x	x
	<i>Orange Juice</i>	6 fl oz	x	x	x
<b>Dole</b>	<i>100% Juice, Pineapple Orange Juice</i>	6 fl oz	x	x	x
	<i>100% Juice, Pineapple Juice</i>	6 fl oz	x	x	x
<b>Capri Sun</b>	<i>100% Juice, Apple Splash</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Berry Breeze</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Fruit Dive</i>	6 fl oz pouch	x	x	x
	<i>100% Juice, Grape Tide</i>	6 fl oz pouch	x	x	x
<b>Food Club</b>	<i>Apple Juice</i>	4 fl oz	x	x	x
	<i>Cider</i>	4 fl oz	x	x	x
<b>Great Value</b>	<i>100% Juice, Assorted Varieties</i>	4.23 fl oz, 6.75 fl oz	x	x	x
<b>Juicy Juice</b>	<i>100% Juice</i>	4.23 fl oz, 6.75 fl oz	x	x	x
<b>Market Pantry</b>	<i>100% Juice Boxes</i>	6.75 fl oz	x	x	x
<b>Minute Maid</b>	<i>Apple or Grape Juice, Fruit Punch or Mixed Berry</i>		x	x	x
<b>Mott's</b>	<i>Mott's for Tots 40% Less Sugar - All Varieties *Diluted Juice (54% Juice)</i>	6.75 fl oz	x	x	x
<b>Rice Dream</b>	<i>Vanilla Enriched Rice Drink</i>	8 fl oz	x	x	x
	<i>Original Enriched Rice Drink</i>	8 fl oz	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Vanilla Classic</i>	8 fl oz	x	x	x
	<i>Original Classic</i>	8 fl oz	x	x	x
<b>R.W. Knudsen Family</b>	<i>100% Juice, Organic Apple</i>	8 fl oz	x	x	x
	<i>100% Juice, Tropical Punch</i>	8 fl oz	x	x	x
	<i>100% Juice, Lemonade</i>	8 fl oz	x	x	x
<b>Sunsweet</b>	<i>100% Juice Sunsweet Prune Juice</i>	5.5 fl oz		x	x
<b>Tropicana</b>	<i>Tropicana Healthy Kids 100% Juice Carton</i>	8 fl oz	x	x	x
	<i>Tropicana No Pulp Original 100% Juice Carton</i>	8 fl oz	x	x	x
<b>V8</b>	<i>100% Vegetable Juice - Low Sodium</i>	5.5 fl oz	x	x	x

## **Yogurt**

<b>Cass Clay</b>	<i>Plain Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Black Cherry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Strawberry Banana, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Raspberry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Blueberry, Fat Free Yogurt</i>	6 oz	x	x	x
	<i>Strawberry, Fat Free Yogurt</i>	6 oz	x	x	x
<b>Chobani</b>	<i>Nonfat Greek Yogurt</i>				
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Peach</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
<b>Dannon</b>	<i>Mixed Berry, Fruit on the Bottom Yogurt</i>	6 oz	x	x	x
	<i>Greek Yogurt</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
	<i>Plain Low Fat Yogurt</i>	6 oz	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
<b>Fage</b>	<i>Total 0% (Fat) - All Natural - Nonfat Greek Strained Yogurt</i>	6 oz	x	x	x
<b>Oikos</b>	<i>Organic Greek Yogurt - All Varieties</i>	5.3 oz	x	x	x
<b>Old Home</b>	<i>100 Calorie</i>				
	<i>French Vanilla</i>	6 oz	x	x	x
	<i>Key Lime Pie</i>	6 oz	x	x	x
	<i>Plain Nonfat (All Ages)</i>	8 oz	x	x	x
	<i>Plain Yogurt (Only High School)</i>	8 oz			
	<i>Raspberry</i>	6 oz	x	x	x
	<i>Strawberry Banana</i>	6 oz	x	x	x
	<i>Pom 100</i>				
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Pomegranate Pear</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Vanilla</i>	6 oz	x	x	x
	<i>Yumberry</i>	6 oz	x	x	x
<b>O'Soy</b>	<i>Smooth and Creamy Soy Yogurt - Vanilla</i>	4 oz	x	x	x
	<i>Smooth and Creamy Soy Yogurt - Chocolate</i>	4 oz	x	x	x
	<i>Smooth and Creamy Soy Yogurt - Peach and Strawberry</i>	4 oz	x	x	x
<b>Stonyfield Farm Organic</b>	<i>Fat Free Fruit on the Bottom</i>				
	<i>Black Cherry</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Pomegranate Raspberry Acai</i>	6 oz	x	x	x
	<i>Fat Free Smooth and Creamy Yogurt - Plain</i>	6 oz	x	x	x
	<i>Greek Nonfat Plain Yogurt</i>	5.3 oz	x	x	x
	<i>Low Fat Fruit on the Bottom</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Peach</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Low Fat Smooth and Creamy Yogurt - All Varieties (Except Maple Vanilla)</i>	6 oz	x	x	x
<b>Wild Harvest Organic</b>	<i>Vanilla</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>Plain</i>	6 oz	x	x	x
	<i>Blueberry</i>	6 oz	x	x	x
	<i>Raspberry</i>	6 oz	x	x	x
<b>Yoplait</b>	<i>Greek Yogurt</i>				
	<i>Honey Vanilla</i>	6 oz	x	x	x
	<i>Plain</i>	6 oz	x	x	x
	<i>Strawberry</i>	6 oz	x	x	x
	<i>YoPlus</i>	4 oz	x	x	x
	<i>Blackberry</i>	4 oz	x	x	x
	<i>Blueberry Acai</i>	4 oz	x	x	x
	<i>Cherry</i>	4 oz	x	x	x
	<i>Peach</i>	4 oz	x	x	x
	<i>Pomegranate</i>	4 oz	x	x	x
	<i>Strawberry</i>	4 oz	x	x	x
	<i>Vanilla</i>	4 oz	x	x	x
	<i>Yoplait Kids Strawberry Yogurt Drink 25% Less Sugar</i>	3.1 fl oz	x	x	x
	<i>Dannon Greek Yogurt, Blueberry</i>	6 oz	x	x	x
<b><u>Cheese</u></b>					
<b>Baker Brand</b>	<i>String Cheese</i>				
	<i>Mozzarella</i>	1 stick	x	x	x
	<i>Smoked String Cheese</i>	1 stick	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
<b>Chuck E. Cheese's</b>	<i>String Cheese</i>	1 stick	x	x	x
<b>Crystal Farms</b>	<i>Light String Cheese</i>	1 stick	x	x	x
	<i>Spiral String Cheese</i>	1 stick	x	x	x
	<i>String Cheese (Low Moisture Part Skim)</i>	1 stick	x	x	x
<b>Flavorite</b>	<i>Low Moisture Part Skim String Cheese</i>	1 stick	x	x	x
<b>Food Club</b>	<i>Light String Cheese</i>	1 stick	x	x	x
<b>Kraft</b>	<i>Natural Cheese Sticks</i>				
	<i>Mozzarella Cheese String</i>	1 stick	x	x	x
	<i>2% Milk Mozzarella and Cheddar Cheese Twists</i>	1 stick	x	x	x
<b>Laughing Cow</b>	<i>Mini Babybel-Light</i>	1 piece	x	x	x
<b>Market Pantry</b>	<i>Colby Jack Reduced Fat</i>	1 stick	x	x	x
	<i>Mozzarella Light</i>	1 stick	x	x	x
	<i>Mozzarella Double Twist</i>	1 stick	x	x	x
<b>Our Family</b>	<i>String Cheese, Part-Skim Mozzarella Cheese</i>	1 stick	x	x	x
<b>Saputo</b>	<i>Frigo String Cheese, Mozzarella &amp; Swirled</i>	1 stick	x	x	x
<b>Sargento</b>	<i>String Cheese</i>	1 stick	x	x	x
<b>Weight Watchers</b>	<i>Natural Light String Cheese</i>	1 piece	x	x	x

