

San Diego Unified School District Food and Nutrition Services

Smart Snacks Food List and Information

In July 2014, the Smart Snacks in School nutrition standards were implemented, and in 2017 California adopted the state's ruling within the federal rules to cover competitive food sales on school campuses. The USDA's Smart Snacks in School refer to the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day.

Since its implementation, all competitive foods and beverages sold during the school day must meet or exceed the Smart Snacks in School nutrition standards. This includes foods and beverages sold in school stores, vending machines, fundraisers, a la carte items, and any other food sold from midnight until 30 minutes after the school bell rings.

This list is not all inclusive and you can find items outside of this list if they meet regulations with these provided resources on your own.

Step 1: To identify if a food or beverage is compliant, check the California Department of Education's Competitive Food Reference guides for public, charter, and private schools.

- Public Schools (<https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>)
- Charter/Private Schools (<https://www.cde.ca.gov/ls/nu/he/compfoodsrefcharter.asp>)

Step 2: Use either of the following calculators to determine if the food or beverage you want to sell is compliant.

- Project LEAN (<https://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>)
 - Project LEAN created a simple and easy-to-use California Competitive Food Standards Compliance Calculator for public non-charter schools to help you identify if a food/beverage item is compliant.
- Healthier Generation (<https://foodplanner.healthiergeneration.org/>)
 - Healthier Generation has an easy-to-use calculator for only **charter/private schools** as they follow different guidelines than public non-charter schools.

Encourage your staff, parents, and students to use these tools when deciding on an item to sell on campus. Keep in mind that food items sold on campus by student organizations **cannot** be the same as the menu items sold in the food service program at school during the same school day. The California Department of Education resources for public non-charter schools were last reviewed in May 2023 and the resources for charter/private schools were last reviewed in January 2023. The California Smart Snacks list provided by San Diego Unified was updated in November 2023. If you have additional questions, please contact the Food and Nutrition Services Department at (858)-987-5377.

Applesauce

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Kirkland	Kirkland Signature Organic Applesauce Pouches	1 pouch (90 g)		X	
Plum Organics	Applesauce Mashups - all varieties	1 pouch (90 g)	X		X
TreeTop	TreeTop Apple Sauce Pouches (all flavors)	1 pouch (90 g)	X		X
TreeTop	TreeTop No Sugar Added Apple Sauce Pouch	1 pouch (90 g)	X		
Motts	Motts No Sugar Added Applesauce Cups (Mango Peach, Granny Smith, Cherry, Strawberry Kiwi, Blueberry, Strawberry, Mixed Berry, Cinnamon, Apple)	1 container (111 g)	X		X
Motts	Motts No Sugar Added Applesauce Pouches (Apple, Cinnamon, Mixed Berry, Strawberry, Blueberry, Cherry Strawberry Kiwi)	1 pouch (90 g)	X		X
Great Value	Great Value Unsweetened Applesauce	1 container (113 g)	X		
GoGo SqueeZ	Fruit and VeggieZ Applesauce - Grippin' Grape, Pedal Pedal Peach, Zippin' Zingin' Pear, Boatin' Banana, Max Mango	1 pouch (90 g)	X		X - only Peach flavor available in a variety pack
GoGo SqueeZ	Big Classic Applesauce - Classic (Apple), Raspberry, Mango, Pineapple, Pear, Strawberry	1 pouch (120 g)			X - only Pear and Raspberry available in a variety pack
GoGo SqueeZ	Fruit On the Go Applesauce - all flavors	1 pouch (90 g)	X		X

GoGo SqueeZ	GoGo SqueeZ Applesauce Pouches (Apple, Pear, Strawberry, Banana, Gimme 5)	1 pouch (90 g)	X	X	X
Great Value	Fruits and Veggies Applesauce (Variety Pack) - Palm Peach, Bursting Berry, Strawberry Bananarama	1 pouch (90 g)	X		

Fruit Cups

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	X	X	
Del Monte	Fruit Cups No Sugar Added (Cherry Mixed Fruit, Peaches, Pears, Mixed Fruit Cup, Mandarin Oranges)	1 cup (113 g)	X		X
Del Monte	Bubble Fruit - Sour Apple Watermelon, Peach Strawberry Lemonade, Pear Berry Pomegranate	99 g (1 cup)	X		X
Dole	Wiggles No Sugar Added Fruit Gels - Strawberry, Cherry, Orange	1 cup (123 g)	X		X
Dole	Fruit Bowls in 100% Juice - Pineapple Tidbits, Diced Peaches, Mandarin Oranges, Cherry Mixed Fruit	1 bowl (113 g)	X		X

Dried/Fresh Fruit

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
All Brands	Dried Fruit with No Added Sugar	1/4 cup	X	X	X
All Brands	Fresh Fruit and Vegetables - individual bags or platters	1/2 cup	X	X	
Crunchies	Freeze Dried Fruit - all flavors	1 package (23 g)			X
Crunch Pak	Dipper Fruit Packs - all flavors	1 package (2.75 oz)	X		

