

Washington Elementary School District Approved Food List

Arizona Revised Statute 15-242 mandates all kindergarten through eighth grade schools follow the Arizona Nutrition Standards for all foods sold or served during the school day. The following list is of foods and beverages that meet the standards. This list is *not all inclusive*. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. If you have questions about a food that is not on this list please contact the Nutrition Services office (602)896-5234.

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		
Buddy Fruits	Pure Fruit Jiggle Gel	1pouch (3.2oz)	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				
Cliff	Organic Kid Zrope	1 piece				X	
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup`	X				
Crunch Pak	Dipper Fruit Packs - All Flavors	1 container 2.75oz	X				
Daily Chef	Dried Mediterranean Apricots	1/4 cup (40g)				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		
Disney	Fruit Crisps Freeze Dried Fruit Slices – All Flavors	1 bag (7 g)	X				
Dole	Fruit Cups in 100% Juice	1 container (113 g)	X	X	X		
Dole	Fruit Squish'ems	1 pouch	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			
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)	X	X			
Musselman's	Healthy Picks – All Flavors	1 cup (113g)	X				
O Organics	Raisins	1 box (1oz)			X		

Peter Rabbit Organics	100% Pure Fruit Snacks Pouch – All flavors	1 pouch 4 oz	X				
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch 4.4 oz	X				
Plum Kids	Organic Mashups- All Flavors	1 pouch (90g)			X		
Plum Kids	Organic Slam Dunk- Fruit & Veggie Dip-All Flavors	1Pack (52g)			X		
Safeway	Realfruit Squeezable Sauce Pouch	1 pouch (90g)			X		
Safeway Kitchen	Raisins	1 box (1oz)			X		
Stretch Island	100% Natural Fruit Leather – All Flavors	1 pouch (14g)	X				X
Sunmaid	Raisins	1 box (42.5g)	X	X	X		X
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X				

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safeway	Sam's	Cost-co
Act II	Mini Bags 94% fat free butter popcorn	1.2oz	X	X			
Anderson	Mini Twist Pretzels	17 pretzels				X	
Corn Nuts	Original, Ranch, Chile Picante	1 package (48g)	X	X	X	X	
Corn Nuts	Variety Pack	1 package (48g)					X
Corn Nuts	Original, Ranch, BBQ & Chile Picante	1/3 cup (48 g)	X	X	X		
Fry's	Pretzel Sticks	28 g		X			
Fry's	Sourdough Large Pretzels	1 pretzel		X			
Fry's	Tiny Twists Pretzels	28 g		X			
General Mills	Chex Mix Snack Mix –Individual Snack Bags Traditional, Cheddar, Bold, Sweet n Salty, Trail Mix	1 pouch (.82oz)		X	X	X	
General Mills	Chex Mix- Traditional, Cheddar, Bold, Sweet n Salty, Trail Mix, Carmel Crunch	1/2 cup	X	X	X	X	
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package		X	X		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		X	X		
Kroger	Mini Twists Pretzel Individual Bags	1 bag (42g)		X			
Lays	Smart Mix (Baked Lays, Baked Lays K. C. Masterpiece BBQ), Baked Doritos, Baked Ruffles-Cheddar & Sour Cream and Pretzels)	1 bag (1oz)	X	X		X	
Lays	Baked Chips 30 Count Assorted – Individual Bags	1 bag	X				X
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1 oz)	X	X	X		
Lays	Baked Ruffles Potato Chips	9 crisps (1 oz)	X	X	X		
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz		X	X		
Orville Redenbacher's	100 Calorie Popcorn – Butter – Smart Pop Mini Bags	1 bag (1.2oz)	X	X	X	X	
Orville Redenbacher	Smart Pop 94% Fat Free Microwave Popcorn	2 cups popped	X	X	X		
Pepperidge Farms	Baked Naturals- Simply Pretzel Thins	11 crisps (28 g)	X		X		
Pop Secret	100 Calorie Popcorn – Butter – Snack Size	1 bag (31g)		X	X	X	
Pop Secret	94% Fat Free Butter Popcorn	2 cups popped		X	X		

