

Washington Elementary School District Approved Smart Snack List

USDA's Smart Snack 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 was updated July 1, 2016. It merges the previous Arizona Nutrition Standards.

The following list contains foods and beverages that meet the nutrition standards for K-8. 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 listed below meets the nutrition standards, visit the online calculator at <http://tools.healthiergeneration.org/calc/calculator/>. If you have additional questions, please contact the Nutrition Services office at (602) 896-5230. The information provided is current as of March 21st, 2017.

Fruit Snacks			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
All Brands	Individual Fruit and Applesauce Cups in Water or Natural Juices <i>Examples include Del Monte, Dole, Store Brand, Motts, Musselman's, Santa Cruz, Tree Top, Store Brands</i>	1/2 cup	X	X	X	X	X
All Brands	Dried Fruit with No Added Sugar <i>Exemption: Dried whole fruits, or pieces with nutritive sweeteners that are required for processings or palatability (cranberries, tart cherries, blueberries)</i>	1/4 cup	X	X	X	X	X
All Brands	Fresh Fruit & Vegetables - Individual Bags or Platters	1/2 cup	X	X	X	X	X
All Brands	Canned & Frozen Fruits with No Added Ingredients, 100% Juice, Extra Light Syrup or Light Syrup	1/2 cup	X	X	X	X	X
Andros	Fruit Me Up - All Flavors	1 pouch			X		
Bare	Baked Crunchy Apple Chips	1/2 cup					X
Brother's	All Natural Fruit Crisps	1 bag			X		
Buddy Fruits	100% Fruit Snack Squeeze Pouch - All Flavors	1 pouch	X		X		
Crispy Greens	Crispy Fruit - All Flavors	1 pouch			X		
Crunchies	Freeze Dried Fruit - All Flavors	1/4 cup					
Del Monte	Fruit Burst Pouch - All Flavors	1 pouch			X		
Disney	Fruit Crisps Freeze Dried Fruit Slices - All Flavors	1 bag (7g)					
Dole	Fruitocracy - All Flavors	1 Pouch (90g)	X	X			
Dole	Fruit Squish'ems	1 pouch			X		
Happy Squeeze	Fruit & Veggie TWIST Pouch - All Flavors	1 pouch (99g)			X		
Kids Gourmet	Organic Slammers All Flavors	1 pouch (90g)			X		
Materne	Go Go Squeeze - All Flavors	1 pouch (90g)	X	X	X	X	X
Motts	Applesauce Snack & Go - All Flavors	1 pouch (90g)	X	X	X		
Musselmans	Squeezable Sours - All Flavors	1 pouch (90g)			X		
Organics	Organic Pure Blended Fruit - All Flavors	3.5 oz			X		
Plum Kids	Organic Mashups - All Flavors	1 pouch (90g)	X		X		
Pumpkin Trees	Peter Rabbit Organics Squeeze - All Flavors	1 pouch (113g)	X		X		
Signature Kitchen	Squeeze & Go	1 pouch (90g)			X		
Great Value	Applesauce Pack	1 Pouch (99g)	X				
Sprout	Organic Smash Fruit & Veggie Snack	1 pouch (91g)					X
Stretch Island	Fruit Strips	1 strip					X
Tree Top	All Flavor Pouches	1 pouch (26g)	X	X	X		

