

**POWAY UNIFIED SCHOOL DISTRICT
FOOD AND NUTRITION DEPARTMENT
APPROVED SNACK LIST**

NOTE: Items may be added to or deleted from the list as nutrition information becomes available. The PUSD Food and Nutrition Department will continue to evaluate products and update the list as new healthy snack items are identified.



LAST UPDATE: AUGUST 17, 2006

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
FRESH FRUIT		
	Apple	1 medium
	Banana	1 medium
	Grapes	½ cup
	Kiwifruit	2 small
	Nectarines	1 medium
	Orange	1 medium
	Pears	1 medium
	Strawberry	½ cup
	Tangerine	2 small
CANNED/DRIED FRUITS, FRUIT SNACKS, AND NUTS		
Azar Food Service	Power Snacks – Roasted, Salted Peanuts, BBQ Sunflower Kernels, Honey Roasted Sunflower Kernels, Roasted, Salted Sunflower Kernels, Raisins,	1 oz.
Bare Fruit 100% Organic	Dried Apple Chips – Cinnamon	0.63 oz.
Brothers All Natural	Crisps Real - Apples, Mango Chunks, Pineapple Chunks, Sliced Bananas, Sliced Strawberries and Bananas, Sliced Strawberries	0.23 - 0.59 oz.
Cal Tropic	Almonds - BBQ	1.5 oz.
	Corn Snacks, Toasted - Ranch Flavor, Chili Lime Flavor, Extra Hot, Salted	1.5 oz.
	Peanuts - Chili with Lime, BBQ	1.5 oz.
	Snack Mix - Raisin-Roasted Almond Chocolate Chip, "L.A. Special" Fruit & Nut	1.5 oz.
	Sweet & Natural Dried Fruit - Papaya, Pineapple	1.5 oz.
Dakota Gourmet	Corn Nuts - Cool Ranch	1 oz.
	Dakota S'more Mix	1 oz.
	Honey Roasted Soy Nuts	1 oz.
	Sunflower Kernels - Blazin' Hot, Dry Roasted, Honey Roasted, Oil Roasted Sunflower	1 oz.
Del Monte	Del Monte Cherry Mixed Fruit in Plastic Cups or Pull-Top Cans -Cherry Mixed Fruit, Diced Peaches, Lite Diced Peaches, Lite Mixed Fruit, Mandarin Oranges, Mixed Fruit in 100% Juice, Peaches, Pears, Pineapple Tidbits in 100% Juice, Strawberry-Banana Flavored Peaches, Tropical Fruit	4 oz.
Dole	Dole Fruit Cups – Pineapple Tidbits, Tropical Fruit	3.1 oz.

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
Florida's Natural (Au'some Snack Naturally)	Fruit Juice Sour String Snacks in Pouch - Orange, Strawberry, Blueberry, Cranberry Apple Flavors	0.5 oz. 1.5 oz.
	Fruit Juice Nuggets in Pouch or Juice Box - Orange, Strawberry, Blueberry, Cranberry Apple Flavors	0.5 oz. 1.5 oz.
Kar's	Raisins	1 oz.
	Peanuts - Blazin' Hot, Honey, Salted	1 oz.
	Trail Mix	1 oz.
Kettle Valley	Fruit Bar - Blackberry, Grape, Raspberry, Sour Apple, Strawberry, Tropical, Watermelon, Wildberry	0.7 oz
	Organic Fruit Snacks - Fraser Valley Cranberry, Okanagan Organic Blend, Rocky, Mountain Berry Blend	0.7 oz
Motts	Applesauce – Natural, Cinnamon, Original	4 oz.
Planters	Peanuts - Honey Roasted, Salted	1 oz.
	Salted Cashews	1 oz.
Stretch Island	Fruit Leathers - Berry Blackberry, Chunky Cherry, Great Grape, Rare Raspberry, Sour Apple, Sweet Strawberry, Tangy Apricot, Truly Tropical	0.5 oz.
Tree Top	Applesauce - Original	4 oz.
	Flat Fruit - Cherry, Grape, Raspberry	14 gm
	Fruit Energy Bar - Apple, Cherry, Berry	1.5 oz.
	Fruit & Veggie Bar - Cranberry/Raspberry	1.5 oz
	Fruit Snacks - Strawberry Flavor, Raspberry Flavor, Cherry Flavor, Grape Flavor	0.5 oz.
X-treme Fruit Bites (Brookside)	Atomic Apple Fruit Bites	0.75 oz.
CHIPS AND SNACKS		
Classic Foods, Inc.	Potato Crisps, Sour Cream & Onion	0.5 oz - 1 oz
	Lite Crunchy Cheese Balls	0.75 oz
	Hot and Crunchy Cheese Curlz	1.5 oz.
	Pretzels	1.5 oz.
	Caramel Crunch	1.5 oz.
	White Cheddar Popcorn	0.67 oz.
Frito Lay	Baked Cheetos – Regular, Flamin Hot	1.5 oz.
	Reduced Fat Doritos - Nacho Cheese, Cool Ranch	1.5 oz.
	Baked Potato Chips - KC Masterpiece BBQ	1.125 oz
	Baked Lays - BBQ, Original, Sour Cream & Onion	1.125 oz.
	Baked Ruffles - Cheddar & Sour Cream	1.125 oz.
	Munchie Kids Mix	1 oz.
	Rold Gold Fat-Free Tiny Twists Pretzels	1.5 oz.
Gardetto's	Reduced Fat Snack Mix - Original	1.65 oz.
Genisoy	Genisoy Soy Crisps - Apple Cinnamon, Cheddar Cheese, Creamy Ranch, Deep Sea Salted, Garlic and Onion, Nacho Cheese, Rich Cheese, Salt and Vinegar, Zesty BBQ	1 oz.
Handi Foods Ltd	Mr. Pita Crunchy Pita Puffs - Cinnamon, Pizza, Ranch, Salsa, Habanero Hot, Sweet Smokey Barbecue	1 oz.
J & J Snack Foods	Soft Pretzel Bites (up to approximately 6 bites)	1.5 oz.