Disney (Brothers All Natural)	Fruit Crisps Freeze-Dried Fruit Slices (all flavors)	1 bag (10 g)	X		X
Kirkland	Kirkland Signature Dried Plums	1.5 oz (40 g)		X	
Sun-Maid	Raisins	1 box (28 g)	X	X - 2# bag available	
Sun-Maid	Mediterranean Dried Apricots	¼ cup (40 g)			X
Great Value	Reduced Sugar Sweetened Dried Cranberries	¼ cup (40 g)	X		

Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Motts	Motts Fruit Snacks (made with fruit and vegetable juice) - all flavors	1 pouch (23 g)	X	X	X
That's It	Fruit Bar - Apple + Fig only	1 bar (35 g)	X		
That's It	Fruit Bar with Probiotics + Prebiotics - Fig only	1 bar (35 g)	X		X
Welch's	Zero Sugar Fruity Bites	1 pouch (30 g)			X
Welch's	Fruit Snacks - Berries n Cherries	1 pouch (22.7 g)	X		X

Popcorn

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Act II	Act II 94% Fat Free Butter Popcorn	6.5 cups (popped)	X		
Jolly Time	Healthy Pop 94% Fat Free (Kettle Corn, Butter and Sea Salt)	2 Tb (unpopped) or 5 cups popped	X		X

Jolly Time	Healthy Pop 94% Fat Free (Crispy n White)	2 Tb (unpopped) or 5.5 cups popped	X		X
Jolly Time	Health Pop 100s (Healthy Pop Butter Minis) - butter and sea salt	1 package	X		X
Jolly Time	Simply Popped Butter Minis	1 package	X		X
Pipcorn	Mini Popcorn - Sea Salt (only)	2.5 cups (28 g)			X
Angie's Boom Chicka Pop	Sweet n Salty, Sea Salt (Multipacks)	1 bag (1 oz)	X		X
Good Health (UTZ)	Half Naked Popcorn	5 cups (30 g)	X		X

Corn Nuts/Vegetable Crisps

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Corn Nuts	Corn Nuts - all flavors (Mexican Street Corn, Original, Ranch, BBQ, Chile Picante Con Limon, Jalapeno Cheddar)	1/3 cup (28 g)	X		X
Love Corn	Love Corn - Smoked BBQ, Sea Salt, Cheezy, Salt N Vinegar	0.7oz (20 g)	X		X
The Only Bean	Crunchy Roasted Edamame Beans (Sea Salt, Buffalo, Sriracha)	1/3 cup (30 g)	X		X
Harvest Snaps (Calbee)	Harvest Snaps Snack Crisps (Baked Green Pea Snacks) - Lightly Salted, Tomato Basil, Caesar, Wasabi Ranch, Parmesan Roasted Garlic	1 oz (28 g)	X		X
Off the Eaten Path	Veggie Crisps - all varieties	15 crisps (28 g)	X		X
Hippeas	Chickpea Puffs - Bohemian BBQ, Sriracha Sunshine, Vegan White Cheddar, Nacho Vibes	20 chips (28 g)	X		X

Hippeas	Chickpea Puffs - Organic Vegan White Cheddar	20 chips (28 g)	X		
Bada Bean Bada Boom	Crunchy Broad Beans - all flavors	1 oz (28 g)	X		

Chips/Rice Crisps

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Frito-Lay	Lays Baked Original, Sour Cream and Onion, BBQ	Original - 17 crisps (28 g) Sour Cream and Onion - 15 crisps (28 g) BBQ - 15 crisps (28 g)	X		X
Frito-Lay	Ruffles Baked Original, Flamin' Hot	Original - 12 crisps (28 g) Flamin' Hot - 11 crisps (28 g)	X		
Frito-Lay	Cheetos Baked Flamin' Hot Limon	34 chips (28 g)	X		
Frito-Lay	Tostitos Baked Scoops	1 bag (24.8g)	X		X
Pop Corners	Pop Corners - all flavors	16 crisps (28 g)	X		X
Pop Chips	Pop Chips - all flavors	1 bag (23 g)	X		X
Quaker	Quaker Rice Crisps (Buttermilk Ranch, Chocolate, Apple Cinnamon, Buffalo Ranch) Variety Pack	1 bag (19 g)	X		X
Quaker	Quaker Rice Cakes - all flavors	1 rice cake	X		X
RiceWorks (rebrand of Wholesome Goodness)	Avocado Ranch, Sea Salt, Sweet Chili, Sea Salt/Brown and Golden Flax, Sea Salt and Black Sesame	7 chips (28 g)	X - only Sea Salt and Black Sesame		
Quaker	Rice Chips (Farmhouse Cheddar and Sour Cream and Chive)	16 chips (28 g)	X		X

Annie's	Organic Cheddar Mix, Organic Original Mix	½ cup (30 g)	X		
Annie's	Organic Extra Cheesy Cheddar Bunnies, Organic White Cheddar Bunnies,	48 crackers (30 g)	X		X
Nabisco (Mondelez International)	Ritz Crisp and Thins (BBQ, Salt and Vinegar, Original)	21 chips (30 g)	X		X
General Mills	Simply Chex Mix Cheddar	1 pouch (26 g)			X
General Mills	Simply Chex Mix Strawberry Yogurt, Chocolate	1 pouch (29 g)			X
Stacy's	Pita Chips - Cinnamon Sugar	7 chips (28 g)	X		X