Chip/Pretzel/Popcorn/Oat Snacks			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Act II	94% Fat Free Butter Microwave Popcorn	1 cup	X				
Angie's	Boom Chicka Pop - Sea Salt Flavor	4 cups			X		
Corn Nuts	Variety Pack - Original, Ranch, BBQ	1 pack (1/3 cup)			X		
Corn Nuts	Original, Ranch, BBQ	1 pack (1/3 cup)	X	X	X		
Jolly Time	Healthy Pop Butter 94% Fat Free, Butter and Kettle Flavored - 100 Calorie Pack	1 pack	X	X	X		
Kind	Oat Snacks - Cinnamon Oat Clusters, Vanilla Blueberry Clusters with Flax Seeds	1/3 cup	X		X		
Lays	Baked Ruffles - Original	9 crisps (1 oz)	X		X		
Lays	Baked Potato Chips - BBQ, Original	1 oz	X	X	X		
Lunberg	Wild Rice Cakes - All Flavors	1 cake (19g)		X	X		
MyNanas	All Natural Tortilla Chips	10 chips				X	
Orville Redenbacher	Original Popcorn	2 cups Popped		X			
Orville Redenbacher	Smart Pop 94% Fat Free Microwave Popcorn	2 cups	X	X			
Our Little Rebellion	Popcorners - All Flavors	1 oz			X		
Pop Chips	Sea Salt & Vinegar, Barbeque, Sour Cream & Onion	18 chips (.8 oz)	X	X	X	X	
Popcorn Indiana	Kettlecorn Sweet & Salty	2 cups				X	
Popcorn Indiana	Fit Popcorn Chips - All Flavors	1 oz	X				
Quaker	Popped Rice Snacks - Only Apple and Chocolate	1 oz	X	X	X		
Quaker	Rice Cakes - All Flavors	1 cake	X	X	X		
Tostitos	Oven Baked - Tortilla Scoops	16 chips (28g)	X		X		

Cookie/Cracker Snacks			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	~ 28 cookies (30g)	X	X			
Annie's	Organics Crackers - Honey Grahams, Cinnamon Grahams	2 crackers (31g)					X
Kashi	Original 7 Grain Crackers	16 crackers			X		
Kashi	Snack Crackers – No Cheddar	15 crackers		X			
Kellogg's	Scooby-doo Graham Snacks	1 package (28g)		X	X		
Kellogg's	Multigrain Crackers - All Flavors	14 crackers (30g)		X			
Kroger	Woven Whole Wheat Crackers (Original, Reduced Fat)	7 crackers (31g)		X			
Kroger	Baked Wheat Crisp Crackers (Multigrain)	16 crackers (30g)		X			
Nabisco	Good Thins - All Flavors	13 pieces (30g)	X	X			
Nabisco	Breakfast Biscuits (Non Soft Baked) - All Flavors	1 biscuit (12.5g)	X	X			
Nabisco	Honey Maid - Dippers	9 pieces (31g)			X		
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate, Chocolate Chip, Birthday Cake	24 pieces	X	X	X		
Nabisco	Triscuit – All Flavors	6 crackers	X	X	X		
Nabisco	Triscuit Thin Crisps – All Flavors	15 crackers	X		X		
Nabisco	Wheat Thins- Multigrain, Hint of Salt, Sun Dried Tomato, Sweet & Spicy Chipotle, Spicy Buffalo, Ranch	14 pieces (1 oz)	X	X	X		X
Nabisco	Wheat Thins Toasted Chips –Multigrain	13 chips (28g)	X		X		
Nabisco	Honey Maid Go Bites - Chocolate, Star Wars, and Vinilla	1.06 oz	X				
Nature's Bakery	Fig Bar - BlueBerry, Raspberry	1 oz				X	X
Pepperidge Farm	WG Goldfish - Honey Grahams	1 pack (30g)			X		
Quaker	Rice Cakes - White Cheddar, Lightly Salted, Caramel	1 cake (13g)			X		
Quaker	Popped Rice Crisps - Cocoa, Sour Cream& Onion, Apple Cinnamon	13 cakes (30g)			X		
Sesmark	Sesame Thins, Brown Rice	16 cookies			X		
Signature Kitchens	Honey Graham Crackers – Low Fat Honey Graham	2 crackers			X		
Signature Kitchens	Graham Crackers – Cinnamon, Low Fat Honey	2 crackers			X		
Wasa	Crispbread - Multigrain, Sourdough, Flaxseed, Sesame	1 slice			X		