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
J & J Snack Foods	Super Pretzel Baked Pretzels	1 oz
	Super Pretzel Baked - Pretzels Regular, Cinnamon Raisin (with or without icing)	2.5 oz
	Super Pretzel Fun Shapes Holiday Theme - Apple with Red & White Salt, Heart with Red & White Salt, Pretzel Smiles with Yellow & White Salt, Pumpkin with Orange & White Salt, Shamrock with Green & White Salt, Snowman with White Salt, Turkey with White Salt	2.3 oz.
	Super Pretzel Soft Pretzel Rods	1 oz.
Kettle Foods	Kettle Krisps - Lightly Salted Low-fat, Low-fat French Onion, Low-fat Hickory BBQ	1 oz.
Kraft	Corn Nuts - Crunchy Corn Snacks Salsa	1 oz.
Mighty Mo Munchies	Mighty Mo Munchies Soy Nuts - Cajun, Ranch, Unsalted, Original	1 oz.
Pita Snax	Pita Snax - Cheddar Cheese, Chili and Lime, Cinnamon, Dill Ranch, Garlic, Original	1 oz.
Poore Brothers	Pretzel - Butter Braids, Honey Wheat Braids, Mini Knots	1.5 oz.
Quaker	Mini Rice Cake - Banana Nut, Caramel Corn, Honey Nut, Cheddar Cheese Crispy	1 oz
	Caramel Apple Corn Cake	1.06 oz
	Quaker Crisp-Ums - Cinnamon Sugar	1.3 oz
	Quaker Quakes - Caramel Corn, Chocolate	0.5 oz
Regenie's	Thin Cut Crunchy Pita Chips - Bacon and Cheddar, Cinnamon Maple Sugar, Garlic and Parmesan, Habenero Salsa, Texas Barbecue, Tomato Basil Parmesan	1 oz
Robert's American Gourmet	Pirate's Booty - With Aged White Cheddar	1 oz.
Snyder's of Hanover	Pretzel Snaps - Regular, Butter Flavor	1.5 oz.
	Pretzel Nibblers - Honey Mustard & Onion, Sourdough, Garlic Bread	1.5 oz.
	Pretzels Mini	1.5 oz.
	Pretzels Sticks	1.5 oz.
Stacy's	Stacy's Pita Chips - Cinnamon Sugar, Parmesan, Garlic & Herb, Pesto & Sun-dried Tomato, Simply Naked, Texarkana Hot	1.5 oz.
	Stacy's Soy Thin Crisps - Buttery Caramel, Sweet BBQ, White Cheddar	1 oz.
Sugar Foods Corporation	SuperSnax Pretzel Poppers - Blazin' Hot, Cheezy Nacho, Cool Ranch, Sour Cream and Onion, Zesty Pizza	1.5 oz.
TH Foods, Inc	Mr. Krispers Rice Chips - Cheddar Salsa, Classic BBQ, Sea Salt & Cracked Pepper, Sour Cream & Onion	1 oz.
Tumaro	Organic Krispy Crunchy Puffs - Cheddar, Natural Corn, Ranch & Herb, Tangy BBQ, Cheddar, Natural Corn, Tangy BBQ	1 oz.
COOKIES, CRACKERS, AND BARS		
Austin	Crackers, SeAnimal or Zoo Animal	1 oz.
Azar	Carnival Crunch	0.75 oz.
Biscomerica Corp.	Whole Wheat Animal Snackers – Original, Chocolate	1 oz.
Buena Vista	Chocolate Chip Fudge Brownie, Reduced Fat	2 oz.
	Linda's Reduced Fat Cookies- Chocolate Chip, Oatmeal Raisin	1.0 – 2.0 oz.

