

Healthier Cafeteria Snack Options

Worried about what your child buys from the a la carte line, school store or vending machines? As you know, the best choices are whole or sliced fruits or veggies which are available at most schools. If your child does select a packaged snack, those from the list below, along side a balanced breakfast or lunch, are good choices. Each snack meets a strict standard for portion size, calories, fat, sodium and sugar. See full criteria on the back. Portion size is important—*choose just one!*

These items are often found in vending machines, school stores or a la carte lines. If they are not available now, encourage your school nutrition program to carry them!

Snack	Size	Snack	Size
☺ Annie's Homegrown Bunny Grahams (Chocolate Chip; Honey)	1 oz (28g)	☺ Baked Lay's (Sour Cream & Onion)	1 1/8 oz (31.8g) 1 3/8 oz (38.9g)
☺ Power Snacks Raisins	1 oz (28.35g)	☺ Baked Lay's (Southwestern Ranch)	1 oz (28.3g)
☺ Basil's Bavarian Bakery Animal Snackers	1 oz (28g)	☺ Baked Ruffles (Plain; Cheddar & Sour Cream)	1 1/8 oz (31.8g)
☺ Raisins	1.5 oz (42g)	☺ Doritos (Spicy Sweet Chili Reduced Fat)	1 oz (28.3g)
☺ Breyers YoCrunch Yogurt (Oreo Cookies n' Cream; Raspberry)	6oz (170g)	☺ Baked Lay's Doritos (Nacho Cheese)	3/4 oz (21.2g) 1 3/8 oz (38.9g)
☺ Breyers YoCrunch Yogurt (Strawberry)	7 oz (170g)	☺ Baked Lay's Potato Chips	1 1/8 oz (31.8g)
☺ Chobani Yogurt (Strawberry; Blueberry; Peach)	6 oz	☺ Lay's Potato Chips (Original Fat Free)	1 oz (28.3g)
☺ CLIF ZBAR (Chocolate Chip; Chocolate Brownie)	1.27 oz (36g)	☺ Rold Gold Tiny Twists Pretzels	.5 oz (14.1g) 1 oz (28.3g)
☺ Minute Maid Juice Bar (Grape)	2.25 fl oz (66.54g)	☺ Cheerios (Bowl)	1 1/16 oz (19g)
☺ Snack Pack Fat Free Pudding (Vanilla; Chocolate)	3.5 oz (99g)	☺ Cheerios (Honey Nut, Bowl)	1 oz (28g)
☺ Sunflower Seeds (Honey Roasted; Lightly Salted)	1 oz 28.4g)	☺ Cinnamon Toast Crunch (Reduced Sugar)	1 oz (28g)
☺ Skinny Cow (Low Fat Fudge Bar)	74g	☺ Cinnamon Toast Crunch Cereal (Bowl)	1 oz (28g)
☺ Baked Cheetos	7/8 oz (24.8g)	☺ Cocoa Puffs Cereal	7/8 oz (24g)
☺ Baked Lay's (Barbecue)	7/8 oz (24.8g) 1 1/18 oz (31.8g)	☺ Cocoa Puffs Cereal (Reduced Sugar) (Bowl)	7/8 oz (24g)

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Snack	Size	Snack	Size
☺ Fruit By The Foot (Color By the Foot Triple Fruit Punch)	.75 oz (21g)	☺ Hood Ice Cream Cup (Orange Ice)	(86g)
☺ Golden Grahams Cereal (bowl)	1 oz (28g)	☺ Hood Ice Cream Cup (Orange Sherbet; Raspberry Sherbet)	(90g)
☺ Kix Berry Berry (Bowl)	7/8 oz(24g)	☺ Hood Ice Cream Cup (Raspberry Nonfat Frozen Yogurt)	(73g)
☺ Kix Cereal (Bowl)	5/8 oz (17g)	☺ Crisp Rice Cereal (bowl)	3/4 oz (21g)
☺ Nature Valley Crunchy Granola Bar (Oats 'N Honey)	1.5 oz (42g)	☺ Luigi's Real Italian Ice (Lemon; Strawberry)	4 fl oz (118mL)
☺ Nature Valley Granola Bar (Oats 'n Honey; Apple Crisp)	1.5 oz (42g)	☺ Kashi Heart to Heart (Box)	1.4 oz (40g)
☺ Scooby-Doo! Fruit Flavored Snacks	.9 oz (25.5g)	☺ Kashi TLC Bar (Cherry Dark Chocolate)	1.2 oz (35g)
☺ Team Cheerios Cereal Bar (Strawberry)	1.3 oz (37g)	☺ Kashi TLC Fruit & Grain (Dark Chocolate Coconut)	1.1 oz
☺ Total Cereal (Bowl)	13/16 oz (23g)	☺ Apple Jacks (Reduced Sugar)	.7 oz (20g)
☺ Trix (Bowl)	3/4 oz (21g)	☺ Austin Zoo Animal Crackers	1 oz (28g)
☺ Trix (Reduced Sugar) (Bowl)	3/4 oz (21g)	☺ Cheez-it Baked Snack Crackers (Reduced Fat)	1.5 oz (42g)
☺ Trix Cereal Bar	1.3 oz (37g)	☺ Corn Flakes (Box)	.81 oz (23g)
☺ Soy Crisp (Apple Cinnamon)	1.3 oz (37g)	☺ Froot Loops (Reduced Sugar)	.67 oz (19g)
☺ Hershey Mega Fudge-O Bar	4 fl oz (35g)	☺ Frosted Flakes (Reduced Sugar)	1 oz (28g)
☺ Hershey Sherbet (Raspberry)	4 fl oz (95.77g)	☺ Frosted Mini-Wheats	1 oz (28g)
☺ Hood Fudge Bar	(91g)	☺ Frosted Mini-Wheats (Box)	1.31 oz (37g)