**SNACKS THAT MEET NUTRITION CRITERIA**  
**Bulk Items**

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
<b><u>Nuts</u></b>					
<b>Archer Farms</b>	<i>Raw Almonds Unsalted</i>	1/4 cup	x	x	
	<i>Raw Mixed Nuts Unsalted</i>	1/4 cup	x	x	
	<i>Salt and Pepper Cashews</i>	1/4 cup	x	x	
<b>Blue Diamond</b>	<i>Almonds-Whole Natural</i>	≈24 nuts	x	x	
	<i>Oven Roasted Almonds</i>	1 oz	x	x	
	<i>Cinnamon Brown Sugar</i>	1 oz	x	x	
	<i>Honey</i>	1 oz	x	x	
	<i>Sea Salt</i>	1 oz	x	x	
	<i>Sea Salt Almonds</i>	1 oz	x	x	
<b>Eileen's</b>	<i>California Almonds</i>	1/4 cup	x	x	
	<i>Natural Pistachio Nuts</i>	1 oz (49 nuts)			
<b>Emerald</b>	<i>Cocoa Roast Almonds</i>	1 oz	x	x	
<b>Fischer</b>	<i>Dry Roasted Sunflower Seeds</i>	3/4 cup w/shells	x	x	
	<i>Peanuts</i>	1/2 cup w/shells	x	x	
<b>Food Club</b>	<i>Dry Roasted Peanuts</i>	1 oz	x	x	
<b>Giants</b>	<i>Sunflower Seeds</i>	3/4 cup w/shell	x	x	
<b>Good Sense</b>	<i>Almonds, Raw</i>	1/4 cup	x	x	
	<i>Walnuts, Organic</i>	1/4 cup	x	x	
<b>Great Value</b>	<i>Unsalted Dry Roasted Peanuts</i>	1 oz	x	x	
<b>Mauna Loa</b>	<i>Dry Roasted Macadamia Nuts</i>	1 oz	x	x	
<b>Planters</b>	<i>100% Natural Harvest-All Varieties</i>	1 oz	x	x	
	<i>Unsalted Dry Roasted Peanuts</i>	39 pieces	x	x	
	<i>Walnuts</i>	1 oz	x	x	

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
<b>Sunkist</b>	<i>Gourmet Oven Roasted Almonds With Sea Salt</i>	1 oz		x	
<b>Valu Time</b>	<i>Dry Roasted Peanuts</i>	1 oz	x	x	
<b>Fleet Farm</b>	<i>California Almonds</i>	1/4 cup		x	
	<i>Walnut Pieces</i>	1/4 cup		x	
	<i>Dry Roasted Peanuts</i>	1 oz. (40 pieces)		x	
	<i>Mixed Nuts</i>	1/4 cup		x	
	<i>Trail Mix</i>	1/4 cup		x	
	<i>Nuts n Stuff - Sweet and Salty</i>	1/4 cup		x	
<b>Wonderful</b>	<i>Pistachios</i>	1/2 cup, w/ shells		x	