Nuts/Seeds Snacks			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Blue Diamond	Almonds Whole Natural	24 nuts (1 oz)	X	X			
Blue Diamond	Artisan Nut-thing - Flax Seeds & Multiseeds	13 crackers (30g)	X				
Back to Nature	California Almonds	1/4 cup (30g)		X			
Back to Nature	Cashew Almond Pistachio	1/4 cup (30g)		X			
Back to Nature	Jumbo Cashews	1/4 cup (30g)		X			
Blue Diamond	Almonds - Lightly Salted, Roasted Salted	1 oz		X			
California	Pistachios - Dry Roasted w/ sea salt	1/4 cup					X
Daily Chef	Pistachios	1/2 cup w/ shells				X	
David	Sunflower Seeds – Individual Packs	23g of kernels			X		
Emerald	100 calorie Packs - All Flavors	1 bag (18g)	X	X			
Hine's	Cashews	28g	X				
Hine's	Pecans	28g	X				
Hine's	Brazil Nuts	28g	X				
Hine's	Almonds Whole, Sliced, or Slivered	28g	x				
Hine's	Walnuts Halves and Pieces	28g	X				
Giants	Original Kettle Roast Sunflower Seeds	30g of kernels		X			
Hoodys	Dry Roasted Peanuts	40 pieces					X
Hoodys	Peanuts Unsalted	1 oz (28g)					X
Kirkland	Dry Roasted Almonds	1/4 cup					X
Kirkland	Unsalted Mixed Nuts	1/4 cup					X
Kirkland	Unsalted Cashews	1/4 cup					X
Kirkland	Pistachios	1/2 cup w/ shells					X
Kirkland	Dry Roasted Almonds	1/4 cup (28g)					X
Kirkland	Organic Nuts & Berries w/ Pumpkin Seeds	1/4 cup					X
Kroger	Salted Pistachios	1/4 cup (30g)		X			
Kroger	Peanuts - Salt & Pepper, Spanish	1/4 cup (28g)		X			
Kroger	Dry Roasted Peanuts	1 oz		X			
Kroger	Salted Cashews Halves & Pecans	1/4 cup (28g)		X			
Kroger	Mixed Nuts	1 oz		X			
Kroger	Rice Cakes - All Flavors	1 cake (11g)		X			
Kroger	Popped - All Flavors	21 pieces (21g)		X			
Kroger	Salted Sunflower Kernels	1/4 cup (30g)		X			
Kroger	Almonds Natural – Raw Unsalted	1/4 cup		X			
Made Good	Granola Minis - Chocolate Chip, Mixed Berry	.85 oz					X
Mauna Loa	Dry Roasted Macadamias	1/4 cup			X		
Nature's Harvest	Sunflower Ranch Kernels	1/4 cup					
Nature's Harvest	Roasted Cashews	1/4 cup					
Planters	Roasted Pecans	1 oz	X				
Planters	Pistachio Blend	28 pieces (28g)		X			
Planters	Nut-Rition - Mens Health, Wholesome Nut Mix	1 oz	X	X			
Planters	Salted Peanuts Variety Pack	1 oz				X	
Planters	Mixed Nuts	1 oz	X	X		X	
Planters	Unsalted Cashews	1 oz				X	
Planters	Cashew Halves & Pieces	50 pieces	X	X	X	X	
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X	X	X	
Planters	Dry Roasted Pistachios	1/2 cup, shelled		X			
Private Selection	Slow Roasted Pecans	1/4 cup (28g)		X			
Private Selection	Shelled Pistachios	1/4 cup (35g)		X			
Simple Truth	Sunflower Raw Seeds	1/4 cup (30g)		X			
Simple Truth	Pumpkin Raw Seeds	1/4 cup (30g)		X			
Signature Kitchens	The Snack Artist, - Three Nuts-Keteers	3 tbs (28g)			X		
Wonderful	Pistachios	1 bag (1.5 oz)			X	X	
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup				X	X
Wonderful	Pistachios – Whole With Shell	1/2 cup				X	X