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
Buena Vista	Breakfast Bar – Apple Cinnamon, Cranberry	2 oz.
Clif	ZBar Caramel - Apple, Chocolate Brownie, Peanut Butter	1.26 oz.
General Mills	Chex Snack Mix - Cheddar, Honey Nut, Traditional, Hot 'n Spicy, Sweet n' Salty	1.25 oz.
	Nature Valley Granola Bar - Oats & Honey, Cinnamon, Maple Brown Sugar, Peanut Butter	0.75 oz. 1.5 oz.
Humm Foods Inc	Larabar – Apple Pie, Banana Cookie, Cashew Cookie, Cherry Pie, Chocolate Coconut Chew, Cocoa Mole, Ginger Snap	1 oz. 1.7 oz.
	Belly Bear Grahams - Chocolate, Cinnamon, Honey	1 oz.
J & J Snack Foods	Camden Creek Reduced Fat Frozen Cookie Dough - Candy, Chocolate Chip, Oatmeal Raisin, Sugar	1.6 oz.
	Mrs. GoodCookie Cookie - Icee, Star Spangled, Jungle Crackers (Vanilla or Fruit Sweetened)	1 oz.
	Cinnamonia Graham Snacks– Cinnamon Bun, French Toast	1.76 oz.
Kelloggs	Scooby Doo Graham Cracker Sticks - Cinnamon	1 oz.
	Crunchmania Graham Snacks - Strawberry Waffle, Blueberry Muffin	1.76 oz.
	Elf Grahams Snacks - Original, Chocolate, Cinnamon	1 oz.
	Nutri-Grain Chewy Bar - Apple, Apple Cinnamon, Blueberry, Honey Oat & Raisin, Raspberry, Strawberry	1.3 oz.
	Graham Crackers - All-Sports Bites, Low-Fat Honey	1 oz.
MJM	Bear Grahams - Apple Cinnamon, Chocolate, Vanilla	0.9 oz.
	Graham Cracker - Cinnamon, Honey	1 oz.
	Dinosaur Grahams - Lemon, Strawberry	0.9 oz.
	Waffle Grahams - Apple Cinnamon, Blueberry, Strawberry	0.9 oz.
	100 Calorie Packs - Cheese Nips Thin Crisps, Wheat Thins Thin Crisps, Chips Ahoy Thin Crisps, Ritz Snack Mix, Honey Graham Cinnamon Sticks	0.74 oz. 0.81 oz.
Nabisco	Honey Maid Graham - Original, Cinnamon Sticks	1 oz. 1.75 oz.
	Barnum's Animal Crackers	1 oz.
	Teddy Grahams - Cinnamon, Honey	1.25 oz.
	Gorilla Munch Organic Cereal	1 oz.
Nature's Path	Bar - Apricot 'n Nut, Peanut Butter, Cranberry Ginger	1.4 oz.
	Envirokidz Crispy Rice Bar - Berry, Chocolate, Peanut Butter	1 oz.
	Otis Spunkmeyer Reduced Fat Cookie - Chocolate Chip	1 oz.
Otis Spunkmeyer	Otis Spunkmeyer Sweet Discovery Reduced Fat Cookie - Butter Sugar, Carnival, Oatmeal Raisin	1.33 oz
	Otis Spunkmeyer Value Zone Reduced Fat Cookie - Carnival, Chocolate Chip, Sugar	1 oz.
	Delicious Essentials Muffin - Apple Cinnamon, Banana, Chocolate Chip, Wild Blueberry	1.8 oz.
	Goldfish Physedible Baked Crackers - Lemon, Strawberry	0.9 oz.
Pepperidge Farms	Goldfish Pretzels	0.75 oz.
	Goldfish Snack Crackers - Parmesan, Cheddar	0.75 oz.
	Giant Goldfish Grahams - Chocolate, Cinnamon	0.9 oz.