Pretzels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Snyder's of Hanover	Sourdough Hard Pretzels	1 oz (28 g)	X		X
Snyder's of Hanover	Braided Twists - Garden Vegetable, Honey Wheat	1 oz (28 g)	X - only Honey Wheat		X - only Honey Wheat
UTZ	Pretzel Sourdough Specials Unsalted	5 pretzels (28 g)	X		X
UTZ	Honey Wheat Braided Wheat Pretzels	7 pretzels (28 g)			X
Quinn	Gluten-Free Peanut Butter filled Pretzel Nuggets	1 oz (28 g)	X		X
Fit Joy	Grain-Free Pretzels - Tangy Dijon, Cheezy White Cheddar, Hatch Chili Lime, Honey Mustard	16 pretzels (28 g)	X		X
Happy Belly (Amazon Brand)	Braided Honey Wheat Pretzels	9 pretzels (30 g)			X

Graham Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Annie's	Organic Bunny Graham - Honey, Chocolate Chip, Chocolate Bunnies, Neapolitan, Friends, Birthday Cake	31 cookies (30 g)	X		X
Annie's	Organic Honey Grahams, Organic Cinnamon Grahams	2 cracker sheets (31 g)	X		X
Nabisco (Mondelez International)	Honey Maid Honey Grahams, Cinnamon Grahams	8 crackers (30 g)	X	X	X
Nabisco (Mondelez International)	Teddy Graham (Honey, Chocolatey Chip, Cinnamon, Chocolate)	24 teddy bears (30 g)	X		X
Pepperidge Farm	Goldfish - Grahams (Vanilla Cupcake)	35 fishes (30 g)	X	X - available in variety pack only	X
Kodiak Cakes	Bear Bites Graham Crackers - Chocolate, Cinnamon, Honey	15 cookies (30 g)	X		X
Clif Bar	Thins - Chocolate Brownie, Chocolate Chip, White Chocolate Macadamia Nut	1 pack (22 g)	X - only Chocolate Chip and White Chocolate Macadamia Nut		X
Annie's	Gluten-Free Bunny Grahams - Cocoa and Vanilla	30 cookies (30 g)	X		

Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Crunchmaster	Multi-Seed (4-Seed, 5-Seed, 6-Seed)	14 crackers (30 g)	X	X - only 6-Seed	X
Crunchmaster	Multi-Seed Crackers (Original, Rosemary/Olive Oil,	15 crackers (30 g)	X		X

	Artisan Cheesy Garlic, Ultimate Everything)				
Crunchmaster	Avocado Toast (salt and pepper)	13 crackers (30 g)	X		X
Cheez-It (Kellogg's)	Cheez-It Snap'd (Double Cheese, Cheddar Sour Cream and Onion)	1 pouch (21 g)	X	X	X
Cheez-It (Kellogg's)	Cheez-It Scooby Snack Crackers	29 crackers (30 g)	X		
Club (Kellogg's)	Club Multi-Grain Crackers	4 crackers (14 g)	X		X
Club (Kellogg's)	Club Crackers	4 crackers (14 g)	X	X	X
Club (Kellogg's)	Club Reduced Fat Crackers	5 crackers (16 g)	X		X
Town House (Kellogg's)	Town House Flatbread Crisps - Italian Herb, Sea Salt/Olive Oil, Tomato/Basil/Mozzarella	8 crackers (15 g)	X		X
Town House (Kellogg's)	Town House Original Crackers	5 crackers (16 g)	X	X	X
Town House (Kellogg's)	Town House Dipping Thins (Sea Salt, Black Pepper)	7 crackers (16 g)	X		X
Town House (Kellogg's)	Town House Pita Crackers - Mediterranean Herb, Sea Salt, Everything	6 crackers (15 g)	X		X
Nabisco (Mondelez International)	Wheat Thins - Original, Sundried Tomato and Basil, Hint of Salt, Reduced Fat	15 pieces (30 g)	X	X - only Original	X