### **Cereal**

<b>Archer Farms</b>	<i>Almond Fiber Crunch</i>	1/2 cup	x	x	
	<i>High Protein Cinnamon</i>	3/4 cup	x	x	
	<i>Muesli</i>	1/2 cup		x	
	<i>Wheat and Rice Energy Flakes</i>	3/4 cup	x	x	
<b>Barbara's</b>	<i>Organic Wild Puffs</i>	3/4 cup	x	x	
	<i>Puffin's</i>				
	<i>Cinnamon</i>	3/4 cup	x	x	
	<i>Original</i>	3/4 cup	x	x	
<b>Cascadian Farms</b>	<i>Cinnamon Crunch</i>	1 cup	x	x	x
	<i>Multigrain Squares</i>	3/4 cup	x	x	
<b>Food Club</b>	<i>Corn Flakes</i>	1 cup	x	x	x
	<i>Essential Choice</i>				
	<i>Puffed Rice</i>	1 cup	x	x	x
	<i>Puffed Wheat</i>	1 cup	x	x	x
	<i>Frosted Shredded Wheat</i>	1 cup		x	x
	<i>Honey &amp; Oats</i>	3/4 cup	x	x	x
	<i>w/Honey &amp; Oat Clusters</i>	3/4 cup	x	x	x
	<i>Original Toasted Oats</i>	1 cup	x	x	x

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<b>General Mills</b>	<i>Cheerios</i>				
	<i>Multigrain</i>	1 cup	x	x	x
	<i>Original</i>	1 cup	x	x	x
	<i>Yogurt Bursts</i>	3/4 cup	x	x	x
	<i>Honey Nut</i>	3/4 cup	x	x	
	<i>Oat Cluster Cheerios Crunch</i>	3/4 cup	x	x	
	<i>Chex</i>				
	<i>Cinnamon</i>	3/4 cup	x	x	
	<i>Honey Nut</i>	3/4 cup	x	x	
	<i>Total</i>				
	<i>Blueberry Pomegranate</i>	1 cup		x	
	<i>Whole Grain</i>	3/4 cup	x	x	
	<i>Plus Omega-3s</i>				
	<i>Honey Almond Flax</i>	1 cup		x	
	<i>Fiber One</i>				
	<i>Frosted Shredded Wheat</i>	1 cup		x	x
	<i>Kix</i>	<i>Original</i>	1 1/4 cups	x	x
<i>Berry Berry</i>		3/4 cup	x	x	x
<i>Honey</i>		1 1/4 cups	x	x	x
<i>Wheaties</i>		3/4 cup	x	x	
<i>GoLean</i>					
<b>Kashi</b>	<i>Crunch</i>	1 cup		x	
	<i>Honey Almond Flax</i>	1 cup		x	
	<i>GoLean Crisp!</i>				
	<i>Toasted Berry Crumble</i>	3/4 cup		x	
	<i>Go Lean Crunch!</i>				



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	<i>Honey Almond Flax</i>	1 cup		x	
	<i>Original</i>	1 cup		x	
	<i>Heart to Heart</i>				
	<i>Autumn Wheat</i>	29 biscuits	x	x	x
	<i>Cinnamon Harvest</i>	28 biscuits	x	x	x
	<i>Honey Toasted Oat</i>	3/4 cup	x	x	x
	<i>Island Vanilla</i>	27 biscuits	x	x	x
	<i>Toasted Oat Cereal</i>	3/4 cup	x	x	x
	<i>Oat Flakes &amp; Blueberry Clusters</i>	1 cup		x	x
	<i>Honey Sunshine</i>	3/4 cup	x	x	
	<i>Wild Harvest</i>				
	<i>Wholesome Raisin Bran Cereal</i>	1 cup	x	x	
<b>Kellogg's</b>	<i>All-Bran Original</i>	1/2 cup	x	x	x
	<i>Corn Flakes</i>	1 cup	x	x	x
	<i>Corn Pops</i>	1 cup	x	x	x
	<i>Fiber Plus Antioxidants</i>	3/4 cup	x	x	x
	<i>Berry Yogurt Crunch</i>	1 cup		x	x
	<i>Cinnamon Oat Crunch</i>	3/4 cup	x	x	x
	<i>Frosted Mini Wheats</i>				
	<i>Bite Sized</i>	24 biscuits		x	x
	<i>Blueberry Muffin</i>	24 biscuits		x	x
	<i>Cinnamon Streusel</i>	24 biscuits		x	x
	<i>Maple and Brown Sugar</i>	24 biscuits		x	x
	<i>Strawberry Delight</i>	24 biscuits		x	x
	<i>Unfrosted</i>	30 biscuits		x	x
	<i>Little Bites</i>				
	<i>Chocolate</i>	52 biscuits		x	x