Quaker	Popped Rice Snacks – All Flavors	1 oz	X	X	X		
Rold Gold	Pretzels – Classic Style Sticks, Rods, Sourdough, Honey Mustard, Tiny Twists, Cheddar	1 oz	X	X	X	X	
San Francisco Pretzel Co.	Sourdough Pretzels	5 pretzels (1 oz)					X
Safeway	Fat Free Butter Popcorn	2 cups popped			X		
Safeway	Mini Pretzel – Fun Size Bags	1 bag (1 oz)			X		
SmartFood	Popcorn Clusters – All Flavors	1 bag (1oz)	X	X	X		
Snack Factory	Pretzel Crisps – All Flavors	10 crackers	X			X	
Snyder’s of Hanover	Mini Pretzels- Individual bags	1 bag (42.5g)	X			X	
Snyder’s of Hanover	Pretzel Sticks	28 sticks (28 g)			X		
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	X	X	X	
UTZ	Pub Mix	1/2 cup				X	X

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry’s	Safe-way	Sam’s	Cost-co
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)	X				
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)			X		
David	Original Sunflower Seeds	1 bag (1.75oz)	X	X	X	X	X
David	Pumpkin Seeds	1/3 cup	X	X	X		
Diamond	Shelled Walnuts	1/4 cup (1oz)				X	
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)	X		X		
Fry’s	Private Selection Shelled Pistachios	1/4 cup		X			
Hoody’s	Dry Roasted Peanuts	40 pieces					X
Kirkland	Dry Roasted Almonds	1/4 cup					X
Kirkland	Pistachios	1/2 cup with shells					X
Kroger	Almonds Natural	1/4 cup		X			
Kroger	Roasted Pumpkin Seeds Salted	1/3 cup		X			
Mauna Loa	Dry Roasted Macadamias	1/4 cup		X	X		
Orchard Fresh	Walnuts Halves & Pieces	1oz	X				
Orchard Fresh	Pecan Halves	1 oz	X				
Orchard Fresh	Whole Natural Almonds	1 oz`	X				
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)				X	
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)				X	X
Planters	Cashew Halves & Pieces	50 Pieces	X	X	X	X	
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X	X	X	X
Safeway	The Snack Artist, - Three Nuts-Keteers	3 Tbs. (28g)			X		
Sunkist	Pistachios To Go	1 bag (1.5oz)				X	
Wonderful	Almonds – Roasted & Salted or Raw	1/4 cup				X	
Wonderful	Pistachios	1 bag (1.5 oz)	X		X	X	X
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup				X	X
Wonderful	Pistachios – Whole With Shell	1/2 cup				X	X
Young Pecans	Golden Sweet Pecan Halves	1/4 cup (30g)				X	
Golden Island	Pork Jerky- Korean BBQ	1 oz					X
Great Value	Beef Jerky – Original, Teriyaki, Peppered	1 oz	X				
Jack Links	Beef Jerky 97% Fat Free – All Flavors	1 oz	X	X	X	X	
Jack Links	Premium Beef Cuts – Individual Snacks	1 pack (28g)				X	

Jack Links	Turkey Jerky	1 oz				X	
Kirkland	Steak Strips	1 oz					X
Kroger	Beef Jerky 97% Fat free – All Flavors	1 oz		X			
Oh Boy! Oberto	BBQ Pork Jerky	1 oz				X	
Pacific Gold	Beef Jerky Original – Individual Snack Packs	1 package					X
Pacific Gold	Beef Jerky	1 oz					X
Pacific Gold	Turkey Jerky – Teriyaki	1 oz					X

