



Vended Snacks **IDEAS**

Snacks sold in vending machines, at school stores and concession stands, and on the lunch a la carte line should provide healthy choices for students, staff and parents. Keeping levels of sugar, total fat, and trans and saturated fat at low percentages as well as having limits on maximum package size ensure snacks are positive additions.

New products, reformulated products and new package sizes may become available. To see if they are good choices, check the list below for maximum package size for each snack type then go to www.californiaprojectclean.org/calculator to help you determine the nutrient percentages. Follow the website Nutritional Calculator instructions. Check for these 3 items: fat \leq 35% of total calories, trans or saturated fat \leq 10% of total calories, added or total sugar \leq 35% total package weight. Nuts and seeds are exempt from the fat standard. The following list provides examples of packaged items that meet these levels. Remember that fresh fruit & veggies are great snacks.

Cookies & Crackers

1.5 ounces

- Austin Dolphin & Friends Crackers
- Austin SeAnimal Crackers
- Barnum's Animal Crackers
- Cookie Monster Cookies
- Famous Amos Gingersnaps
- Keebler Chocolate Graham Crackers
- Keebler Cinnamon Graham Crackers
- Keebler Fat Free Zesta Crackers
- Keebler Honey Graham Crackers
- Keebler Original Graham Crackers
- Keebler Reduced Fat Wheatables
- Keebler Teddy Grahams
- Nabisco Cheese Nips 100 Calorie Pack
- Nabisco Cheez-It Reduced Fat Crackers
- Nabisco Ritz Crisps
- Nabisco Teddy Graham Cookie - Cinnamon
- Nabisco Vanilla Wafers
- Nabisco Wheat Thins 100 Calorie pack
- Pepperidge Farm Giant Goldfish -Cinnamon & Chocolate
- Pepperidge Farm Physedibles Baked Animal Crackers - Lemon

- Pepperidge Farm Physedibles Baked Animal Crackers - Strawberry

- Ritz Cracker Dinosaurs
- Sunshine Animal Crackers
- Wheatworth Crackers

Chips, Pretzels & Snack Mix

1.5 ounces

- Frito Lay Baked Doritos Nacho Cheese
- Frito Lay Baked Flamin' Hot Cheetos
- Frito Lay Baked KC Masterpiece BBQ Chips
- Frito Lay Baked Lays

- Frito Lay Baked Sour Cream & Onion Chips
- Frito Lay Baked Ruffles Cheddar & Sour Cream
- Frito Lay Munchie Mix – Kids Mix
- General Mills Chex Morning Mix – Banana Nut
- General Mills Chex Morning Mix – Cinnamon
- General Mills Chex Morning Mix – Fruit & Nut
- General Mills Chex Morning Mix – Honey Nut
- Newman's Own Organics – Pretzels - Nuggets
- Newman's Own Organics – Pretzels – Rods
- Newman's Own Organics – Pretzels – Thins
- Pepperidge Farm Goldfish Pretzels
- Rold Gold Pretzels - Classic
- Rold Gold Pretzels – Tiny Twists
- Snyder's Pretzels – Butter Snaps
- Snyder's Pretzels – Honey Mustard & Onion
- Snyder's Pretzels – Mini
- Snyder's Pretzels – Sourdough Nibblers
- Snyder's Pretzels – Sticks
- Snyder's Veggie Crisps

Cereal/Granola Bars 2.5 ounces

- General Mills Chewy Granola Bar – Lowfat Chocolate Chocolate Chip
- General Mills Nature Valley Chewy Trail Mix Bar – Fruit & Nut

- General Mills Nature Valley Granola Bar – Oats & Honey
- Kellogg's Nutri-Grain Bar - Apple
- Kellogg's Nutri-Grain Bar – Apple Cinnamon
- Kellogg's Nutri-Grain Bar - Blueberry
- Kellogg's Nutri-Grain Bar - Raspberry
- Kellogg's Nutri-Grain Bar - Strawberry
- Kellogg's Nutri-Grain Chewy Granola Bar – Honey Oat & Raisin
- Nature Valley Granola Bar, Crunchy – Oats & Honey
- Nature Valley Granola Bar, Crunchy – Peanut Butter
- Quaker Chewy Fruit N Nut Bar - Strawberry

Trail Mix, Nuts, Seeds & Dried Fruit 1.5 ounces

- Blue Diamond Smokehouse Almonds
- Dole Raisins
- Kars Cashews
- Planters Cashews
- Sun-Maid Raisins
- Sunsweet Dried Apricots

Yogurt 8 ounces

- Breyers Smooth & Creamy Yogurt, Peaches N Cream Low Fat
- Breyers Smooth & Creamy Yogurt, Strawberry Low Fat
- Dannon Creamy Fruit Blends - Blueberry
- Dannon Creamy Fruit Blends - Cherry

- Dannon Creamy Fruit Blends - Peach
- Dannon Creamy Fruit Blends - Strawberry
- Dannon Creamy Fruit Blends –Strawberry Banana

Frozen Desserts 4 ounces (max. 10 grams fat)

- Blue Bell Cherry Freeze Bar
- Blue Bell Fudgy Bar
- Blue Bell Rainbow Pop Up
- Blue Bunny Cool Daze Fudge Dream Bar
- Haagen Dazs Raspberry Sorbet and Vanilla Yogurt Frozen Yogurt Bar
- Minute Maid Juice Bar – Blue Raspberry (2 1/4 oz)
- Minute Maid Juice Bar – Green Apple (2 1/4 oz)
- Minute Maid Juice Bar – Orange (2 1/4 oz)