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	<i>Honey Nut</i>	46 biscuits	x	x	x
	<i>Original</i>	51 biscuits	x	x	
	<i>Low Fat Granola</i>	1/2 cup	x	x	
	<i>Special K</i>				
	<i>Blueberry</i>	3/4 cup	x	x	x
	<i>Chocolately Delight</i>	3/4 cup	x	x	x
	<i>Cinnamon Pecan</i>	3/4 cup	x	x	
	<i>Vanilla Almond</i>	3/4 cup	x	x	
<b>Flavorite</b>	<i>Corn Flakes</i>	1 cup	x	x	
	<i>Crunchy Oat Squares</i>	3/4 cup	x	x	
	<i>Honey Oats &amp; Flakes</i>	3/4 cup	x	x	
	<i>With Real Strawberries</i>	3/4 cup	x	x	
	<i>Toasted Oats</i>	1 cup	x	x	
<b>Great Value</b>	<i>Corn Flakes</i>	1 cup	x	x	
	<i>Crunchy Honey Oats With Almonds</i>	3/4 cup	x	x	
	<i>Frosted Shredded Wheat</i>	1 cup	x	x	x
	<i>Toasted Whole Grain Oat</i>	3/4 cup	x	x	
<b>Malt-o-Meal</b>	<i>Cinnamon Toasters</i>	3/4 cup	x	x	x
	<i>Frosted Mini Spooners</i>	1 cup		x	x
	<i>Frosted Mini Spooners</i>	3/4 cup	x	x	x
	<i>Honey &amp; Oats Blenders</i>	3/4 cup	x	x	
<b>Market Pantry</b>	<i>Blueberry Crunch</i>	3/4 cup	x	x	x
	<i>Cini-Mini Crunch</i>	3/4 cup	x	x	x
	<i>Frosted Bite-Size Shredded Wheat</i>				
	<i>Strawberry</i>	1 cup		x	x
	<i>Originally Sweetened</i>	1 cup		x	x
	<i>Honey &amp; Oats Mixers w/Almonds</i>	3/4 cup	x	x	

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	<i>Toasted Oats</i>	1 cup	x	x	x
<b>Nash Brothers Trading</b>	<i>Organic Cocoa Caboodles</i>	3/4 cup	x	x	
	<i>Organic Toasted Oats</i>	3/4 cup	x	x	
<b>Nature's Path</b>	<i>Organic Flax Plus, Multibran</i>	3/4 cup	x	x	
<b>Organic Wheatabix</b>	<i>Whole Grain Biscuit</i>	2 biscuits	x	x	
<b>Our Family</b>	<i>Corn Flakes</i>	1 cup	x	x	x
	<i>Honey &amp; Nut Toasted Oats</i>	3/4 cup	x	x	x
	<i>Oats &amp; More</i>				
	<i>Low Fat</i>	3/4 cup	x	x	x
	<i>Original</i>	3/4 cup	x	x	x
	<i>Shredded Wheat</i>				
	<i>Strawberry Cream Frosted</i>	3/4 cup		x	x
	<i>Toasted Oats</i>	3/4 cup	x	x	x
	<i>Whole Grain 100 Brand</i>	3/4 cup	x	x	x
<b>Post</b>	<i>Grape Nut Flakes</i>	3/4 cup	x	x	x
	<i>Golden Crisps</i>	3/4 cup	x	x	x
	<i>Honey Bunches of Oats</i>				
	<i>Original</i>	3/4 cup	x	x	x
	<i>Honey Roasted</i>	3/4 cup	x	x	x
	<i>w/Almonds</i>	3/4 cup	x	x	
	<i>w/Cinnamon</i>	3/4 cup	x	x	x
	<i>w/Chocolate Bunches</i>	3/4 cup	x	x	x
	<i>w/Peaches</i>	3/4 cup	x	x	x
	<i>w/Strawberries</i>	3/4 cup	x	x	x
	<i>HoneyComb</i>	1 1/2 cup	x	x	x
	<i>Selects</i>				
	<i>Great Grains &amp; Cranberry Almond Crunch</i>	3/4 cup		x	

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	<i>Shredded Wheat</i>	1 cup		x	
	<i>Honey Nut</i>	1 cup		x	
	<i>Lightly Frosted</i>	1 cup		x	x
	<i>Vanilla Almond</i>	1 cup		x	
	<i>Wheat 'n Bran</i>	1 1/4 cup		x	x
	<i>Shredded Wheat Original</i>	1 biscuit	x	x	x
	<i>Trail Mix Crunch</i>				
	<i>Cranberry Vanilla</i>	1/2 cup		x	
<b>Quakers</b>	<i>King Vitamin</i>	1 1/2 cup	x	x	x
	<i>Life</i>				
	<i>Original</i>	3/4 cup	x	x	x
	<i>Cinnamon</i>	3/4 cup	x	x	x
	<i>Peanut Butter Crunch</i>	3/4 cup	x	x	
	<i>Puffed Rice</i>	1 cup	x	x	x
	<i>Puffed Wheat</i>	1 1/4 cup	x	x	x
<b>Uncle Sam</b>	<i>Original</i>	3/4 cup		x	x
	<i>Toasted Whole-Wheat Flakes &amp; Flaxseed</i>	3/4 cup	x	x	x
<b>Valu Time</b>	<i>Frosted Shredded Wheat</i>	1 cup		x	
<b><u>Crackers and Snacks</u></b>					
<b>Annie's</b>	<i>Homegrown Bunny Grahams (7.5 oz box)</i>	30 cookies	x	x	x
	<i>Bunny Graham Friends (7.5 oz)</i>	30 cookies	x	x	x
<b>Archer Farms</b>	<i>Classic Water Crackers</i>		x	x	x
	<i>Baked Pita Chips</i>				
	<i>Multigrain (6 oz)</i>	7-8 chips	x	x	x
	<i>Parmesan Garlic (6 oz)</i>	7-8 chips	x	x	x
	<i>Sea Salt (6 oz)</i>	7-8 chips	x	x	x
	<i>Kettle Corn Popcorn (6 oz pkg)</i>	1 1/2 cups	x	x	x