Cakes, Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Ak-Mak	Sesame Cracker	5 crackers		X	X		
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X	X			
Austin	Zoo Animal Crackers	1 bag (60g)				X	
Crunchmaster	Original Multi-seed	15 crackers				X	
Crunchmaster	Multi-seed – Five Seed	14 crackers					X
Crunchmaster	Multi-seed Crackers – Roasted Garlic	14 crackers			X		
Crunchmaster	Multi-seed Crackers – Sea Salt	16 crackers			X		
Crunchmaster	Cheesy Crisps – Cheddar	60 crackers	X				
Crunchmaster	Grammy Crisps – Cinnamon Sugar	25 crackers	X				
Gensoy	Soy Crisps – All Flavors	17 crisps		X			
Homekist	Honey Graham Crackers	2 full cracker sheet	X				
Kashi	Snack Crackers – All Flavors	15 crackers		X			
Kashi	Soft Baked Cookies- Oatmeal Dark Chocolate, Oatmeal Raisin Flax	1 cookie (30g)		X	X		
Kellogg's	Special K Cracker Chips – Individual Bags	1 package	X			X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 Chips (30 g)	X	X	X		
Kirkland	Disney Organic Animal Crackers	13 crackers (28 g)					X
Kraft	South Beach Diet Whole Wheat Snack Crackers	1 package (23g)		X			
Kroger	Value Animal Crackers	10 crackers (30g)		X			
Kroger	Graham Crackers –Cinnamon, Chocolate	2 whole sheet crackers-31g		X			
Kroger	Value Graham Crackers	4 crackers (28 g)		X			
Kroger	Wheat Crisps – Baked – All Flavors	17 crackers		X			
Nabisco	100 Calorie Packs- Chips Ahoy, Oreo Thin Crisps	1package (22)	X	X	X		
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)	X	X	X		
Nabisco	100 Calorie Packs – Ritz Snack Mix	1 package (22g)	X		X		
Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)	X				
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)	X	X			
Nabisco	Honey Maid Grahams	8 cracker (2 full sheets)	X	X	X		X
Nabisco	Honey Maid Grahamfuls , Banana Vanilla Cream	1 pack (25g)	X	X	X		

Nabisco	Honey Maid Lil' Squares – Cinnamon	29 pieces	X	X	X		
Nabisco	Honey Maid Angry Birds Honey Grahams	1 bag (28g)		X	X		
Nabisco	Newton's Fruit Thins- All Flavors	3 cookies (31g)	X	X	X		
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)	X	X	X		
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate, Chocolate Chip	24 pieces	X	X	X		
Nabisco	Triscuit – All Flavors	Approx. 6 crackers	X	X	X		
Nabisco	Triscuit Thin Crisps – All Flavors	Approx. 15 crackers	X	X	X		
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1 oz)	X	X	X		
Nabisco	Wheat Thins Toasted Chips – Garden Valley Vegetable, Great Plains Multigrain	13 chips (28 g)	X	X	X		
Nabisco	Reduced Fat Cheese Nips	30 g	X	X	X		
Pepperidge Farm	Baked Goldfish – Individual Snack Packs	1 package (1.5oz)	X	X	X	X	
Pepperidge Farm	Goldfish Colors	55 pieces	X	X	X		
Pepperidge Farm	Whole Grain Gold Fish Crackers – Individual Snack Packs	1 package (1.1oz)	X	X	X		
Pepperidge Farm	Whole Grain Gold Fish Crackers	55 pieces (1oz)	X	X	X		
Pepperidge Farm	Goldfish Baked Grahams – Variety Pack – Vanilla Cupcake, Fudge Brownie, S'mores	1 bag (1.2 oz)		X			
Pepperidge Farm	Baked Naturals Cracker Chips – Cheddar, Multigrain	27 pieces (30 g)	X	X	X		
Pepperidge Farm	Baked Naturals Cracker Chips – Cheddar & Sour Cream Potato	25 pieces (30 g)	X	X	X		
Pepperidge Farms	Baked Natural – Four Cheese Crisps	20 pieces (30 g)	X	X	X		
Pepperidge Farm	Jingos! – Lime & Sweet Chili, Fiesta Cheddar	23 pieces	X	X	X		
Safeway	Honey Graham Crackers – Low Fat Honey Graham	2 whole crackers			X		
Safeway Kitchens	Graham Crackers – Cinnamon, Low Fat Honey	2 whole crackers			X		
Sunshine	Cheez-It Party Mix	1/2 cup	X	X	X		

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Great Value	Frosted Toasted Pasties – All Flavors	1 pastry (52g)	X				
Kellogg's	Pop Tarts Low Fat – All Flavors	1 pastry (50g)		X	X		
Kellogg's	Pop Tarts Oatmeal Delights – All Flavors	1 pastry (50g)	X		X		
Kellogg's	Pop Tarts Whole Grain – Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)			X		
Kroger	Toaster Treats – All Flavors	1 pastry (52g)		X			
Sara Lee's	Soft & Smooth Mini Bagels – Whole Grain, Cinnamon	1 bagel (37g)	X	X	X		
Thomas	Mini Bagels – Brown Sugar Cinnamon	1 bagel (43g)	X	X	X	X	
Thomas	Bagel Thins – 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	X	X	X	
Toast'em	Popups – Brown Sugar Cinnamon, Frosted Strawberry	1 pastry (52g)	X				