Nabisco (Mondelez International)	Triscuit - Original, Reduced Fat, Roasted Garlic, Hint of Sea Salt, Smoked Gouda, Rosemary/Olive Oil, Garden Herb, Dill/Sea Salt/Olive Oil, Cracked Pepper/Olive Oil, Avocado/Cilantro/Lime, Four Cheese/Herb, Fire Roasted Tomato/Olive Oil	6 crackers (28 g)	X		X
Nabisco (Mondelez International)	Triscuit Thin Crisps - Parmesan Garlic, Original (Organic), Original, Zesty Jalapeno	15 crackers (30 g)	X	X - only Organic Original	X
Pepperidge Farm	Goldfish (Baked with Whole Grain - Pretzel)	43 pieces (30 g)	X		X
Nabisco (Mondelez International)	Triscuit (Minis - Original)	28 crackers (30 g)	X	X - available in variety pack only	X
Good Thins (SnackWorks)	Gluten-Free Crackers - Simply Salt, BBQ, Garden Veggie	18 crackers (31 g)	X - except BBQ		X
Good Thins (SnackWorks)	Gluten-Free Crackers - Sea Salt and Pepper	13 crackers (29 g)			X
Good Thins (SnackWorks)	Gluten-Free Crackers - Sea Salt (made with corn)	38 crackers (30 g)	X - sold in variety pack with Simply Salt		X
Good Thins (SnackWorks)	Gluten-Free Crackers - Three Cheese, Parmesan and Garlic, Jalapeno Lime	17 crackers (30 g)			X
Barnum's (SnackWorks)	Barnum's Original Animal Crackers	12 crackers (31 g)	X		X
Nut Thins	Artisan Nut Thins - Flax Seeds, Multi-Seed, Sesame Seed	13 crackers (30 g)			X
Nut Thins	Nut Thins Crackers - Original, Hint of Salt, Pecan, Sriracha, Cheddar Cheese, Smokehouse, Honey Cinnamon	19 crackers (30 g)	X		X

Back to Nature	Harvest Whole Wheat Crackers - Rosemary/Olive Oil, Cracked Black Pepper	6 crackers (28 g)	X		X
Back to Nature	Gluten-Free Rice Thin Crackers - Sea Salt/Cracked Black Pepper, Sesame Seed, Multi-Seed	15 crackers (30 g)	X		X
Back to Nature	Stoneground Wheat Crackers - Organic Roasted Garlic and Herb, Original, Organic Rosemary and Olive Oil	5 crackers (16 g)	X		X
Back to Nature	Classic Saltine Crackers, Classic Round Crackers	5 crackers (15 g)	X		X
Happy Snacks (Market Square Food)	Animal Crackers	8 cookies (28 g)		X	

Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Thomas'	Everything Bagel Thins Bagels	1 bagel (46 g)	X		X

Beverages

Milk

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
All Brands	Milk - Low-fat (1%) or Fat-Free	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
All Brands	Milk Alternative - Reduced Fat (Enriched - Rice, Nut, Soy)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
Silk	Unsweet Almond Milk (Original, Organic, Extra Creamy)	≤8 fl oz (Elementary)	X	X	X

		≤12 fl oz (Middle/High)			
Silk	Unsweet Almond Milk (Vanilla, Less Sugar Vanilla, Organic Unsweet Vanilla, Almond/Coconut Blend)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
Silk	Almond Milk - Original, Vanilla, Extra Creamy, Organic Original	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X

Sparkling Water/Juice

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Crystal Geysler	Sparkling Spring Water - all flavors	1 bottle (18 fl oz)	X	X	X
La Croix	Sparkling Water - all flavors	1 can (12 fl oz)	X	X	X
Sparkling Ice	Naturally Flavored Sparkling Water - all flavors, zero sugar	1 bottle (17 fl oz)	X		X
Bubly	Sparkling Water - all flavors	1 can (12 fl oz)	X		X
Waterloo	Sparkling Water - all flavors	1 can (12 fl oz)	X		X
Clear American	Sparkling Water - all flavors	1 can (12 fl oz)	X		
AHA	Sparkling Water - all flavors	1 can (12 fl oz)	X		X
San Pellegrino	Essenza - all flavors	1 can (11 fl oz)	X	X	X
San Pellegrino	Sparkling Natural Mineral Water	1 can (11 fl oz)	X	X	X
Spindrift	Sparkling Water -all flavors	1 can (12 fl oz)	X		X

IZZE	Sparkling Juice Beverage - all flavors	1 can (8.4 fl oz)	X	X	X
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Juice

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Capri Sun	100% Juice, no sugar added (all flavors)	1 pouch (6 fl oz)	X	X	X
Campbell's	V8 100% Juice Acai Mixed Berry Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)			X
Campbell's	V8 100% Juice Pomegranate Blueberry Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Campbell's	V8 Strawberry Banana Flavored Juice Beverage	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		
Campbell's	V8 Low Sodium Spicy Hot 100% Vegetable Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Campbell's	V8 100% Juice Peach Mango Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Campbell's	V8 Healthy Greens Juice (75% Juice)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Dole	100% Pineapple Mango Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Dole	100% Pineapple Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
Dole	100% Pineapple Orange Banana Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X

Florida's Natural	100% Orange Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Great Value	100% Juice (Apple, Grape, White Grape, White Grape Peach, Mango Peach, Pineapple, Cranberry, Cranberry Grape, Cranberry Pomegranate, Orange, Prune)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		
Great Value	50% Juice - Apple	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		
Great Value	100% Organic Juice (Apple, Tart Cherry, Cranberry, Pomegranate, Red Beet, Honeycrisp Style Apple)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		
Great Value	100% Low Sodium Vegetable Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		
Juicy Juice	100% Juice - all flavors	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Kirkland	100% Juice - Apple	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)		X	
Kirkland	100% Juice Organic Variety Pack (Crisp Apple, Apple Grape, Fruit Punch)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)		X	
Langers	100% Juice - all flavors	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Martinelli's	100% Apple Juice	≤8 fl oz (Elementary)	X	X	X