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	<i>Multigrain Crackers (8 oz)</i>	3 crackers	x	x	x
	<i>Multiseed Flatbread Crackers (4.5 oz box)</i>	3 crackers	x	x	
	<i>Sea Salt and Vinegar Baked Potato Chips (8 oz pkg)</i>	12 crisps	x	x	x
	<i>Sesame Flatbread Crackers (4.5 oz)</i>	3 crackers	x	x	
	<i>Simply Balanced Snack Crackers</i>				x
	<i>Strawberry (7 oz box)</i>	7 crackers	x	x	x
	<i>Apple Cranberry (7 oz)</i>	7 crackers	x	x	x
	<i>Wheat Entertainment Crackers (8 oz box)</i>	3 crackers	x	x	x
<b>Blue Diamond</b>	<i>Almond Nut-Thins</i>				
	<i>Barbeque</i>	17 crackers	x	x	
	<i>Hint of Sea Salt</i>	17 crackers	x	x	
	<i>Almond</i>	16 crackers	x	x	
	<i>Hazelnut</i>	16 crackers	x	x	
	<i>Pecan</i>	16 crackers	x	x	
	<i>Smokehouse</i>	17 crackers	x	x	
<b>Carr's</b>	<i>Table Water Crackers</i>	5 crackers	x	x	
<b>Crunchmaster</b>	<i>Multi-Grain Gluten-Free Crackers</i>	15 crackers	x	x	x
<b>Dare</b>	<i>Grains First Whole Grain Crackers</i>	4 crackers	x	x	
	<i>Vinta Original</i>	2 crackers	x	x	
	<i>All Natural Water Crackers, Assorted Varieties</i>	4 crackers	x	x	x
<b>Finn Crisp</b>	<i>Sesame Crackers</i>	1 crispbread	x	x	
<b>Food Club</b>	<i>Honey Grahams</i>				x
	<i>Cinnamon</i>	2 whole crackers	x	x	x
	<i>Honey</i>	2 whole crackers	x	x	x
	<i>Low Fat Honey</i>	2 whole crackers	x	x	x
	<i>Raspberry Filled Cookies</i>	1 cookie	x	x	
	<i>Rice Cakes</i>				x

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	<i>Apple Cinnamon</i>	1 cake	x	x	x
	<i>Caramel Corn</i>	1 cake	x	x	x
	<i>Lightly Salted</i>	1 cake	x	x	x
	<i>Salt Free</i>	1 cake	x	x	x
	<i>White Cheddar</i>	1 cake	x	x	x
	<i>Rice Crisps</i>				
	<i>Caramel</i>	8 crisps	x	x	
	<i>Cheddar Cheese Flavored</i>	9 crisps	x	x	
	<i>Sour Cream &amp; Onion</i>	10 crisps	x	x	
	<i>Woven Wheats</i>	≈6 crackers	x	x	x
<b>Great Value</b>	<i>Buttery Smooth Crackers</i>	4 crackers	x	x	x
	<i>Cinnamon Grahams</i>	2 whole sheets	x	x	x
	<i>Reduced Fat Crispy Crackers</i>	4 crackers	x	x	x
	<i>Saltine Crackers</i>	5 crackers	x	x	
	<i>Unsalted Tops Saltine Crackers</i>	5 crackers	x	x	
	<i>Vanilla Wafers</i>	8 wafers	x	x	x
<b>Jacobsen's</b>	<i>Blueberry</i>	1 slice	x	x	x
	<i>Cinnamon</i>	1 slice	x	x	x
	<i>Cinnamon Raisin</i>	1 slice	x	x	x
	<i>Honey Maple</i>	1 slice	x	x	x
	<i>Original</i>	1 slice	x	x	x
<b>Kashi</b>	<i>Heart to Heart Crackers - Original and Roasted Garlic (8 oz)</i>	7 crackers	x	x	x
	<i>TLC Snack Crackers - All Varieties (9 oz)</i>	9 oz pkg	x	x	x
	<i>TLC Soft-Baked Cookies - Oatmeal Raisin Flax (8.5 oz)</i>	1 cookie	x	x	
<b>Kavli</b>	<i>Whole Grain Crispbread</i>				
	<i>Hearty Thick</i>	2 pieces	x	x	x
	<i>Crisp Thin</i>	3 pieces	x	x	x

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<b>Keebler</b>	<i>Animal Cookies</i>				x
	<i>Iced Only</i>	6 cookies	x	x	x
	<i>Graham Crackers</i>				
	<i>Cinnamon</i>	2 whole crackers	x	x	x
	<i>Honey</i>	2 whole crackers	x	x	x
	<i>Original</i>	2 whole crackers	x	x	x
	<i>Scooby-Doo Baked Graham Cracker Sticks</i>				
	<i>Cinnamon</i>	9 crackers	x	x	x
	<i>Honey</i>	9 crackers	x	x	x
	<i>Vanilla Wafers</i>	8 cookies	x	x	x
	<i>Zesta Original</i>	5 crackers	x	x	x
<b>Lay's</b>	<i>Baked</i>				
	<i>Original</i>	15 chips	x	x	x
	<i>Ruffles Original</i>	9 chips	x	x	x
	<i>Southwestern Ranch</i>	14 chips	x	x	x
<b>Log House</b>	<i>Biscottes</i>				
	<i>Original Zwelback</i>	1 slice	x	x	x
	<i>Cinnamon</i>	1 slice	x	x	x
	<i>Snack Toast</i>				
	<i>Cinnamon Raisin</i>	1 slice	x	x	x
<b>Market Pantry</b>	<i>Animal Crackers (Classic and Classic &amp; Chocolate)</i>	17 crackers	x	x	
	<i>Caramel Corn Rice Cakes (6.5 oz bag)</i>	1 cake	x	x	x
	<i>Graham Crackers-Honey</i>	2 whole crackers	x	x	x
	<i>Ginger Snaps</i>	3 cookies	x	x	
	<i>Mini Sandwich Crackers-S'mores</i>	13 crackers	x	x	
	<i>Oatmeal Cookies</i>	2 cookies	x	x	
	<i>Rice Snacks, Bite Size (7 oz bag)</i>	7 mini cakes	x	x	x