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
Quaker	Quaker Breakfast Squares - Oatmeal Raisin	1.41 oz.
	Chewy Granola Bar - Low-fat Chocolate Chunk	1 oz.
Quaker Hill Farms	Chortles Mini Cookies - Mini Chocolate Chip, Mini Chocolate Chocolate Chip	1 oz.
Sunshine	Reduced Fat Cheez-its	1.5 oz.
Sugar Foods Corporation	Cinnamon Toast Bites	1.5 oz.
	Wild Things Animal Crackers	1.5 oz.
Stauffer's	Animal Crackers - Chocolate Graham, Cinnamon Graham, Iced Pink & White, Original	1 oz.
YOGURT AND FROZEN NOVELTIES		
Blue Bunny	Cool Tubes – Rainbow Sherbet	62 gm
	Cool Daze - Fudge Dream Bar,	2.5 fl oz.
	Ice Cram Sandwich,	3.5 fl oz.
	Fruit Punch Pop	1.88 fl oz
	FrozFruit – Mango, Pineapple	4 fl. oz.
	Fudge Bar	3 fl oz.
Breyers	Orange Dream Bar	3 fl oz.
	Creme Savers Yogurt - Blueberries & Creme Swirled, Orange & Creme Swirled, Raspberries & Creme Swirled, Strawberries & Creme Swirled	8 oz.
	Smooth & Creamy Yogurt (Low-fat) - Peaches 'N Cream, Strawberry	4 oz.
Dannon	Creamy Fruit Blends - Blueberry, Cherry, Peach, Strawberry, Strawberry Banana	6 oz.
	Danimals Drinkable - Fruit Punch, Rockin' Raspberry, Strawberry Explosion, Strikin' Strawberry Kiwi, Swingin' Strawberry Banana	3.1 fl. oz.
	Danimals Yogurt - Strawberry Explosion, Strikin' Strawberry Kiwi, Swingin' Strawberry Banana, Totally Vanilla	4 oz.
	Fruit on the Bottom - Apple Cinnamon, Blueberry, Boysenberry, Cherry, Mixed Berries, Peach, Raspberry, Strawberry, Strawberry Banana	6 oz.
	Natural Flavors - Lemon, Vanilla	6 oz.
	Darigold	50/50 Bar
Darigold	Fudge Bar	2.5 oz.
	50% Juice Bars – Orange, Grape	81 gm
	Sherbet – Orange, Lime	3 fl. oz.
	Hollandia	Low-fat (fruit at the bottom) Yogurt – Cherry, Peach, Red Raspberry, Strawberry, Strawberry-Banana
J & J Snack Foods	FROSTAR Juice on a Stick – Cherry	1.75 oz.
	Luigi's Sherbet Cup– Orange, Chocolate, Grape, Lime, Raspberry	4 fl. oz.
	Luigi's SourPuss Juice Bars (CN Label) – Sour Cherry, Sour Watermelon,	2.25 fl. oz. 3.10 fl. oz.
Minute Maid	Juice bars – Green Apple, Blue Raspberry, Cherry, Strawberry	2.25 oz. 3.1 fl. oz.
Stonyfield Farm	Fat Free Yogurt - Apricot Mango, Berry Bash, Black Cherry, Blackberry, Blueberry, French Vanilla, Key Lime, Lotsa Lemon, Peach, Raspberry, Strawberry, Strawberry	6 oz.
		6 oz.

BRAND/ MANUFACTURER	PRODUCT	PORTION SIZE (Weight)
Stonyfield Farm	Cheesecake	
	Kids Yogurt - Banilla Blast, Rockin' Raspberry, Screamin' Strawberry, Strawberry Vanilla	4 oz.
	Lowfat Yogurt - Blueberry, Luscious Lemon, Maple Vanilla, Peachy, Plain, Raspberry, Strawberry, Vanilla	6 oz.
	Squeezers - Berry Blitz, Chillin Cherry, Screamin Strawberry	2 oz.
Upstate Farms	Nonfat Yogurt - Blueberry, Peach , Strawberry, Cherry Vanilla, Raspberry, Strawberry Banana	4 oz. 8 oz.
MISCELLANEOUS ITEMS		
Goody Man (Fantastic Fun Foods-Super Bakery)	Marshmallow Crispy Squares	0.8 oz. 1.5 oz.
Oh Boy! Oberto	Beef Jerky - Natural Style, Teriyaki Flavor	0.9 oz.
Super Bakery	Mini Muffin Loaf, Whole Wheat - Apple Cinnamon, Banana, Blueberry	2 oz.