

National School District Approved Food List

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. If you have additional questions, please contact the Food and Nutrition Services Department at (619)336-7699.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit with No Added Sugar	¼ cup
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)
Brother's	All Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)
Dole	Fruit Squish'ems	1 pouch
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)
Earth's Best	Organic Applesauce- Original	1 cup (113g)
Earthbound Farm	Organic Raisins	1 box (43g)
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)
Great Value	Unsweetened Applesauce	½ cup
Great Value	Dried Apricots	7 pieces
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)
Kirkland	Sunsweet Dried Apricots	About 6
Kirkland	Sunsweet Dried Plums	About 6
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)
Motts	Natural Apple Sauce	1 cup (111g)
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4oz)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)
Corn Nuts	Variety Pack	1 package (1/3 cup)
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz
Quaker	Rice Cakes- All Flavors	1 Cake
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips

Crackers and Grahams

Manufacturer	Name/Description	Serving Size
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)
Crunchmaster	Multi-seed- Five Seed	14 crackers
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers
Homekist	Honey graham Crackers	2 full cracker sheets
Kashi	Snack Crackers- Not Cheddar	15 crackers
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)
Kellogg's	Special K Cracker Chips- Individual Bags	1 package
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)
Nabisco	BeVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces
Nabisco	Triscuit- All Flavors	About 6 crackers
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)

Bagels

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

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	< 8 fl. oz.	< 12 fl. oz.
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	< 8 fl. oz.	< 12 fl. oz.
Campbell's	V-8 Fusion Refreshers	< 8 fl. oz.	< 12 fl. oz.
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75oz)	1 pouch (6.75oz)
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75oz)	1 pouch (6.75oz)
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6oz)	1 pouch (6oz)
Dole	100% Pineapple Juice	< 8 fl. oz.	< 12 fl. oz.
Florida's Natural	100% Fruit Juices- All Flavors	< 8 fl. oz.	< 12 fl. oz.
Great Value	100% Juice (Apple, Cranberry, Grape)	< 8 fl. oz.	< 12 fl. oz.
Great Value	Vegetable Juice from Concentrate (100% Juice)	< 8 fl. oz.	< 12 fl. oz.
Horizon	Organic Milk- Low-fat- All Flavors	< 8 fl. oz.	< 12 fl. oz.
Juicy Juice	Fruitfuls- All Flavors	6.75 fl. oz.	6.75 fl. oz.
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	< 8 fl. oz.	< 12 fl. oz.
Kirkland	Hansen 100% Juice Variety	6.75 fl. oz.	6.75 fl. oz.
Langer's	100% Juices- All Flavors	< 8 fl. oz.	< 12 fl. oz.
Martinellis	100% Pure Apple Juice	< 8 fl. oz.	< 12 fl. oz.
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	< 8 fl. oz.	< 12 fl. oz.
Motts	100% Apple Juice	< 8 fl. oz.	< 12 fl. oz.
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	< 8 fl. oz.	< 12 fl. oz.
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	< 8 fl. oz.	< 12 fl. oz.
Silk	Pure Almond Milk- All Flavors	< 8 fl. oz.	< 12 fl. oz.
Simply Orange	100% Juice- All Flavors	< 8 fl. oz.	< 12 fl. oz.
Seneca	100% Apple Juice	< 8 fl. oz.	< 12 fl. oz.
Sunsweet	100% Prune Juice	< 8 fl. oz.	< 12 fl. oz.
Tummy Tickler	100% Juice- Apple	< 8 fl. oz.	< 12 fl. oz.
Treetop	100% Apple Juice	< 8 fl. oz.	< 12 fl. oz.
Treetop	100% Juice Assorted	< 8 fl. oz.	< 12 fl. oz.
Treetop	Fresh Pressed Juice	< 8 fl. oz.	< 12 fl. oz.
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8 fl. oz.	< 12 fl. oz.
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	< 8 fl. oz.	< 12 fl. oz.
All Brands	100% Juice (Product Must State 100% Juice)	< 8 fl. oz.	< 12 fl. oz.
All Brands	Milk- Low-fat 1%, or Fat Free	< 8 fl. oz.	< 12 fl. oz.
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	< 8 fl. oz.	< 12 fl. oz.
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)
Chobani	Non-fat Yogurt- All Flavors	6oz (170g)
Chobani	Low Fat Yogurt- All Flavors	6oz (170g)
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl. oz.
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)
Dannon	Light & Fit	6oz (170g)
Fage	Total 0%- Fat Free Yogurt	1 container (6oz)
Frigo	Light String Cheese	1 stick (28 g)
Great Value	Low-fat Yogurt- All Flavors	6oz
Great Value	Light- Non-fat Yogurt- All Flavors	6oz
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2oz)
Kirkland	Low-fat Yogurt- Peach and Blueberry	8 fl. oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)
Kraft	Mozzarella Cheese String- 2% milk	1 stick
Liberte	Nonfat Greek Yogurt- All Flavors	5.3oz
Precious	String Cheese	1 stick (28g)
Precious	Stringsters Reduced Fat String Cheese	1 stick
Sargento	String Cheese	1 stick
Sargento	Light String Cheese	1 stick
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick
Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)
Stoneyfield	YoKids- Low-fat Yogurt- All Flavors	1 container (4oz)
The Laughing Cow	Babybel Light	1 piece
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge
Yoplait	Original Yogurt- All Flavors	6oz
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl. oz. or less
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	GoGurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container
Yoplait	Light Yogurt- All Flavors	6oz
Yoplait	Greek 100- All Flavors	5.3oz (150g)
Yoplait	Pro-Force Protein Yogurt for Kids- All Flavors	1 container (3.5oz)
Weight Watchers	String Cheese	1 stick

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Fiber One	Streusel Bar- Strawberry or Blueberry	
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)

Granola Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
CLIF	LUNA fiber- All Flavors	1 bar (40g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)
Nature Valley	Crunch Granola Bar- OatN Honey, Peanut Butter, Cinnamon	2 bars (42g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)

Ice Cream/Frozen Fruit Bars

Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)
Blue Bell	Fruit Bars- All Flavors	1 bar
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)
Nestle	Outshine Fruit Bars and Coconut Water	1 bar
Fruittare	Fruit Bars- All Flavors	
Fudgesicle	Fat Free- No Sugar Added	1 bar (65g)
Fudgesicle	100 Calorie Bar	1 bar (65g)
Healthy Choice	Premium Fudge Bars	1 bar (64 g)
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich
Skinny Cow	Cones- All Flavors	1 cone
Skinny Cow	Bars- All Flavors	1 bar
Weight Watchers	Fudge Bars- Giant Latte	1 bar
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)

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