		≤12 fl oz (Middle/High)			
Minute Maid	100% Orange Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Minute Maid	100% Variety Juice (Apple, Pineapple Oranges, Orange, Mixed Berry)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Minute Maid	100% Juice for Kids (Apple, Mixed Berry, Fruit Punch)	1 juice box (6 fl oz)	X		X
Motts	100% Juice - all flavors	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Ocean Spray	100% Juice - all flavors	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Simply Orange	100% Orange Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Sunsweet	100% Prune Juice, 100% Plum Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
TreeTop	100% Apple Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
TreeTop	100% Blended Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X - only Apple Grape		X - only Apply Berry
Tropicana	100% Orange Juice - all varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
Tropicana	100% Red Grapefruit Juice	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X

Welch's	100% Juice - all flavors/varieties	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X	X	X
Bolthouse Farms	100% Juices (Carrot, Orange, Organic Carrot, Pomegranate)	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X - only 100% Carrot Juice
POM	100% Pomegranate Juices - all flavors	≤8 fl oz (Elementary) ≤12 fl oz (Middle/High)	X		X
Mamma Mia	Chia Squeeze Pouch - all flavors	1 pouch (99 g)	X		X
Mamma Mia	Strawberry Lemonade Organic Chia Prebiotic Squeeze	1 pouch (99 g)	X		X

Tea

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Tea's Tea (Ito-en)	Mugicha Barley Tea	1 bottle (16.9 fl oz)			X - only available in tea bags

Water/Coconut Water

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Water	Pure water, no added artificial sweetener, and/or caffeine	Any Size	X	X	X
Vita Coco	Coconut Water	1 bottle (11.1 fl oz)	X	X	X
Hint Water	Flavored Water - all flavors	1 bottle (16 oz)	X	X	X
Hint Water	Hint + Kids Flavored Water - all flavors	1 juice box (6.75 fl oz)			X
Body Armor	Sports Drink (flavored coconut water)	1 bottle (16 oz)	X		X
Body Armor	Lyte Sports Drink (flavored coconut water)	1 bottle (16 oz)	X		X
Happy Belly (Amazon Brand)	Coconut Water	1 bottle (11.2 fl oz)			X

Harmless Harvest	Organic Coconut Water Drink	1 bottle (12 fl oz)			X
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Yogurt

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Activia	Probiotic Lowfat Yogurt with Fruit - all flavors	1 yogurt cup (113 g)			X
Chobani	Greek Yogurt (Non-Fat, Low Fat, Reduced Fat - all flavors)	1 container (150 g)	X		X
Chobani	Less Sugar Greek Yogurt - all flavors	1 container (150 g)	X		X
Chobani	Zero Sugar Greek Yogurt - all flavors	1 container (150 g)	X		X
Chobani	Lowfat Yogurt Flip (Smores, Key Lime Crumble, Salted Caramel Crunch, Cookies n Crème, Strawberry Cheesecake)	1 container (128 g)	X		X
Dannon	Light and Fit Greek Yogurt (Cherry, Strawberry Cheesecake, Vanilla, Toasted Vanilla Coconut, Strawberry Blueberry, Strawberry Banana)	1 container (150 g)	X		X
Oikos (Dannon)	Triple Zero Nonfat Greek Yogurt (Vanilla, Strawberry, Mixed Berry, Peach, Banana Crème, Cherry, Salted Caramel, Blueberry)	1 container (150 g)			X - only Strawberry, Peach, Mixed Berry available in variety pack
Danimals (Dannon)	Nonfat Yogurt Cup (Strawberry, Vanilla, Strawberry Banana)	1 yogurt cup (113 g)			X

Light and Fit (Dannon)	Light and Fit Original Fat-Free Yogurt (Blueberry, Peach, Strawberry, Vanilla, Strawberry Banana, Cherry, Mixed Berry, Raspberry)	1 container (150 g)	X - only Strawberry and Blueberry available in variety pack		X - only Strawberry, Strawberry Banana, and Peach available in variety pack
Fage	0% Milkfat Blended Yogurt - all flavors	1 container (150 g)	X - only strawberry		X
Fage	0% Milkfat Greek Yogurt (Plain)	1 container (150 g)	X		X
Fage	2% Milkfat Greek Yogurt (Plain)	1 container (150 g)	X		X
Fage	Best Self Lactose-Free (Plain)	1 container (150 g)			X
Great Value	Low Fat Yogurt (Original) - all flavors	1 container (170 g)	X		
Great Value	Low Fat Yogurt (Light) - all flavors	1 container (170 g)	X		
Great Value	Nonfat Greek Yogurt (Original) - all flavors	1 container (150 g)	X		
Great Value	Nonfat Greek Yogurt (Light) - all flavors	1 container (150 g)	X		
Tillamook	Greek Yogurt (Low Fat) - all flavors	1 container (150 g)	X		
Tillamook	Good and Creamy Lowfat Yogurt - all flavors	1 container (170 g)	X		
Stonyfield Organic	Organic Lowfat Yogurt with Fruit Pouches - all flavors	1 pouch (99 g)	X		X
Stonyfield Organic	Organic Kids Lowfat Yogurt Smoothies - Very Berry, Strawberry, Strawberry Banana	1 bottle (92 ml)			X
Stonyfield Organic	Organic Lowfat Yogurt Tubes - all flavors	1 tube (56 g)	X - only strawberry		X