Drinks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Adam & Eve	100% Juice – Apple Juice, Very Berry, Fruit Punch	6.75 fl. oz.				X	
Apple & Eve	100% Juice	4.23 oz	X				
Apple & Eve	100% Juice Organics	6.75 fl oz or less	X				
Apple & Eve	Fruitables	6.75 oz	X	X	X		X
Campbell's	Tomato Juice Concentrate	8 fl oz. or less	X	X	X	X	X
Campbell's	V-8 – Spicy Hot, Low Sodium or Regular	8 fl oz. or less	X	X	X		X
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange	8 fl oz. or less	X	X	X	X	X
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		
Hershey's	Chocolate Milk – Reduced Fat Milk	8 fl oz					X
Horizon	Organic Milk – Reduced Fat – 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	Fruitifuls – 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
Kirkland	Organic Chocolate Reduced Fat Milk	8.25 oz					X
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl oz)		X			
Lucerne	Protein Refuel – Protein Fortified Dairy Beverage Vanilla, Chocolate, Strawberry	12 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, Chocolate, Vanilla	8 fl oz			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	Soymilk All Natural – Vanilla, Chocolate	8 fl oz or less	X	X	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				
Shamrock Farms	Reduced Fat Milk- Chocolate, Vanilla, Strawberry	12 fl oz. or less	X	X	X		

Shamrock Farms	Rockin' Refuel – Protein Fortified Lowfat Milk Vanilla, Chocolate, Strawberry	12oz or less	X	X	X		
Sunsweet	100% Prune Juice	8 fl oz. or less	X	X	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
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 – Reduced Fat 2%, 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

Water

Any brand any size of pure water, no added artificial sweeteners and/or caffeine.

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g)			X		
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X	X	X		
Cool Squeeze	Squeezable Yogurt	1 tube – 2.25 oz		X			
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 fl oz	X	X	X	X	
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X	X	X		
Dannon	Light & Fit	6 oz (170g)	X	X	X		
Frigo	Light String Cheese	1 stick (28g)	X	X	X	X	
Frigo	Light Variety String Cheese	1 stick			X		
Great Midwest	Reduced Fat Premium Cheese Try	about 4 slices (1.1 oz)				X	
Great Value	Lowfat Yogurt –All Flavors	6 oz	X				
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X				
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz	X				
Kirkland	Lowfat Yogurt – Peach and Blueberry	8 fl oz					X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)	X	X	X		
Kraft	Mozzarella Cheese String – 2% Milk	1 stick	X	X	X		
Kraft	Mozzarella String Cheese – Jalapeno, Tomato Basil	1 stick			X		
Kroger	CowPals Light – All Flavors	1 stick		X			
Kroger	CowPals String Cheese	1 stick		X			
Kroger	CowPals Light- Cheese Wedge	1 wedge		X			

		(21g)					
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)		X			
Kroger	The Truly Awesome Lowfat Yogurt Tube	1 tube		X			
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7 oz)				X	
Lucerne	Reduced Fat Yogurt	8 fl. Oz or less			X		
Lucerne	Lowfat Yogurt Tubes – All Flavors	1 tube (64g)			X		
Lucerne	Part-Skim Mozzarella String Cheese	1 stick			X		
Lucerne	Light String Cheese	1stick			X		
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick			X		
Plum Kids	Yogurt Mashups- All Flavors	1 pouch (90g)			X		
Plum Kids	Organic Yo'Drops Crunchable Yogurt- All Flavors	1 pack (7g)			X		
Precious	String Cheese	1 stick (28g)	X	X	X		X
Precious	Stringsters Reduced Fat String Cheese	1 stick			X		
Safeway Brand	Kids Yogurt –All Flavors	1 pouch or cup			X		
Sargento	String Cheese	1 stick	X	X	X		
Sargento	Light String Cheese	1 stick		X	X	X	
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	X	X	X	
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)			X		
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)	X		X		
The Laughing Cow	Babybel Light	1 piece				X	X
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X	X	X	X	X
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	
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 Yogurt For Kids – All Flavors	1 container 3.5oz	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			
Nabisco	BelVita Breakfast Biscuits All Flavors	1packet, 4 biscuits (50g)	X	X	X		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