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	<i>Teddy Bear Cookies</i>	19 cookies	x	x	
<b>Manischewitz</b>	<i>Thin Matzos</i>	1 cracker/bread	x	x	x
<b>Nabisco</b>	<i>Barnum's Animal Crackers</i>				
	<i>Mini</i>	17 crackers	x	x	x
	<i>Original</i>	8 crackers	x	x	x
	<i>Grahams Original</i>	2 full crackers	x	x	x
	<i>Honey Maid</i>				
	<i>Cinnamon</i>	2 full crackers	x	x	x
	<i>Honey Grahams</i>	2 full crackers	x	x	x
	<i>Newton's Fruit Crisp Snacks</i>				
	<i>Apple Cinnamon</i>	2 pieces	x	x	
	<i>Mixed Berry</i>	2 pieces	x	x	
	<i>Ritz Crackers, Reduced Fat Only</i>	8 crackers	x	x	x
	<i>Saltines</i>				
	<i>Fat Free</i>	5 crackers	x	x	x
	<i>Multigrain</i>	5 crackers	x	x	x
	<i>Original</i>	5 crackers	x	x	x
	<i>Premium Minis Original</i>	17 crackers	x	x	x
	<i>Snack Well's Crème Sandwich</i>	2 cookies	x	x	x
	<i>Teddy Grahams</i>				
	<i>All Varieties</i>	24 pieces	x	x	x
	<i>Teddy Grahams, Mini</i>				
	<i>Honey</i>	47 pieces	x	x	x
	<i>Triscuits</i>				
	<i>Fire Roasted Tomato &amp; Olive Oil</i>	6-7 crackers	x	x	x
	<i>Garden Herb</i>	6-7 crackers	x	x	x



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	<i>Hint of Salt</i>	6-7 crackers	x	x	x
	<i>Regular</i>	6 crackers	x	x	x
	<i>Reduced Fat</i>	7 crackers	x	x	x
	<i>Roasted Garlic</i>	6-7 crackers	x	x	x
	<i>Rosemary &amp; Olive Oil</i>	6-7 crackers	x	x	x
	<i>Rye With Caraway Seeds</i>	6-7 crackers	x	x	x
	<i>Triscuit Thin Crisps</i>				
	<i>Original</i>	15 crisps	x	x	x
	<i>Parmesan Garlic</i>	15 crisps	x	x	x
	<i>Quattro Formaggio</i>	15 crisps	x	x	
	<i>Wheat Thins</i>				
	<i>Sundried Tomato and Basil (9.5 oz)</i>	15 crackers	x	x	x
<b>Nash Brothers Trading Co.</b>	<i>Organic Graham Crackers</i>				
	<i>Honey</i>	2 cracker sheets	x	x	x
<b>Nonnis</b>	<i>Biscotti-Original Flavor</i>	1 biscotti	x	x	
<b>Old London</b>	<i>Melba Snacks</i>				
	<i>Whole Grain</i>	4 crackers	x	x	x
	<i>Sea Salt</i>	4 crackers	x	x	x
	<i>Roasted Garlic</i>	4 crackers	x	x	x
	<i>Melba Toast</i>				
	<i>Classic</i>	3 slices	x	x	x
	<i>Sesame</i>	3 slices	x	x	x
	<i>Wheat</i>	3 slices	x	x	x
	<i>Whole Grain</i>	3 slices	x	x	x
	<i>Toast</i>				
	<i>American</i>	3 slices	x	x	x
	<i>Italia</i>	3 slices	x	x	x

<b>Food Type and Brand</b>	<b>Snack Item</b>	<b>Serving Size</b>	<b>Elem School</b>	<b>Mid/High School</b>	<b>Peanut Free</b>
	<i>Mediterranean Toast</i>	3 slices	x	x	x
<b>Our Family</b>	<i>Original Entertainer Crackers</i>	3 crackers	x	x	x
	<i>Wheat Entertainer Crackers</i>	3 crackers	x	x	x
	<i>Saltines</i>	5 crackers	x	x	
	<i>Honey Grahams</i>	2 whole crackers	x	x	x
	<i>Cinnamon Grahams</i>	2 whole crackers	x	x	x
<b>Pepperidge Farms</b>	<i>Entertaining Quartet</i>	4 crackers	x	x	x
	<i>Goldfish, Flavor Blasted</i>				
	<i>Xplosive Pizza</i>	≈51 pieces	x	x	x
	<i>Goldfish Grahams</i>				
	<i>Chocolate</i>	50 pieces	x	x	x
	<i>Cinnamon</i>	50 pieces	x	x	x
	<i>Honey</i>	50 pieces	x	x	x
<b>Pop Chips</b>	<i>All Natural Pop Chips Sea Salt Multigrain (3.25 oz bag)</i>	21 chips	x	x	x
<b>Quaker</b>	<i>Tortillaz</i>				
	<i>Zesty Guacamole Flavor</i>	15 crisps	x	x	x
	<i>Quaker Rice Snacks</i>				
	<i>Apple Cinnamon</i>	8 mini cakes	x	x	x
	<i>Kettle Corn</i>	9 mini cakes	x	x	x
	<i>Lightly Salted</i>				x
	<i>Ranch</i>	9 mini cakes	x	x	x
<b>Rachel's</b>	<i>Baked Original</i>	14 chips	x	x	x
<b>Reese</b>	<i>Holland Rusk</i>	2 pieces	x	x	x
<b>Ry Crisp</b>	<i>Multi-Grain Crackers</i>	2 crackers	x	x	x
	<i>Natural Crackers</i>	2 crackers	x	x	x
	<i>Seasoned Crackers</i>	2 crackers	x	x	x
	<i>Sesame Crackers</i>	2 crackers	x	x	x