Noosa	Single Serve Yogurt - all flavors	1 container (127 g)	X		X
Yoplait	Yoplait Original Low-Fat - all flavors	1 container (170 g)	X		X
Yoplait	Yoplait Light - all flavors	1 container (170 g)	X		X
Yoplait	Light Yogurt with Granola - all flavors	1 container (170 g)	X		
Go-Gurt (Yoplait)	Go-Gurt Yogurt Tubes- all flavors	1 tube (56 g)	X		X
Go-Gurt (Yoplait)	Simply Go-Gurt Yogurt Tubes - all flavors	1 tube (56 g)	X		X
Yoplait	Whips! Lowfat Yogurt Mousse - all flavors	1 container (141 g)	X - only Chocolate, Strawberry Mist, and Key Lime Pie		
Oui by Yoplait	Whole Milk French Style Yogurt (Vanilla, Strawberry, Raspberry, Peach, Mango, Lemon, Key Lime, Honey, Coconut, Blueberry, Black Cherry)	1 container (141 g)	X		X - only Strawberry and Vanilla
Two Good	Lowfat Yogurt - all flavors	150 g	X		X - only strawberry
Siggi's	Rich and Creamy Yogurt - all flavors	4 oz (113 g)			X
Siggi's	Lower-Sugar Yogurt - all flavors	5.3 oz (150 g)			X
Siggi's	Nonfat Yogurt - all flavors	5.3 oz (150 g)			X
Siggi's	Lowfat Yogurt - all flavors	5.3 oz (150 g)			X
Siggi's	Whole Milk Yogurt	4.4 oz (125 g)	X		
Great Value	Lowfat Yogurt Tubes - all flavors	1 tube (56 g)	X		

The Greek Gods	Greek Yogurt (Honey Vanilla, Maple with Honey, Peach with Honey, Nonfat Plain, Black Cherry with Honey, Strawberry with Honey)	1 cup (170 g)	X		X
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Yogurt Smoothies/Drinks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Activia	Probiotic Lowfat Yogurt Dailies Yogurt Drink - all flavors	1 bottle (3.1 fl oz)			X
Chobani	Complete Protein Yogurt Drink (Vanilla, Strawberry and Cream, Mixed Berry Vanilla, Cookies and Cream)	1 bottle (10 fl oz)	X		X
Danimals (Dannon)	Low-Fat Yogurt Smoothie (Strawberry, Strawberry Kiwi, Strawberry Banana, Raspberry, Mixed Berry, Cotton Candy, Watermelon, Birthday Cake)	1 bottle (93 ml)	X		
DanActive (Dannon)	Probiotic Dairy Drink - Reduced Fat (Vanilla, Strawberry, Blueberry)	1 bottle (93 ml)	X - only Strawberry and Blueberry		
Light and Fit (Dannon)	Light and Fit Smoothies (Strawberry Banana, Mixed Berry, Strawberry)	1 bottle (7 fl oz)	X - only Strawberry and Strawberry Banana		
Stonyfield Organic	Organic Probiotic Lowfat Yogurt Smoothies - Strawberry Banana, Strawberry, Wild Berry	1 bottle (177 ml)			X
Two Good	Lowfat Smoothies - all flavors	1 bottle (207 ml)			X
Danimals (Dannon)	Low-Fat Yogurt Pouches (Strawberry, Strawberry Banana, Mixed Berry, Cotton Candy)	1 pouch (99 g)	X - only Strawberry		

GoGo SqueeZ	YogurtZ Pouches - Reduced Fat (Strawberry Banana, Blueberry, Strawberry, Berry, Banana)	1 pouch (85 g)	X		X
Stonyfield Organic	Organic Whole Milkfat Yogurt Pouches with Real Fruit and Veggie - all flavors	1 pouch (99 g)	X		X

Cheese

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Frigo	Cheese Heads String Cheese Original	1 piece (28 g)	X		X
Frigo	Cheese Heads String Cheese Light	1 piece (24 g)	X		X
Frigo	Cheese Heads String Cheese Gouda	1 piece (24 g)	X		
Frigo	Cheese Heads String Cheese Mild Cheddar	1 piece (24 g)	X		
Frigo	Cheese Heads String Cheese Swirls Cheese	1 piece (24 g)	X		
Frigo	Cheese Heads Colby Jack	1 piece (24 g)	X		
Sargento	String Cheese (Original, Light)	1 piece (21 g)	X		X
Sargento	Cheese Sticks - all flavors	1 piece (21 g)	X		X
The Laughing Cow	Cheese Wedges - all flavors	1 wedge (19 g)	X		X
Babybel	Original Cheese	1 piece (20 g)	X		X
Babybel	Light Cheese	1 piece (20 g)	X		X

