

CLARK COUNTY SCHOOL DISTRICT
FOOD SERVICE DEPARTMENT
Snacks that Meet Recommended Criteria

Approval Criteria

- No more than 30% of total calories from fat (not including nuts and seeds)
- No more than 10% of total calories from saturated fat
- No more than 35% added sugar by weight (not including fruits and vegetables when used as additives)
- No more than 600 mg. sodium

Portion Sizes

- Snacks & Sweets: 1.5 oz.
- Cookies & Cereal Bars: 2 oz.
- Bakery Items: 3 oz.
- Frozen desserts, ice cream: 3 fluid oz.
- Other entrée items and side dishes shall be no larger than the portions of those foods served as part of the Federal School Meal Program

If a food contains any of the following ingredients, it is not approved: Amino Acids, Bee Pollen, Blue #1, Brewers Yeast, Bisulfite, Beef Fat, B17, Chromium Picolinate, Carnitine, Chamomile, Echinacea, Ephedra, Feverfew, Ginseng, Guarana, Ginkgo Biloba, Garlic extract, Laetrile, Lard, Lobelia, Melatonin, MSG, Mahuang, Omega-3 Fatty Acids, Pangamic Aci, Palm Oil, Palm Kernel Oil, Peanut Oil, Red #40, Royal Jelly, Sodium Nitrate, Sprulina, St. John's Wort, Sodium metabisulfite, Sulfiting Agents, Sulfur Dioxide, Tallow, Taurine, Ubiquinone, Valerian, Yohimbe, Yellow #5, Yellow #6.

Items listed below are suitable for a la carte sales, vending machines, student store sales and other snack item sales throughout the school.

ITEM	SERVING SIZE
BREAKFAST CEREAL/ENERGY BARS	
Apple Breakfast Bar	2 oz.
Buttermilk Bar (commodity)	2.5 oz.
Cranberry Breakfast Bar (Buena Vista)	2 oz.
Clif Bar	1.27 oz.
Fruit Turnover (Cutie Pie)	2 oz.
Harvest Power Bar (Chocolate & Apple Crisp)	65 g.
Hot Pockets Biscuit (Nestle)	2.5 oz.
Low Fat Brownie (Buena Vista)	2 oz.
Luna Bar (NO Orange Bliss or Key Lime Pie)	48 g.
Marshmallow Crispy Squares (Goody Man)	.8 oz.
Muffin (Low Fat Blueberry, Apple Blossom, Banana) Bakecrafters	2 oz.
Muffin (Chocolate Fudge, Lemon, Blueberry, Banana) Gourmet Treats	3 oz.
Muffin (Red. Fat & Sugar Banana, Apple Cinnamon, Chocolate Chocolate Chip) Otis	1.8 oz.

Spunkmeyer	
Nature Valley “Chewy” Granola Bar (Oatmeal Raisin) General Mills	1 oz.
Nature Valley 100% Natural Crunchy Granola Bar (Peanut Butter, Maple & Brown Sugar, Oats ‘n Honey) General Mills	2.5 oz. or less
Nutri-Grain Cereal Bar (Strawberry, Cheesecake, Apple Cobbler (Kellogg’s))	37 g.
Nutri-Grain Granola Chewy Bar (Honey Oat & Raisin, Chunky Chocolate) Kellogg’s	1.3 oz.
Pop Tarts, Unfrosted (NO Blueberry) Kellogg’s	52 g (1 Pop Tart)
Pop Tarts, Frosted (Frosted Brown Sugar Cinnamon, Frosted Blueberry ONLY) Kellogg’s	50 g (1 Pop Tart)
Quaker Breakfast Squares for Kids (Oatmeal Raisin)	40 g
Quaker Breakfast Squares (All Flavors)	60 g
Quaker Chewy Granola Bar (Peanut Butter, Butterfinger, Peanut Butter & Chocolate chunk, S’mores Low Fat, Oatmeal Raisin Low Fat, Cinnamon Sugar, Baked Apple)	28 g
Quaker Fruit ‘n Crunch	40 g
Quaker Fruit & Oatmeal Bar (Very Berry Muffin, Apple Crisp)	1.3 oz.
Reduced Fat Donut Plus (Super Bakery)	3 oz.
Rice Cakes	13 g.
Rice Krispies Treat (Original) Kellogg’s	1.3 oz.
Special K Bar (Strawberry) Kellogg’s	23 g
Trix Cereal Bar (General Mills)	40 g
CANNED/DRIED FRUIT	
Applesauce (Tree Top)	4 oz.
Del Monte Canned Fruit (Lite)	4 oz.
Dole Fruit Cup	4 oz.
Dole Fruit Bowl	4 oz.
Peach Cup w/whipped topping (Cloverdale Farms)	4.25 oz.
Raisins (all)	1.5 oz.
Sunsweet Prunes	1.43 oz.