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safeway	Sam's	Costco
Cascadian Farm	Organic Chewy Granola Bar-Chocolate Chip	1 bar (35g)	X		X		
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X	X			
CLIF	Energy Bar- Chocolate Chip, Oatmeal Raisin Walnut, Crunchy Peanut Butter	1 bar (68g)	X	X	X		
CLIF	Energy Bar – Variety Pack	1 bar (68g)				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			
EnvironKidz	Organic Crispy Rice Bar- Chocolate	1 bar (28g)		X			
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)			X		
General Mills	FiberOne 90 Calorie Bars – Chocolate , Chocolate Peanut Butter	1 bar (23g)	X	X	X	X	X
Great Value	Crunch Oats & Honey	2 bars (42g)	X				
Great Value	High Fiber Oats & Peanut Butter Chewy Bars	1 bar (40g)	X				
Great Value	Lowfat Fruit and Grain Bars – All Flavors	1 bar (37 g)	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's Bakery	Stone Ground Whole Wheat Fig Bar	1 bar (1oz)					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
Odwalla	Odwalla Bar- Berries GoOmega, Peanut Crunch, Chocolate Chip Peanut	1 bar (62g)	X	X	X		
Odwalla	Odwalla Bar – Varity Pack	1 bar (62g)				X	
Odwalla	Chewy Nut Bar	1 bar			X		
Open Nature	Chewy Granola Bar – Cherry & Dark Chocolate, Almond Honey, Trail Mix	1 bar (35g)			X		
Plum Kids	Organic Crunch'ola Granola Clusters- All Flavors	1 pack (1oz)			X		
Plum Kids	Organic Grammy Sammy –All Flavors	1 bar (29g)			X		
Plum Kids	Organic Jammy Sammy- All Flavors	1 bar (29g)			X		
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	X	X		
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X	X	X		
Quaker	Chewy Granola Bar – All Flavors	1 bar (24g)	X	X	X	X	X
Safeway	Eating Right High Fiber Chewy Bars- All Flavors	1bar (40g)			X		
Safeway Kitchens	Chewy Granola Bars –Oatmeal & Raisin, S'mores, Chocolate Chip, Chocolate & Peanut Butter Chips, Variety Pack	1 bar (24 g)			X		
South Beach Diet	Protein Fit- Cinnamon Raisin, Peanut Butter	1 bar (35g)			X		

Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)	X	X			
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 bar (51g)	X	X	X		
Fudgsicle	Fat Free	1 bar (65 g)	X	X	X		
Fudgsicle	100 Calorie Bar	1 bar (65g)	X		X		
Healthy Choice	Premium Fudge Bars	1 bar (3 oz)					X
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar		X			
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3oz)				X	
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)	X				
Cool Daze	Low Fat Ice Cream Sandwich (can purchase individually or bulk from WESD school nutrition services, see your school's Café manager or clerk)	1 sandwich (3 fl oz)					
Cool Daze	Cool Daze Low Fat Fudge Dream Bar (can purchase individually or bulk from WESD school nutrition services, see your school's Café manager or clerk)	1 bar (2.5 fl oz)					

Trader Joe's Food Items

		Serving Size					
Trader Joe's	Organic Apple Slices	1 ½ cup					
Trader Joe's	All Natural Unsweetened Gravenstien Applesauce	1/2 cup					
Trader Joe's	All Natural Unsweetened Apple Sauce	1/2 cup					
Trader Joe's	Organic Unsweetened Applesauce	1/2 cup					
Trader Joe's	Big & Chunky Applesauce	1/2 cup					
Trader Joe's	Pear Sauce	1 sauce cup (113g)					
Trader Joe's	Organic Applesauce – Cinnamon, Wildberries	1 container					
Trader Joe's	Fruit Sauce Crushers – Applesauce, Apple Strawberry, Apple Carrot, Apple Banana	1 pouch (90g)					
Trader Joe's	Organic Turkish Apricots Dried Fruit	1/4 cup					
Trader Joe's	Dried Fruit Non-Sorbate Pitted Prunes	1 ½ oz, about 5					
Trader Joe's	California Slab Apricots	10 pieces					
Trader Joe's	Dried Fruit – Freeze Dried – blueberries, strawberries, raspberries, mango, bananas, red seedless grapes	1 bag					
Trader Joe's	Dried Fruit Dried White Peaches	1/4 cup					
Trader Joe's	Dried Fruit New Zealand Sweet Apple Ring	10 whole rings					
Trader Joe's	Jumbo Raisin Medley	1/4 cup					
Trader Joe's	California Thompson Seedless Raisins	1/4 cup					
Trader Joe's	Fruity Flakes, Little Dried Fruit Snacks – all flavors	1 pouch (20g)					
Trader Joe's	Organic Fruit Wrap- all flavors	1 bar (14g)11					
Trader Joe's	Joe Kids 100% Juice Boxes- apple, apple grape, white grape	1 box (6.75 oz)					
Trader Joe's	Organic Low Fat Yogurt - all flavors	6 oz					
Trader Joe's	Lowfat Yogurt Probiotic Smoothie & Yogurt Strawberry, Wildberry	1 bottle (6oz)					