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Nutri-Grain (Kellogg's)	Nutri-Grain Soft Baked Breakfast Bars - all flavors	1 bar (37 g)	X	X	X

Nutri-Grain (Kellogg's)	Nutri-Grain Soft Baked Breakfast Bars Fruit and Veggie - all flavors	1 bar (37 g)	X		X
Nutri-Grain (Kellogg's)	Nutri-Grain Bites Soft-Baked Mini Bars - all flavors	1 pouch (37 g)	X		X
Special K (Kellogg's)	Special K Pastry Crisps - all flavors	1 pouch (25 g)	X		X
Great Value	Fruit and Grain Bars - all flavors	1 bar (37 g)	X		
Nature's Bakery	Baked-Ins - Banana Chocolate Chip, Chocolate Oat	1 bar (36 g)	X		X
Nature's Bakery	Oatmeal Crumble - Apple, Strawberry	1 bar (40 g)	X		X
Nature's Bakery	Gluten-Free Fig Bar - Pomegranate only	1 package (57 g)			X
Nabisco (Mondelez International)	BelVita Breakfast Biscuit Bites - Blueberry, Cinnamon Brown Sugar	1 pack (28 g)			X - only available in a variety pack
Great Value	Whole Grain Baked Bars - Chocolate Chip, Iced Oatmeal	1 pack (36 g)	X		
Happy Belly (Amazon Brand)	Fruit and Grain Cereal Bars - all flavors	1 bar (37 g)			X
Olyra	Breakfast Biscuits - Cinnamon Tahini, Fig Anise	3 biscuits (37.5g)			X
Great Value	Fig Bars	2 cookies (28 g)	X		

Granola

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Cascadian Farm	No Added Sugar Chewy Bars (Vanilla, Cherry Cashew, Cinnamon Apple, Blueberry Vanilla)	1 bar (34 g)			X - Cinnamon Apple, Blueberry Vanilla

Cascadian Farm	Granola Bar (Oats/Honey, Vanilla Chip, Chocolate Drizzle)	1 bar (34 g)			X
CLIF Kid	Zbar - Chocolate Chip, Iced Oatmeal, Chocolate Brownie, Blueberry Muffin	1 bar (36 g)	X	X	X
CLIF Kid	Zbar Protein - Chocolate Chip, Cookies n Crème, Chocolate Mint	1 bar (36 g)	X		X
Luna (CLIF)	LUNA Bar - Chocolate Cupcake, Lemonzest, Blueberry Bliss, Mashup: Lemonzest+Raspberry	1 bar (36 g)	X		X
Great Value	Chewy Granola Bars - Peanut Butter Chocolate Chip, Chocolate Chip, S'mores	1 bar (24 g)	X		
Great Value	Crunchy Oats and Honey Granola Bars	2 bars (42 g)	X		
Great Value	Chewy Granola Bars (Sweet and Salty) - Cashew only	1 bar (35 g)	X		
Kirkland	Soft and Chewy Granola Bars	1 bar (24 g)		X	
Nature Valley	Crunchy Granola Bar - Oats n Honey, Cinnamon	2 bars (42 g)	X - only Oats n Honey	X - only Oats n Honey	X - only Oats n Honey
Nature Valley	Fruit and Nut Chewy Trail Mix - Regular, Dark Chocolate Cherry, Cranberry/Pomegranate	1 bar (35 g)	X	X - only Regular	X
Quaker	25% Less Sugar Chewy Granola Bar - Peanut Butter Chocolate Chip, Cookies & Cream, Chocolate Chip Cookie Dough	1 bar (24 g)	X	X - only Chocolate Chip and Peanut Butter Chocolate Chip	X
Quaker	Classic Chewy Granola Bar - Chocolate Peanut Butter, S'mores, Dark Chocolate Chunk	1 bar (24 g)	X		X
Quaker	Chewy Fruity Fun Granola Bar - Amazing	1 bar (24 g)	X		X

	Apple, Splendid Strawberry				
Sunbelt	Chewy Granola Bars - Banana Oat, Chocolate Chip, Dark Chocolate Chunk, Oats n Honey, Peanut Butter Chip, Oatmeal Raisin	1 bar (29 g)	X		X
Made Good	Granola Bars - Mixed Berry, Chocolate Chip, Cookies & Crème, Chocolate Banana, Birthday Cake Drizzled, Vanilla Drizzled	1 bar (21 g)	X		X
Made Good	Granola Minis - Chocolate Banana, Chocolate Chip, Strawberry	1 pouch (24 g)	X	X - available in Chocolate Chip and Mixed Berry variety pack	X
Made Good	Crispy Squares - Strawberry, Vanilla, Confetti Chocolate Drizzled	1 bar (22 g)	X		X
Annie's	Granola Bars Gluten-Free (Oatmeal Cookie only)	1 bar (28 g)	X		
Annie's	Chewy Granola Bars - Peanut Butter Chocolate Chip only	1 bar (25 g)	X		X
Fiber One	70 Calories Soft-Baked Bar - Birthday Cake only	1 bar (25 g)	X		X
Fiber One	70 Calories Chewy Bar - Chocolate Peanut Butter, Chocolate Caramel & Pretzel, Chocolate	1 bar (23 g)	X		X
CLIF	Mini Snack-Size Energy Bar - Chocolate Chip, Crunchy Peanut Butter, Chocolate Brownie	1 bar (28 g)	X		X
Happy Belly (Amazon Brand)	Fruit and Nut Chewy Trail Mix Granola Bars	1 bar (35 g)			X