Cereal/Breakfast Bars			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
BelVita	Soft Baked Breakfast Biscuits - Mixed Berry, Oats & Peanut Butter, Chocolate, Golden Oat, Toasted Coconut, Cinnamon Brown Sugar, Blueberry	1 biscuit (50g)		X	X		
Pure Growth	Breakfast Biscuits - All Flavors	1 Pouch (34g)	X				
Pure Growth	Breakfast Biscuit Bites - All Flavors	1 Pouch (34g)	X				
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X	X	X	X	X
Kellogg's	Nutri Grains - Cinnamon Crumb Cake, Lemon Crumb Cake	1 bar (40g)	X		X		
Nabisco	Belvita Soft Baked – All Flavors	1 bar (50 g)	X		X		
Nature Valley	Soft Baked Oatmeal Squares - Cinnamon Brown Sugar	1 bar (35g)	X	X	X		
Quaker	Breakfast Flats Breakfast Bar - Cranberry Almond, Banana Honey Nut	3 bars (40g)	X		X		
Signature Kitchen	Eating Right Fruit & Cereal Bar – All Flavors	1 bar (35g)			X		

Granola Bars			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
18 Rabbit St.	Granola Bars - All Flavors	1 bar (30g)			X		
Annies	Organic Chewy Granola Bars - Chocolate Chip, Oatmeal Raisin, Peanut Butter & Chocolate chip	1 bar (25g)	X		X		
Cascadian Farm	Organic Chewy Granola Bar-Chocolate, Peanut Butter, Vanilla, Trail Mix	1 bar (35g)		X	X		
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)	X	X	X	X	X
CLIF	Kid Zbar Protein - Peanut Butter Chocolate, Chocolate chip, Chocolate Mint	1 bar (36 g)	X	X			
Great Value	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X				
Great Value	Crunchy Granola Bars - Oats & Honey	2 bars (42g)	X				
Kashi	Crunchy Granola Bar - Chocolate Chip Chia	2 bar (40g)			X		
Kashi	Oatmeal Dark Chocolate, Oatmeal Raisin Flax	1 cookie (30g)	X				
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter, Dark Mocha Almond Chocolate, Chocolate Almond Sea Salt with Chia	1 bar (35g)	X	X	X		X
Kind	Popped granola bar - All Flavors	1 bar (35g)	X				
Kind	Maple Pumpkin Seeds, Dark Chocolate Chunk	1 bar (35g)			X		
Kind	Chewy with a Crunch – Peanut butter & dark chocolate, Vanilla Blueberry, Oats & Honey	1 bar (35 g)	X	X	X		X
Kroger	Chewy Granola Bars –Peanut butter, Smores, Chocolate Chip	1 bar (35 g)		X			
Nature Valley	Chewy Trail Mix Bars - Fruit and Nut	1 bar (35g)	X	X	X	X	
Nature Valley	Crunchy Granola Bar – Oats N Honey, Peanut Butter, Cinnamon, Apple Crisp	2 bars (42g)	X	X	X	X	X
Organics	Chewy Granola Bars - Chocolate Chip, Peanut Butter Flavored Chocolate Chip, Blueberry Almond Quinoa	1 bar			X		
Quaker	Chewy Yogurt - All Flavors	1 bar (35g)		X			
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X		X		
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)			X		
Quaker	Chewy Granola Bar – Peanut Butter Chocolate Chip, Chocolate Chunk, Smores, Birthday Cake, Girl Scouts, Thin Mints	1 bar (24g)	X	X	X	X	X
Signature Kitchen	Crunchy Granola Bar - Oats & Honey, Maple Brown Sugar, Peanut Butter	1 bar			X		
Signature Kitchen	Chewy Granola Bar - S'Mores, Peanut Butter Chocolate Chip, Oatmeal Raisin, Chocolate Chip	1 bar			X		
Special K	Chewy Snack Bars – Berry Medley, Blueberry Bliss	1 bar (25g)		X	X		