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Snack	Size	Snack	Size
☺ Frosted Mini-Wheats Little Bites (Chocolate)	1 oz (28g)	☺ Newton's Fruit Crisp (Mixed Berry)	1 oz (28g)
☺ Keebler Scooby-Doo! Graham Cracker Sticks (Cinnamon)	1 oz (28g)	☺ Oreo Thin Crisps (100 calorie pack)	.81 oz (23g)
☺ Nutri-Grain Cereal Bar (Apple Cinnamon; Blueberry; Raspberry; Strawberry; Yogurt Strawberry)	1.3 oz (37g)	☺ Wheat Thins Toasted Chips Minis (100 Calorie Pack)	.77 oz (22g)
☺ Pop-Tarts (Frosted Strawberry)	1.76 oz (50g)	☺ EnviroKidz Crispy Rice (Peanut ChocoDrizzle)	1 oz (28g)
☺ Raisin Bran (Box)	.88 oz (25g)	☺ Flintstones Push Up Sherbet Treats	2.75 fl oz (54g)
☺ Rice Krispies (Box)	1.52 oz (43g)	☺ Goldfish Baked Snack Crackers (Cheddar)	1 oz (28g)
☺ Rice Krispies Treats	1.3 oz (37g) 1.7 oz (48g)	☺ Goldfish Giant Grahams	.9 oz (26g)
☺ Special K (Box)	.81 oz (23g)	☺ Quaker Oats Breakfast Cookie (Oatmeal Raisin)	1.69 oz (48g)
☺ Special K Bar (Honey Nut)	.77 oz (22g)	☺ Quaker Oats Cereal Bar (Apple Crisp)	1.3 oz (37g)
☺ Kemps Cream Bar (Orange)	3 fl. oz (66g)	☺ Quaker Oats Chewy Granola Bar (Low Fat Chocolate Chunk; Oatmeal Raisin; Peanut Butter Chocolate Chip; S-Mores)	.84oz (24g)
☺ Kemps Nonfat Frozen Yogurt (Chocolate)	4 fl oz (113.4g)	☺ Quaker Oats Instant Oatmeal (Original)	.98 oz (28g)
☺ Malt-O-Meal Crispy Rice (Bowl)	.63 oz (17.7g)	☺ Quaker Oatmeal Express (Golden Brown Sugar; Cinnamon Roll)	1.9 oz (54g)
☺ Malt-O-Meal Toasty O's	1 1/16 oz (19.5g)	☺ Quaker Instant Oatmeal (Cinnamon & Spice)	1.62 oz (46g)
☺ Cheese Nips (100 Calorie Packs)	.74 oz (21g)	☺ Quaker Instant Oatmeal (Maple & Brown Sugar)	1.51 oz (43g)
☺ Chips Ahoy Thin Crisps (100 Calorie Pack)	.81 oz (23g)	☺ Quakes Rice Snacks (Caramel Corn)	.91 oz (26g)
☺ Honey Maid Grahams (Cinnamon Sticks)	1 oz (28g)	☺ Quaker Oats Snack Mix (Kids Mix)	7/8 oz (24.8g)

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Snack	Size	Snack	Size
☺ Pirate's Booty (Aged White Cheddar)	1 oz (28g)	☺ Stonyfield Farm Low Fat Yogurt (Blueberry; Strawberry)	6 oz (170g)
☺ Cascadian Farm Chewy Granola Bar (Chocolate Chip)	1.2 oz (35g)	☺ YoKids Squeezers Organic Low Fat Yogurt (Strawberry)	2 oz (57g)
☺ Snyder's of Hanover Honey Wheat Sticks	2.25 oz (63.8g)	☺ Fruit in a Flash Apple Slices	2 oz (57g)
☺ Snyder's of Hanover Mini Pretzels	1.5 oz (42.5g)	☺ House Recipe Instant Oatmeal (Regular)	(56g)
☺ Stacy's Pita Chips (Cinnamon Sugar; Parmesan Garlic & Herb; Simply Naked)	1 3/8 oz (38.9 g)	☺ Creamsicle (Orange 'n Cream)	2.7 fl oz (70g)
☺ Stacy's Soy Thin Chips (Sweet BBQ)	1.5 oz	☺ Upstate Farms Yogurt (Raspberry; Strawberry/Banana)	4 oz (113g)
☺ Stauffer Whales Baked Snack Crackers	.75 oz (21g)	☺ Yoplait Trix Low Fat Yogurt (Strawberry Banana Bash)	4 oz (113g)
		☺ Yoplait (Light Strawberry; Harvest Peach)	6 oz (170g)

Nutritional criteria for packaged snack foods:

Total fat ≤ 35% of calories per serving, excludes nuts, seeds, nut butters, reduced fat cheese

Trans fat ≤ 0.5 grams per serving (trans fat free)

Saturated fat < 10% of calories per serving, excludes reduced fat cheese

Sugar ≤ 35% by weight of total sugars, excludes fruits, vegetables, milk

Sodium ≤ 480 mg per serving

Calories ≤ 200 calories

The above criteria is based on the USDA's HealthierUS School Challenge competitive food criteria. This list is not reviewed or approved by USDA; products on this list are not approved or endorsed by the USDA and all products may not meet the Gold Award of Distinction criteria. For more information about the criteria, please visit <http://www.fns.usda.gov/tn/healthierus/index.html>.

For more information about Let's Go!, please visit www.letsgo.org.