KIND	Kind Kids Granola Chewy Bar - Chocolate Chip	1 bar (23 g)	X		X
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Frozen Fruit Bars/Popsicles

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Outshine	Fruit Pops Assorted - Cherry, Tangerine, Grape	46 g (1 popsicle)	X		X
Outshine	Fruit Pops Assorted - Strawberry, Lime, and Raspberry	46 g (1 popsicle)	X		X
Outshine	No Sugar Added Fruit Bar Assorted - Strawberry, Tangerine, Raspberry	44 g (1 popsicle)	X		X
Outshine	No Sugar Added Fruit Bar Assorted - Black Cherry, Strawberry Kiwi, Mixed Berry	44 g (1 popsicle)	X		
Outshine	Fruit Pops - Strawberry only	46 g (1 popsicle)	X		
Outshine	Fruit Bar - Grape, Peach, Lemon, Lime, Pineapple, Pomegranate, Raspberry, Strawberry, Tangerine, Watermelon	2 bars	X - Grape, Peach, Lime, Pineapple, Strawberry, Watermelon		X - Grape, Peach, Lemon, Lime, Pineapple, Strawberry, Watermelon
Outshine	No Sugar Added Fruit Bar - Strawberry only	2 bars	X		
Popsicle	No Sugar Added Fudgsicle	40 g (1 popsicle)	X		
Popsicle	No Sugar Added Assorted Flavors - Orange, Cherry, Grape	47 g (1 popsicle)	X		
Popsicle	No Sugar Added Assorted Flavors - Hawaiian Pineapple, Tropical Orange, Caribbean Fruit Punch)	47 g (1 popsicle)	X		
Halo Top	40% Less Sugar Fruit Pops - Strawberry, Lime, Raspberry, Pineapple, Mango	46 g (1 popsicle)	X - Strawberry, Pineapple, Mango		

Halo Top	50% Less Sugar Fruit Pops - Strawberry	69 g (1 popsicle)	X		X
Halo Top	55% Less Sugar Fruit Pops - Mango	63 g (1 popsicle)	X		
Halo Top	60% Less Sugar Fruit Pops - Lime	68 g (1 popsicle)	X		
Talenti	Sorbetto - Alphonso Mango, Roman Raspberry	2/3 cup (131 g)	X		
Talenti	Mini Sorbetto Bars - Roman Raspberry, Alphonso Mango	3 bars (140 g)	X		X

Sorbet/Sherbet

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Blue Ribbon Classics (Blue Bunny)	Orange Dream	1 bar	X		
Blue Ribbon Classics (Blue Bunny)	Sherbet Cups - Rainbow	1 bowl (65 g)	X		
Baskin Robbins	Rainbow Sherbet, Orange Sherbet	2/3 cup (117 g)	X		
Great Value	Rainbow Sherbet	2/3 cup (118 g)	X		
DeeBee's Organics	Classic Superfruit Freezie Pops - Blueberry Pomegranate, Mango Orange, Strawberry Lemon	1 bar (43 g)	X		
DeeBee's Organics	Tropical Superfruit Freezie Pops - Peach Passionfruit, Pineapple Coconut, Raspberry Lime	1 bar (43 g)	X		
DeeBee's Organics	Italian Ice - Raspberry Orchard, Berry Grape, Tropical	1 bowl (105 g)			X
DeeBee's Organics	Gelato Pop - Mango	1 bar (43 g)			X

Ice Cream

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon
Breyer's	No Sugar Added - Vanilla, Vanilla/Chocolate/Strawberry	2/3 cup (74 g)	X (only Vanilla)		X (only Vanilla)
Yasso	Greek Yogurt Bars - Birthday Cake, Pistachio Brittle, Chocolate Peanut Butter Chip	1 bar (62 g)			X (only Birthday Cake)
Yasso	Greek Yogurt Bars - Chocolate Fudge, Sea Salt Caramel, Cookies n Cream, Fudge Brownie Bar	1 bar (65 g)	X		X
Halo Top	Light Ice Cream - Blueberry Crumble, Caramel Macchiato, Cookies and Cream, Oatmeal Cookie, Pistachio, Sea Salt Caramel, Strawberry	2/3 cup (86 g)	X (only Sea Salt Caramel)		X (Sea Salt Caramel, Oatmeal Cookie, Caramel Macchiato)
Great Value	No Sugar Added Vanilla Ice Cream Sandwich	1 sandwich (56 g)	X		