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<b>Special K</b>	<i>Multigrain Crackers (8 oz) Sodium Restriction</i>	17 crackers	x	x	x
	<i>Savory Herb Crackers (8 oz)</i>	17 crackers	x	x	x
<b>Stacy's</b>	<i>Cinnamon Sugar Pita Chips (8 oz bag)</i>	7 chips	x	x	x
<b>Stauffer's</b>	<i>Animal Crackers</i>				
	<i>Chocolate</i>	16 crackers	x	x	
	<i>Original</i>	16 crackers	x	x	
	<i>Whales-Snack Crackers w/Cheddar Cheese</i>	33 crackers	x	x	
<b>Townhouse</b>	<i>Bistro Crackers</i>				
	<i>Cornbread Crackers</i>	2 crackers	x	x	x
	<i>Multigrain</i>	2 crackers	x	x	x
	<i>Flatbread Crisps</i>				
	<i>Italian Herb</i>	6 crackers	x	x	x
	<i>Sea Salt and Olive Oil</i>	6 crackers	x	x	x
	<i>Reduced Fat</i>	≈6 crackers	x	x	x
	<i>Toppers</i>				
	<i>Multigrain</i>	3 crackers	x	x	x
<b>Tree North</b>	<i>Almond Cranberry Crisps</i>	15 crisps	x	x	
<b>Valu Time</b>	<i>Animal Cookies</i>	16 cookies	x	x	
	<i>Honey Grahams</i>	2 whole crackers	x	x	
	<i>Old Fashioned Iced Oatmeal Cookies</i>	2 cookies	x	x	
	<i>Ginger Snaps</i>	5 cookies	x	x	
<b>Vista</b>	<i>Saltines Supreme</i>	5 crackers	x	x	
<b>Voortman</b>	<i>Soft Oatmeal Raisin Cookies</i>	1 cookie	x	x	
	<i>Strawberry Soft Cookies</i>	1 cookie	x	x	
<b>Wasa</b>	<i>Crispbread</i>				
	<i>Fiber</i>	1 slice	x	x	x
	<i>Light Rye</i>	2 slices	x	x	x

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	<i>Multigrain</i>	1 slice	x	x	x
	<i>Original</i>	1 slice	x	x	x
	<i>Sourdough</i>	1 slice	x	x	x
	<i>Whole Wheat</i>	1 slice	x	x	x
<b>Fruit</b>	<i>Apricots, Dried</i>	5 pieces	x	x	
<b>Amport Foods</b>	<i>Veggie Crunches, All Natural</i>	1/2 cup	x	x	x
<b>Del Monte</b>	<i>Chunky Mixed Fruit in 100% Juice</i>	1/2 cup	x	x	x
	<i>Fruit Cocktail in 100% Juice</i>	1/2 cup	x	x	x
	<i>Sliced Peaches in 100% Juice</i>	1/2 cup	x	x	x
	<i>Pear Halves in 100% Juice</i>	1/2 cup	x	x	x
	<i>Pineapple Chunks in 100% Juice (20 oz can)</i>	1/2 cup	x	x	x
	<i>Pineapple Tidbits in 100% Juice (20 oz can)</i>	1/2 cup	x	x	x
	<i>Pineapple Slices in 100% Juice (20 oz can)</i>	2 slices	x	x	x
	<i>Pineapple, Crushed in 100% Juice (20 oz can)</i>	1/2 cup	x	x	x
<b>Disney</b>	<i>Fruit Crisps</i>				x
	<i>Apples</i>	1 bag	x	x	x
	<i>Strawberries and Bananas</i>	1 bag	x	x	x
<b>Dole</b>	<i>Pineapple in 100% Juice</i>				x
	<i>Chunks, Tidbits, Sliced or Crushed</i>	1/2 cup	x	x	x
<b>Earthbound Farm Organic</b>	<i>Dates</i>	5-6 dates	x	x	x
	<i>Plums</i>	5 plums	x	x	x
	<i>Raisins</i>	1/4 cup	x	x	x
<b>Flavorite</b>	<i>Applesauce, Unsweetened</i>	1/2 cup	x	x	x
<b>Food Club</b>	<i>Applesauce, Unsweetened</i>	1/2 cup	x	x	x
	<i>Prunes</i>	1/4 cup	x	x	x
	<i>Raisins</i>	1/4 cup	x	x	x
	<i>Red Tart Cherries In Water</i>	2/3 cup	x	x	x