Yogurt/Cheese/Smoothies			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Chobani	Non-fat Yogurt – All Flavors	5.3 oz	X	X	X	X	X
Chobani	Greek Yogurt Kids - All Flavors	1 Ppouch (99g)	X				
Chobani	Greek Yogurt - All Flavors	5.3 oz	X	X			
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X	X	X		
Lucerne	Light Non-fat Yogurt	1 container			X		
Chobani	Simply 100 - All Flavors	1 container			X		
Chobani	Chobani Greek Yogurt Tubes - All Flavors	1 Tube (56g)	X				
Frigo	Light String Cheese	1 stick (28g)	X	X	X	X	
Frigo	Light Variety String Cheese	1 stick			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		
Lucerne	Part-Skim Mozzarella String Cheese	1 stick			X		
Lucerne	Light String Cheese	1 stick			X		
Precious	String Cheese	1 stick (28g)	X	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	
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 floz	X	X	X	X	X
Dannon	Triple Zero	1 container (150g)	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	X	X
Great Value	Lowfat Yogurt –All Flavors	6 oz	X				
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X				
Kroger	Low Fat Yogurt Pouch	1 Pouch (100g)		X			
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)		X			
Kroger	Yogurt - Lite, Blended, Fruit on the Bottom - All Flavor	170g		X			
Kroger	Lowfat Yogurt Tube – All Flavors	1 tube		X			
Lucerne	Reduced Fat Yogurt	8 oz or less			X		
Organic Valley	Part Skim Stringles	1 stick					X
Precious	String Cheese	1 stick (28g)					X
Siggis	Nonfat Yogurt - All Flavors	5.3 oz		X			
Snack Pack	Fat Free Chocolate Pudding	1 cup (92 g)	X				
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)			X		
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)			X		
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge				X	
The Laughing Cow	Baby Bel Light	1 piece				X	X
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 oz or less					X
Yoplait	Go Big - All Flavors	1 Pouch (113g)	X	X			
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X	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	X		
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)					X

Ice Cream/Frozen Novelties			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)	X	X			
Kroger	Fruit Bars (No Sugar Added)	1 bar (43g)		X			
Kroger	Low Fat Fudge Bars	1 bar (64g)		X			
Nestle	Outshine Fruit Bars	1 bar (4.7 oz)	X	X	X	X	
Fudgsicle	The Original Fudge Bars	1 bar			X		
Great Value	Fudge Bar	1 bar (1.65 oz)	X				
Open Nature	Fruit and Veggie Bars	1 bar (2.75 oz)			X		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)					X
Lucerne	Fudge Bars	1 bar			X		
Blue Riboon	Fudge Bars	1 bar			X		
Skinny Cow	Ice Cream Sandwiches Low Fat - All flavors	1 sandwich	X	X	X		X
Skinny Cow	Greek Frozen Yofurt - All Flavors	1 bar (60g)		X			
Yasso Bars	Frozen Greek Yogurt Bar - All Flavors	1 bar	X	X	X		

Drinks			Found At				
Manufacturer	Item	Serving Size	Walmart	Frys	Safeway	Sams	Costco
Adam & Eve	Fruitables	8 fl oz or less		X			
All Brands	Milk – Lowfat 1% White, Fat Free Flavored	8 fl oz or less	X	X	X	X	
All Brands	All Brands 100% Juice (product must state 100% juice) Ex. Apple & Eve, Capri Sun, Store Brand, Dole, Juicy Juice, Langer’s, Martinellis, Minute Maid, Motts, Ocean Spray, Seneca, Treetop, Tropicana, Welch’s, Hansens, Good2Grow, Open Nature, Organics, RW Knudsen, L & A Juice, Smart Juice, SunSweet, Florida, Back to Nature	8 fl oz or less 12 fl oz JR High	X	X	X	X	X
Any Water Brand	Pure Water, no added artificial sweetner and/or caffeine	Any Size	X	X	X	X	X
Campbell’s	V-8 –Low Sodium	8 fl oz or less	X	X	X		
Campbell’s	V-8 Fusion – Individual cartons -All flavors	1 carton	X		X		
Campbell’s	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	8 fl oz or less 11.5 fl oz JR High Only	X	X		X	
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz)	X		X		
Izze	Izze Sparkling Juice - All Flavors JR HIGH ONLY	8.4 fl oz		X	X		X
Silk	Pure Almond Milk – All Flavors	8 fl oz or less	X	X	X	X	