

Barana Nut & Blueberry
muffins prepackaged - OK
Per NA 8/8/22

Approved Food List – Smart Snacks

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

The following list is of foods and beverages that meet the standards for K-8. This list is *not all inclusive*. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the standards, visit <http://tools.healthiergeneration.org/calc/calculator/> for an online calculator.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	X	X	X	X	X
All Brands	Dried Fruit with No Added Sugar	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
Brother's	All Natural Fruit Crisps	1 bag					X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All Flavors	1pouch (90g)	X	X	X		
Buddy Fruits	Pure Fruit Jiggle Gel	1pouch (3.2oz)	X	X	X		
Chiquita	Fruit Chips 100% Fruit Freeze Dried – All flavors	1 pouch(30g)	X				
Cliff	Organic Twisted Fruit – All Flavors	1 twist (20g)	X				
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup	X				
Crunch Pak	Dipper Fruit Packs - All Flavors	1 container 2.75oz	X				
Del Monte	Fruit Cups No Sugar Added – All Flavors	1 cup (106g)	X	X	X		
Del Monte	Fruit Naturals No Sugar Added	1 container 1 cup	X	X	X		
Del Monte	Fruit Burst pouch-all flavors	1 pouch (90g)		X			
Disney	Fruit Crisps Freeze Dried Fruit Slices – All Flavors	1 bag (7 g)	X				
Dole	Fruit Cups in 100% Juice-All Flavors	1 container (113 g)	X	X	X		
Dole	Fruit Squish'ems	1 pouch	X		X		
Earth's Best	Organic Applesauce-Cinnamon	1 cup (113g)	X				
Earth's Best	Organic Applesauce-Original	1 cup (113g)	X				
Earthbound Farm	Organic Raisins	1 box (43g)		X			
Great Value	All Natural No Sugar Added Applesauce – Individual Cups	4oz unit 113 g	X				
Great Value	Unsweetened Applesauce	1/2 cup	X				
Great Value	Dried Apricots	7 pieces	X				
Great Value	No Sugar Added Fruit Cups – Peaches	1 bowl (108g)	X				
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99 g)	X				
Kirkland	Sunsweet Dried Apricots	about 6					X
Kirkland	Sunsweet Dried Plums	about 6					X
Kirkland	Real Sliced Fruit – Freeze Dried- Individual Bags	1 bag					X
Kroger	Applesauce- No Sugar Added	1 container (4 oz)		X			
Kroger	Seedless Raisins	1 box (1oz)		X			
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)		X	X		X
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)		X	X		
Motts	Healthy Harvest No Added Sugar – Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	X	X		
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		X			
Motts	Natural Apple Sauce	1 cup (111g)	X	X	X		
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)	X	X			
Musselman's	Healthy Picks – All Flavors	1 cup (113g)	X				

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less	X	X	X	X	X
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)		X	X	X	
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X			
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)	X				X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X		X		
Yoplait	Light Yogurt – All Flavors	6 oz	X	X	X	X	X
Yoplait	Greek 100 – All Flavors	5.3oz (150g)		X	X		
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container 3.5oz	X	X			
Weight Watchers	String Cheese	1 stick	X		X		

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	X			
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X	X	X	X	X
Kellogg's	Special K Bar – 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	X	X	X	
Kellogg's	Special K Cereal Bar – Red Berries, Chocolate Pretzel	1 bar					X
Kroger	Fruit & Grain Cereal Bar	1 bar (36 g)		X			
Quaker	Oatmeal to Go – Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon, Raspberry Streusel	1 bar (60g)	X	X	X	X	
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X	X		X
Quaker	Variety Pack Bars – Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)				X	
Safeway	Eating Right Fruit & Cereal Bar – All Flavors	1 bar (35g)			X		
Sunbelt	Fruit and Grain Cereal Bar – Blueberry	1 bar (39g)	X				
Sunbelt	Crunchy Oats and Honey Granola Bars	1 bar (29g)	X				

Granola Bars

Manufacture	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X	X			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X	X		X
CLIF	LUNA fiber – All Flavors	1 bar (40g)		X			
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)			X		
Great Value	Crunch Oats & Honey	2 bars (42g)	X				
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)	X	X			X
Kroger	Chewy Granola Bars – Oatmeal Cookie, Peanut butter Chocolate Chip	1 bar (35 g)		X			
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X	X	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X	X	X	X
Plum Kids	Organic Grammy Sammy –All Flavors	1 bar (29g)			X		