CHIPS AND SNACKS	
Baked Classics (Sour Cream & Onion, Mesquite Barbeque)	.5 oz or 1 oz.
Baked Lays Cheddar & Sour Cream, Original, KC Masterpiece BBQ, Sour Cream & Onion	1.5 oz. or less
Baked Doritos Cooler Ranch, Nacho Cheesier	1.5 oz. or less
Baked Ruffles	1.5 oz. or less
Butter Pretzel Braids (Poore Brothers)	1.5 oz. or less
Chex Mix (Traditional or Honey Nut Only) General Mills	1.5 oz. or less
Corn Nuts (Original & Ranch Only) Kraft	1.39 oz.

Fruit Energy Bar (Citrus, Cherry/Berry) Tree Top	1.32 oz.
Fruit Energy Plus Bar (Tropical, Wild Berry) Tree Top	1.32 oz.
Guiltless Gourmet Corn Chips	28 g
Hot Rodz Soft Pretzel Sticks (Bavarian Bros.)	1.2 oz.
Light Lay's Doritos Nacho Cheesier, Original Chips	1.5 oz. or less
Newman's Own Pretzel Sticks	1 oz.
Peanuts, Hot & Spicy (Planters)	1.5 oz. or less
Peanuts, Salted (Kraft)	1.5 oz. or less
Pita Chips	1 oz.
Pita Puffs (BBQ, Cinnamon, Habanero Hot, Ranch) Handi Foods	.6 oz.
Pita Puffs (Pizza, Salsa) Handi Foods	1 oz.
Planter's Light Salted Peanuts	1.5 oz. or less
Planter's Low Salt Dry Roasted Nuts	1.5 oz. or less
Planter's Hot & Spicy Peanuts	1.5 oz. or less
Pop Secret 94% Fat Free Popcorn	1.4 oz.
Pretzels (All Brands)	1 oz.
Pretzel Poppers	1.5 oz.
Pringles Fat Free	1 oz.
Quaker Quakes Rice Snacks – Cheddar Cheese	.67 oz.
Original Blend Trail Mix (Kar's)	1 oz.
Orville Redenbacher Smart-Pop	38 g
Soft Pretzel Sticks (All Brands)	1.22 oz.
Sunflower Kernels (Kar's)	1 oz.
Sunkist Fruit Snacks	.9 oz.
Super Pretzel Cinnamon Raisin (J & J Snacks)	2.5 oz.
Super Pretzel Soft Pretzel Bites (J & J Snacks)	3 oz. or less
Super Pretzel Soft Pretzel (J & J Snacks)	2.5 oz.
Super Pretzel Soft Pretzel Rods (J & J Snacks)	3 oz. or less
Superstix Stuffed Soft Pretzel ticks (Super Pretzel)	2.1 oz.
Sweetly Twisted Pretzel (Buena Vista Foods)	3 oz.
Tostito's Baked Tortilla Chips	1 oz.