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<b>Great Value</b>	<i>Apricots, Dried</i>	7 pieces	x	x	x
	<i>Prunes, All Natural Pitted</i>	1/4 cup	x	x	x
	<i>Pineapple in 100% Juice</i>				x
	<i>All Varieties</i>	1/2 cup	x	x	x
<b>Market Pantry</b>	<i>Apricots (6 oz container)</i>	5 pieces	x	x	x
	<i>California Raisins (24 oz container)</i>	1/4 cup	x	x	x
	<i>Dried Apples (4.5 oz container)</i>	13 pieces	x	x	x
	<i>Fruit Mix (6 oz container)</i>	1/4 cup	x	x	x
	<i>Pineapple Tidbits in 100% Juice (20 oz can)</i>	1/2 cup	x	x	x
	<i>Pitted Prunes (18 oz container)</i>	1/4 cup	x	x	x
	<i>Raisins</i>	1.5 oz	x	x	x
	<i>Sliced Peaches in 100% Juice (14.5 oz can)</i>	1/2 cup	x	x	x
	<i>Tropical Fruit in 100% Juice (14.5 oz can)</i>	1/2 cup	x	x	x
<b>Mott's</b>	<i>Applesauce, Natural No Sugar Added</i>	1/2 cup	x	x	x
<b>Musselman's</b>	<i>Applesauce, Natural Unsweetened</i>	1/2 cup	x	x	x
<b>Newman's Own Organics</b>	<i>Raisins</i>	1.5 oz box	x	x	x
<b>Our Family</b>	<i>Unsweetened Applesauce</i>	1/2 cup	x	x	x
	<i>Raisins</i>	1/4 cup	x	x	x
<b>Sunmaid</b>	<i>Dried Mediterranean Apricots</i>	1/4 cup	x	x	x
	<i>Dried Mixed Fruit</i>	1/4 cup	x	x	x
	<i>Prunes</i>	1/4 cup	x	x	x
	<i>Raisins</i>	1/4 cup	x	x	x
<b>Sunsweet</b>	<i>Dried Plums, Bite Size</i>	7 prunes	x	x	x
	<i>Prunes</i>				
	<i>Cherry Essence</i>	5 prunes	x	x	x
	<i>Orange Essence Prunes</i>	5 prunes	x	x	x

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	<i>Pitted</i>	5 prunes	x	x	x
	<i>Regular</i>	7 prunes	x	x	x
<b>Juice</b>	<i>All 100% Juices- <b>Must be 100%</b></i>				
<b>Dole</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Food Club</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
	<i>Low Sodium 100% Vegetable Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Flavorite</b>	<i>100% Juice, No Sugar Added</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Genesis Today</b>	<i>Acai Berry (100% Juice Blend)</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Lakewood Organic</b>	<i>100% Juice Varieties</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Martinelli's Gold Medal</b>	<i>100% Pure Apple Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Member's Mark</b>	<i>100% Apple Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Minute Maid</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Mott's</b>	<i>100% Juices, No Sugar Added</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Ocean Spray</b>	<i>No Sugar Added 100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Old Orchard</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Our Family</b>	<i>100% Apple Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
	<i>100% Prune Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Pom</b>	<i>100% Pomegranate Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Sunsweet</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>R.W. Knudsen Family</b>	<i>100% Juice Varieties</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Santa Cruz Organic</b>	<i>100% Juice, Assorted Varieties</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Tropicana</b>	<i>100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>V8</b>	<i>Low Sodium 100% Vegetable Juice</i>	8 oz = 1 cup	4 oz	8 oz	x
	<i>Tomato Juice, 100% -Low Sodium</i>	8 oz = 1 cup	4 oz	8 oz	x
<b>Welch's</b>	<i>No Sugar Added 100% Juices</i>	8 oz = 1 cup	4 oz	8 oz	x

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<b><u>Bread and Bread Products</u></b>					
<b>Arnold</b>	<i>100% Whole Wheat "Dutch Country" Bread (loaf)</i>	1 slice	x	x	x
<b>Brownberry</b>	<i>Health-full 10 Grain Bread (loaf)</i>	1 slice	x	x	
	<i>Oatnut Bread (loaf)</i>	1 slice	x	x	
<b>Country Hearth</b>	<i>Cracked Wheat Bread (loaf)</i>	1 slice	x	x	x
	<i>Dakota Style 12 Grain Bread (loaf)</i>	1 slice	x	x	x
	<i>Split-top Wheat Bread (loaf)</i>	1 slice	x		x
<b>Earth Grains</b>	<i>Thin Buns-Multigrain and 100% Whole Wheat</i>	1 thin bun	x	x	x
<b>Lakeland</b>	<i>American Beauty Sliced Bread (loaf)</i>	1 slice	x	x	x
<b>Master</b>	<i>English Muffin Toasting Bread (loaf)</i>	1 slice	x	x	x
<b>Sara Lee</b>	<i>Wheat, Honey Wheat, 100% Whole Wheat Bread (loaf)</i>	1 slice	x	x	x
	<i>White, Whole Grain White Bread (loaf)</i>	1 slice	x	x	x
	<i>Mini Bagels-Cinn, Blueberry, Plain, 100% Whole Wheat</i>	1 mini bagel	x	x	x
<b>Pepperidge Farms</b>	<i>Mini Bagels-Brown Cinnamon Sugar</i>	1 mini bagel	x	x	x
<b>Thomas</b>	<i>Original English Muffins (Nooks &amp; Crannies)</i>	1 whole muffin	x	x	x
	<i>Cinnamon Raisin English Muffins (Nooks &amp; Crannies)</i>	1 whole muffin	x	x	x
	<i>Light Multigrain English Muffins (Better Start)</i>	1 whole muffin	x	x	x
	<i>Honey Wheat</i>	1 whole muffin	x	x	x
	<i>Triple Health English Muffins</i>	1 whole muffin	x	x	x
	<i>Swirl Cinnamon Raisin Bread</i>	1 slice	x	x	x
	<i>Bagel Thins-Everything, 100% Whole Wheat</i>	1 whole bagel	x	x	x
	<i>Mini Bagels-Blueberry, 100% Whole Wheat</i>	1 mini bagel	x	x	x