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
		1 bag (1 oz)	X				
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 oz (24 nuts)			X		
Blue Diamond	Almonds Whole Natural	1 bag	X	X	X	X	X
David	Original Sunflower Seeds	(1.75oz)					
		1/3 cup	X	X	X		
David	Pumpkin Seeds	1/4 cup (1oz)				X	
Diamond	Shelled Walnuts	1 bag (18g)	X		X		
Emerald	100 Calorie Packs- Natural Almonds	1/4 cup		X			
Fry's	Private Selection Shelled Pistachios	40 pieces					X
Hoody's	Dry Roasted Peanuts	1/4 cup					X
Kirkland	Dry Roasted Almonds	1/2 cup with shells					
Kirkland	Pistachios						
		1/4 cup		X			
Kroger	Almonds Natural	1/4 cup		X	X		
Mauna Loa	Dry Roasted Macadamias	1oz	X				
Orchard Fresh	Walnuts Halves & Pieces	1 oz	X				
Orchard Fresh	Pecan Halves	1 oz	X				
Orchard Fresh	Whole Natural Almonds	1 bag (1 oz)				X	X
Planters	1oz Single Serve Salted Cashews	1 bag (1oz)				X	X
Planters	1oz Single Serve Salted Peanuts	50 Pieces	X	X	X	X	
Planters	Cashew Halves & Pieces	39 pieces	X	X	X	X	X
Planters	Dry Roasted Peanuts	(28g)			X		
		3 Tbs. (28g)					
Safeway	The Snack Artist, - Three Nuts-Keteers	1 bag (1.5 oz)	X		X	X	X
Wonderful	Pistachios	1/4 cup				X	X
Wonderful	Pistachios- Roasted, Salted, Shelled	1/2 cup				X	X
Wonderful	Pistachios – Whole With Shell						

Cakes, Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
		5 crackers		X	X		
Ak-Mak	Sesame Cracker		X	X			
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)				X	
		15 crackers					X
Crunchmaster	Original Multi-seed	14 crackers					
Crunchmaster	Multi-seed – Five Seed	14 crackers			X		
Crunchmaster	Multi-seed Crackers – Roasted Garlic						
		25 crackers	X				
Crunchmaster	Grammy Crisps – Cinnamon Sugar						
		2 full cracker sheet	X				
Homekist	Honey Graham Crackers						
		15 crackers		X			
Kashi	Snack Crackers – No Cheddar			X	X		
Kashi	Soft Baked Cookies- All flavors	1 cookie (30g)					
		1 package	X			X	
Kellogg's	Special K Cracker Chips – Individual Bags	27-30 Chips (30 g)	X	X	X		
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	17 crackers		X			
Kroger	Wheat Crisps – Baked – All Flavors	1 package (22g)	X	X	X		
Nabisco	100 Calorie Packs-Mini Teddy Grahams						
		1 package (22g)	X				
Nabisco	100 Calorie Packs – Sweet and Salty						
		1 package (22g)	X	X			
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips						

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl oz)	X	X	X		
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl. oz)		X	X		
Capri Sun	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl. oz)					X
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz)		X	X		
Dole	100% Pineapple Juice	8 fl oz. or less	X	X	X		
Great Value	100% Apple Juice, Cranberry, Grape	8 fl oz. or less	X				
Great Value	Vegetable Juice from Concentrate 100% Juice	8 fl oz. or less	X				
Hansen's	Junior Juice 100% Juice – All Flavors	4.23 oz			X		
Horizon	Organic Milk – Reduced Fat Milk– All Flavors	8 fl oz	X		X	X	
Horizon	Organic Milk – Lowfat – All Flavors	8 fl oz	X	X	X		
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz. or less	X	X	X		
Juicy Juice	Fruitfuls – All Flavors	6.75 fl oz		X	X		
Kirkland	100% Juice – Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	8 fl oz. or less					X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz					X
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl oz)		X			
Langers	100% Juice- Mango, Apple, Prune	8 fl oz. or less		X			
Martinellis	100% Pure Apple Juice	8 fl oz or less					X
Members Mark	100% Apple Juice	8 fl oz or less				X	
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White Grape, & Mixed Berry	8 fl oz. or less	X	X	X	X	X
Motts	100% Apple Juice	8 fl oz. or less	X	X	X	X	
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	8 fl oz. or less	X	X	X		
O Organics	100% Juice – All Flavors	6.75 fl oz			X		
O Organics	LowFat Milk – Plain	8 fl oz			X		
Old Orchard	100% Juice-Berry, wild cherry			X			
Safeway	Eating Right – 100% Fruit & Vegetable Juice Strawberry Banana, Orange Raspberry, Orange Pineapple	6.76 fl oz			X		
Sam's Choice	100% Juice – Apple Juice Punch Blend, White Grape	8 fl oz. or less	X				
Silk	Pure Almond Milk – All Flavors	8 fl oz or less	X	X	X	X	
Seneca	100% Apple Juice	8 fl oz. or less	X	X	X		
Sunsweet	100% Prune Juice	8 fl oz. or less	X				
Tummy Tickler	100% Juice – Apple	8 fl oz or less	X				
Treetop	100% Apple Juice	8 fl oz. or less	X	X	X		X
Treetop	100% Juice Assorted	8 fl oz or less					X
Treetop	Fresh Pressed Juice	8 fl oz		X			
Tropicana	100% Juice – Apple Juice, Fruit Punch, Orange Juice	8 fl oz. or less	X	X	X	X	X
Welch's	100% Juice – Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	8 fl oz. or less	X	X	X	X	
All Brands	100% Juice (Product must state 100% juice)	8 fl. oz or less	X	X	X	X	X
All Brands	Milk – Lowfat 1%, Fat Free	12 fl oz or less	X	X	X	X	X
All Brands	Milk Alternative – Reduced Fat Enriched - Rice, Nut, or Soy	12 fl oz or less	X	X	X	X	X