COOKIES AND CRACKERS	
All Sports Bites Grahams (MJM)	1 oz.
All Sports Bites Trans Fat Free (MJM)	1 oz.
Animal Crackers (Keebler)	2 oz.
Apple Cinnamon Bear Grahams (MJM)	.9 oz.
Apple Cinnamon Waffle Grahams (MJM)	.9 oz.
Barnum's Animal Crackers	30 g
Big Top Animal Crackers (Old Colony)	2 oz.
Cheez-it Reduced Fat Crackers (Sunshine/Keebler)	1.5 oz.
Cheese Nips 100 Calorie Pack (Nabisco/Kraft)	.74 oz.
Chips Ahoy 100 Calorie Pack (Nabisco Kraft)	.81 oz.
Chocolate Bear Grahams (MJM)	.9 oz.
Chocolate Chip Cookie, Red. Fat (Best Maid)	2 oz.

Chocolate Graham Cookie (Stauffer's)	1 oz.
Cookies – Oatmeal Raisin, Chocolate Chocolate, Chocolate Chip (Gourmet Lites)	2 oz.
Cookie Grahams, all flavors (Real Food Direct)	1.2 oz.
Dinosaur Grahams (Strawberry, Lemon) MJM	.9 oz.
Famous Amos Gingersnaps	24 g
Goldfish Crackers; Parmesan, Pretzel (Pepperidge Farms)	.75 oz.
Graham Crackers (Low Fat Honey Wheat, Cinnamon) MJM	.9 oz.
Graham Cracker 3 pack (MJM)	.9 oz.
Honey Graham Cracker with Fiber (MJM)	.9 oz.
Honey Maid Cinnamon Thin Crisps 100 Calorie Pack (Nabisco)	.81 oz.
Kashi TLC Crackers	30 g
Keebler Animal Crackers	56 g
Keebler Chocolate Graham Crackers	31 g
Keebler Cinnamon Graham Crackers	30 g
Keebler Fat Free Zesta	16 g
Keebler Honey Graham Crackers	31 g
Keebler Iced Animal Cookies	32 g
Keebler Original Graham Crackers	29 g
Keebler Teddy Grahams	1 oz
Mini Honey Maid Oatmeal Raisin Cookies	2 oz.
Mother's Iced Oatmeal Cookie	2 oz.
Nabisco Honey Maid Cinnamon Graham Sticks	1.75 oz.
Nabisco Original Premium Saltine Crackers	18 g
Nabisco Teddy Graham Cookie Cinnamon	30 g
Newton Bars (Nabisco)	1.3oz.
Peanut Butter Cookie Crisps 100 Calorie Pack (Nabisco)	.85 oz.
Pepperidge Farm Giant Goldfish (Cinnamon & Chocolate)	.9 oz.
Quaker Crispums	33 g
Red. Fat Chocolate Chip Cookie Dough (Cookie Tree)	2 oz. or less
Red. Fat Chocolate Chip Cookie Dough (Otis Spunkmeyer)	1.33 oz. or less
Red. Fat Oatmeal Raisin Cookie (Buena Vista)	2 oz. or less
Ritz Chips Original (Nabisco)	.75 oz.
Ritz Crackers Dinosaurs (Nabisco)	1 oz.
Ritz Snack Mix, 100 Calorie (Nabisco)	.77 oz.
Sweet Discovery Red. Fat Cookies (Butter Sugar, Carnival, Choc. Chip, Oatmeal Raisin) Otis Spunkmeyer	2 oz. or less
Vanilla Bear Grahams (MJM)	.9 oz.
Vanilla Wafers (Nabisco)	1 oz.
Wheat Thins 100 Calorie Pack (Nabisco)	.74 oz.
Wheatworth Crackers (Nabisco)	.5 oz.