Trader Joe's	Organic Lowfat Yogurt Squishers	1 tube (2oz)					
Trader Joe's	Organic Greek Style Nonfat Yogurt – all flavors	1 container (5.3oz)					
Trader Joe's	Greek Yogurt Nonfat- all flavors	1 container (5.3oz)					
Trader Joe's	Organic Yogurt Cups – all flavors	4 oz					
Trader Joe's	French Village Nonfat Yogurt- all flavors	6oz					
Fage	Yogurt Total 0% or 2% Greek Stained	7oz					
Trader Joe's	Lite Mild Cheddar Cheese Snack Sticks	1 stick (24g)					
Trader Joe's	String Cheese Part Skim Mozzarella Cheese	1 piece (28g)					
Trader Joe's	Organic Light String Cheese	1 stick (28g)					
The Laughing Cow	Babybel Light	1 piece					
The Laughing Cow	Light Cheese Wedge – blue cheese, creamy Swiss, garlic & herb	1 wedge					
Trader Joe's	Honey Graham Crackers	2 cracker sheets (31g)					
Trader Joe's	Multigrain Pita Bite Crackers- Whole Wheat & Flaxseed	8 crackers					
Trader Joe's	Reduced Guilt Woven Wheats & Wafers	8 crackers					
Trader Joe's	Reduced Guilt Wheat Crisps Baked Wheat Crackers	14 crackers					
Trader Joe's	Oriental Rice Crackers	1/2 cup					
Trader Joe's	Corn Puffs – white cheddar, sour cream & onion	2.5 cups					
Trader Joe's	Reduced Guilt Air Popped Popcorn	2.5 cups					
Trader Joe's	94% Fat Free Natural Butter Flavor Microwave Popcorn	1 bag					
Trader Joe's	Lite Kettle Corn- snack bags	1 bag (28g)					
Trader Joe's	Reduced Guilt Pita Chips – sea salt, multigrain	8 chips					
Trader Joe's	Pretzel Slims – original, everything	23 pretzel slims					
Trader Joe's	Wholegrain Hard Pretzel Sticks	1 oz					
Trader Joe's	Multi-grain Pretzel Nuggets	22 pretzels					
Trader Joe's	Honey Wheat Pretzel Sticks Lowfat	10 pretzels					
Trader Joe's	Everything Bagel Chips	12 chips					
Trader Joe's	Pumpernickel Pretzel Sticks	8 pretzels					
Trader Joe's	Baked Potato Chips – hickory barbeque	20 chips (1 oz)					
CLIF	Energy Bar – chocolate brownie, blueberry crisp, chocolate chip, oatmeal raisin walnut, chocolate chip peanut butter	1 bar (68g)					
CLIF	KidZbar – honey graham, ice oatmeal, chocolate chip	1 bar					
Trader Joe's	Organic Dry Roasted Lightly Salted Cashews	1/4 cup					
Trader Joe's	California Walnuts	1/4cup					
Trader Joe's	Organic Raw Walnuts	1/4 cup					
Trader Joe's	Fancy Raw Mixed Nuts	1/4 cup					
Trader Joe's	50% less salt Dry Roasted & Salted Mixed Nuts	1/4 cup					
Trader Joe's	Dry Roasted Pistachios	½ cup with shells ¼ cup without shells					
Trader Joe's	Dry Roasted/Unsalted Pistachio Nutmeat Halves	1/4 cup					
Trader Joe's	Just a Handful of Raw Almonds	1 bag (1.25oz)					
Trader Joe's	50% Less Salt Roasted & Salted Peanuts	1/4 cup					
Trader Joe's	Raw Sunflower Seeds	1/4 cup					