



# Adelanto *Elementary School District*



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Adelanto Elementary School District is focused on the health of our students. Our district has established nutrition standards for all snacks sold or served in school by any entity, including parent/student organizations, teachers, and fundraisers. These standards are in effect from any time before school through ½ hour after school, in accordance with the state, federal and our Wellness Policy.

Attached is a list of Smart Snack items that can be purchase at local groceries stores. We also offer some Smart Snack Items that can be purchase through Child Nutrition Services.

### What is a Smart Snack?

#### Must meet one of the following standards:

- Be a fruit, vegetable, dairy, protein or whole grain item as the first ingredient or
- Be a combination food containing at least ¼ cup fruit or vegetable

#### Must also meet several nutrient requirements:

- Calorie Limits: \* Snack items: ≤200 calories \* Entrée items: ≤350 calories
- Sodium Limits: \*Snack items: ≤200mg \*Entrée items: ≤480mg
- Fat Limit:
  - Total fat: ≤35% of calories
  - Saturated fat: ≤10% of calories
  - Trans fat: ZERO grams
- Sugar Limit:
  - ≤ 35% of weight from total sugars in foods

#### Nutrient Standards for Beverages

- Plain water (no limit)
- Milk (unflavored low-fat, unflavored or flavored fat-free milk, and milk alternatives)
- 100% fruit or vegetable juice (no added sweeteners)
  - Elementary School up to 8oz portions
  - Middle School up to 12oz portions

## Adelanto Elementary School District Approved Food List – Smart Snacks

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 California Nutrition Standards. The following list is of foods and beverages that meet the standards for all grade levels. 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 the online calculator

<http://www.californiaprojectlean.org/doc.asp?adp=192&id=293>. If you have additional questions, please contact the Child Nutrition Services.

### Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Cardenas	Stater Bros
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)			X	
Brother's	All Natural Fruit Crisps	1 bag	X	X		
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X			X
Buddy Fruits	Yogurt Snack Squeeze- All Flavors	1 pouch (90g)				
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X			X
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X			
Crunchies	Freeze Dried Fruit individual packets- All Flavors	¼ 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 (7g)	X			
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	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)				
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)				X
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X			
Great Value	Unsweetened Applesauce	½ 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 (99g)	X			
Happy Squeeze	Greek Yogurt Pouch- All flavors	1 pouch (90g)				
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		
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X		
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X		X	X
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X			X
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)				
Motts	Natural Apple Sauce	1 cup (111g)	X			X
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)				X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X			X
Crunchmaster	Multi-seed- Five Seed	14 crackers		X		
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X			
Kashi	Kashi Teff thins –Red Sea Salt, Lemon Chickpea Chili Kashi Crackers- Original 7 grain, Fire roasted Veggie	15 crackers				
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)				
Kellogg's	Special K popcorn chips- Kettle, White Cheddar	1 package	X			
Kellogg's	Special K Cracker Chips- Parmesan Sesame	27-30 chips (30g)	X			X
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X			X
Nabisco	Triscuit- All Flavors	About 6 crackers	X			X
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X			X
Nabisco	Wheat Thins- Hint of Salt	About 16 pieces (1oz)	X			X
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	8 chips (28g)	X			X

### Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Kellogg's	Pop Tarts Low Fat/ whole grain- Brown Sugar or Strawberry (for secondary Schools only)	1 pastry (50g)			X	X

### Drinks

(if Beverage is sold in large containers with multiple serving sizes, Elementary is restricted to 8 oz and Middle/High school is restricted to 12 oz)

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Cost-co	Cardenas	Stater Bros
Campbell's	V-8- Spicy Hot, Low Sodium	5.5oz can	11.5oz can	X	X		
Campbell's	V-8 Fusion- Individual Can/Bottle- All Flavors	8oz can	11.5oz can/12oz bottle	X			X
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X			X
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)				X
Dole	100% Pineapple Juice, Pineapple Orange, Pineapple Orange Banana	1 Can (6 oz)	1 can (6 oz)	X		X	X
Great Value	100% Juice (Apple, Cranberry, Grape)		10 oz (1 Bottle)	X			
Horizon	Organic Milk- Lowfat- All Flavors Milk Box	1 Milk Box (8 oz)	1 Milk Box (8 oz)	X		X	X
Juicy Juice	Fruitfuls 100% Juice- All Flavors	1 Juice Box (6.75 fl oz.)	1 Juice Box (6.75 fl oz.)			X	X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X			X
Stater Bros	Light String Cheese	1 stick				X
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)				X
The Laughing Cow	Babybel Light	1 piece		X		X
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X		X
Yoplait	Plenti-All	1 container (155g)				
Yoplait	Greek Whips Plenti- All Flavors	1 container (113g)				
Yoplait	Original Yogurt- All Flavors	6oz	X	X	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X	X	X
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)			X	X
Yoplait	Gogurt twisted- Portable Low Fat Yogurt- All Flavors	1 tube (64g)				
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X		X	X
Yoplait	Light Yogurt- All Flavors	6oz	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 (3.5 oz)	X			
Weight Watchers	String Cheese	1 stick	X			X

#### Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Fiber One	Streusel Bar- Strawberry or Blueberry	1 bar (40g)				X
Kashi	Soft and Chewy Bars-All	1 Bar (40g)				
Kashi	Soft Baked Cereal Bars- All	1 bar (35g)	X			X
Kellogg's	Nutri-Grain Cereal Bars (Soft Baked and Harvest)- All Flavors	1 bar (37g)	X	X	X	X
Kellogg's	Special K Bar- Chewy (Salted Pretzel, Berry Medley, Blueberry Bliss)	1 bar (25g)				
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X		

#### Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Card-enas	Stater Bros
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar, Oatmeal raisin, Peanut Butter Chocolate Chip, Chocolate Chip, Vanilla Almond Cherry, Dark Chocolate Almond, Dark Chocolate Cranberry Trail Mix	1 bar (22g or 35g)	X			
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie, S'mores, Lemon Cookie	1 bar (36g)		X		
Great Value	Granola Bar- Crunch Oats & Honey (For middle school only)	2 bars (42g)	X			
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X		
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X		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			X