Zoo Animal Crackers (Austin)	2 oz. or less
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FRESH FRUIT	MEDIUM
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FROZEN DESSERTS	
Creamsicle (Good Humor)	2.7 fl oz.
Good Humor Sandwich	3.5 fl oz.
Holanda Fruit Bar (Lemon-Lime or Strawberry) Good Humor	3 oz.
Original Fudgsicle Bar (Popsicle/Good Humor)	2.7 oz.
Fat Free Yogurt Cups (Blue Bunny)	4 oz.
Health Smart Fudge Bar (Blue Bunny)	2.5 oz.
Health Smart Ice Cream Cups (Blue Bunny)	4 oz.
Low Fat Fudge Bar (Blue Bunny)	3 oz.
Low Fat Orange Dream Bar (Blue Bunny)	3 oz.
Low Fat Pudding Pop, Vanilla/Choc (Blue Bunny)	1.75 oz.
Lucas Limon (Blue Bunny)	3 oz.
Skinny Cow Fudge Bar	3 oz.
Skinny Cow Vanilla Chocolate Cup	3.6 oz.
Skinny Cow Vanilla Strawberry Cup	71 g
Skinny Cow Vanilla Sandwich	76 g
Peach Ice Singles (Wawona Frozen Foods)	3 oz.
Strawberry Ice Singles (Wawona Frozen Foods)	2.75 oz.
Luigi's Sherbet (J & J)	4 oz. or less
Frozen Yogurt, Low Fat (Anderson Dairy)	4 oz. or less

MISCELLANEOUS	
BBQ Beef Sandwich (Fresh & Ready)	170 g
Beef Jerky (Original, Hot & Spicy) Double B Foods	1 oz.
Burrito, Vegetarian (Fiesta Santa Fe)	5 oz.
Caramel Dip, Low Fat (Litehouse)	1 oz.
Chicken Salad Mini Sub (Fresh & Ready)	113 g
Gelato Café	1 oz.
General Mills Cheerios Cereal	1 oz.
Hunt's Snack Pack Pudding	3.5 oz.
Kellogg's All-Bran Cereal	1.1 oz.
Kellogg's Cornflakes	21 g
Kellogg's Froot Loops (1/3 Less Sugar)	.67 oz.
Kellogg's Frosted Flakes (1/3 Less Sugar)	1 oz.
Kellogg's Low Fat Granola Cereal	49 g
Kellogg's Mini Shredded Frosted Wheat Cereal	51 g
Kellogg's Puffed Wheat Cereal	11 g
Kellogg's Raisin Bran Cereal	2.1 oz.
Kellogg's Rice Krispy Cereal	33 g
Kellogg's Special K Cereal	21 g
Oberto Beef Jerky	15/16 oz.

Pancakes, buttermilk or cinnamon (DeWafelbakkers)	3 oz. or less
Roast Chicken Triangle (Fresh & Ready)	155 g
Salad Bistro Buttermilk Ranch Fat Free Dressing	1.5 oz.
Salad Bistro Honey Mustard Fat Free Dressing	1.5 oz.
Sprinklins (Dannon)	4.1 oz.
String Cheese – all brands	1 oz.
Thomas English Muffin Original	57 g
Tuna Salad Triangle (Fresh & Ready)	138 g
Turkey & Cheese French Roll (Fresh & Ready)	206 g
Turkey & Cheese Pita (Fresh & Ready)	198 g
Turkey & Cheese Triangle (Fresh & Ready)	142 g
Turkey Triangle (Fresh & Ready)	140 g
Whole Wheat Healthy Turkey (Fresh & Ready)	203 g
Yogurt, Danimals (Dannon)	4 oz.
Yogurt, Fruit Blends & Fruit on the Bottom (Dannon)	6 oz.
Yogurt, Light 'n Fit Creamy (Dannon)	4 oz.
Yogurt, Light 'n Fit (Dannon)	6 oz.
Yogurt, Natural Flavors (Dannon)	6 oz.
Yogurt Trix (Yoplait)	4 oz.
Reduced Fat Piazza Cheese or Pepperoni Pizza	1/8 of 16" Pie
Reduced Fat Cheese Pizza (Tony's Pizza)	1/10 of 16" Pie
Reduced Fat Breakfast Pizza (Piazza)	1 Serving

Items may be added or deleted from the list as nutrient information becomes available or recipe changes occur. Please consult the approval procedure available on our website for submitting product information. Contact Food Services if you have any questions at: 799-8123 Ext. 5212.