

## OVSD Approved Food List-Smart Snacks

The following list is of foods and beverages that meet the standards for all grade levels. This list is not all inclusive, additional items may be used if identified to be compliant by the healthy snack calculator, located on OVSD website. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. If you have additional questions, please contact the Food and Nutrition Services Department (714)847-2551 x1452

### Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
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
Brother's	Fruit Chips 100% Fruit Freeze Dried – all flavors	1 pouch (30g)	x	x		
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	x			
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	x			
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	x		x	
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	x		x	x
Dole	Fruit Burst Pouch- All Flavors	1 pouch (90g)	x		x	x
Dole	Fruit Squish'ems	1 pouch	x		x	x
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	x			x
Earth's Best	Organic Applesauce- Original	1 cup (113g)	x			x
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	Dried Apricots	7 pieces	x			
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	x			
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		x		
Motts	Applesauce Snack and Go – all flavors	1 container (113g)	x		x	x
Motts	Unsweetened (Natural)	1 container (111g)	x		x	x
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)	x			
Sunmaid	Raisins	1 box (42.5g)	x		x	x

### Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Corn Nuts	Variety Pack	1 package (1/3 cup)	x	x	x	x
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 crisps	x		x	x
Popchips	Sea Salt, Salt and Vinegar, BBQ, sour cream and onion)	19 chips	x	x	x	x
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup	x			x
Quaker	Rice Cakes-All Flavors	1 cake (11 g)	x		x	x

### Crackers and Grahams

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Annie's	Homegrown Bunny Grahams- Honey, Choc Chip, Chocolate	28 cookies (30g)	x		x	x
Kellogg's	Special K Cracker Chips- Individual Bags	1 package	x			
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie	x	x	x	x
Nabisco	Honey Maid Grahams	8 crkrs(2 full sheets)	x		x	x
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	x			
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	x		x	x
Nabisco	Triscuit- All Flavors	About 6 crackers	x		x	x
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	x		x	x
Special K	Cracker Chips Individual Bags	1 pouch (25 g)	x			

### Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	x			x
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)				x

### Beverages

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	x			x
Juicy Juice	Fruitfuls	1 box (6.75 oz)	x			x
Kirkland	100% juice organic	1 box (6.75 oz)		x		
Minute Maid	100% Juice	1 box or bottle	x			x
Treetop	100% Organic Apple juice	1 box (8oz)	x		x	x
All Brands	Milk – Low fat 1% or Fat Free	≤ 8 fl. oz	x	x		x
Water	Pure Water, No added Artificial Sweetener and/or Caffeine	ANY	x	x	x	x

### Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Chobani	Non-fat Yogurt- All Flavors	5.3 oz single serv	x	x	x	x
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz	x		x	x
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	x			
Frigo	Light String Cheese	1 stick (28 g)	x		x	x
Great Value	Lowfat Yogurt- All Flavors	6 oz	x			
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		x		
Sargento	Light String Cheese	1 stick	x		x	x
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)			x	x
The Laughing Cow	Babybel Light	1 wedge			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	x	x

### Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
CLIF	Kid Zbar- Choc Chip, Honey Graham, Iced Oat, Choc Brownie	1 bar (36g)	x	x	x	x
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Choc Chp	1 bar (35g)	x		x	x
Nature Valley	Crunchy Granola Bars (Oats n Honey, Apple Crisp, Cinnamon,	2 bar (42 g)	x	x	x	x
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	x	x	x	x

### Frozen Fruit Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco	Amazon	Target
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar	x	x		x
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	x		x	