

San Diego Unified School District Approved Food List- Smart Snacks

Middle and High School

San Diego Unified School District's Wellness policy ensures that foods and beverages sold and served on school campuses to students starting at midnight and up to one half hour after the school day comply with the federal nutrition standards (USDA Smart Snacks in School) and the CDE's Competitive Food and Beverage nutrition standards (<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>). The policy also ensures all foods and beverages offered or provided on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards and meet state nutrition standards, including celebrations, parties, classroom snacks and student rewards for performance or behavior.

Manufacturer	Name/Description	Serving size	Costco	Wal-Mart	Amazon
Beverages					
Crystal Geyser	Sparkling Mineral Water- all flavors	18 oz	X		
Hint Water	Unsweetened Essence Water, all flavors	16 oz.			X
La Croix	Sparkling Water - all flavors	12 oz	X		X
Tea's Tea	Unsweetened - all flavors	16.9 oz			X
Water	Bottled water, no added artificial sweetner and/or caffeine	Any size	X	X	X
Fruit and Vegetable Items					
Amazin' Raisin	Flavor Infused Raisins - all flavors	1 pkg (37g)			X
GimMe	Flavor Infused Raisins - all flavors	1 pkg (37g)			X
	Seaweed thins - all flavors	1 pkg (22g)			X
Kind	Pressed Fruit bars-Mango apple chia and Cherry apple chia	1 bar (1.2 oz)	X		X
That's It	Fruit Bars and Veggie bars- all flavors	1 bar (35 g)			X
Welch's	Fruit Snacks-Berries 'N Cherries, Island Fruits, Mixed Fruit and Strawberry	1 pkg (25.5g)			X
Breakfast Items					
Kellogg's	Pop-Tart w/ Whole Grain Frosted Strawberry and Brown Sugar	1 pastry (50g)			X
Kind	Pressed Fruit bars-Mango apple chia and Cherry apple chia	1 bar (1.2 oz)	X		X
Nabisco	BelVita Soft Baked Oats and Chocolate Breakfast Biscuit	1 Biscuit (50g)			X
Nutri Grain	Soft Baked Cereal Bars, Whole Grain - all flavors	1 bar (37 g)	X	X	X
Quaker	Breakfast Flats-all flavors	1 pkg, 3 bars (40 g)		X	X
That's It	Fruit Bars and Veggie bars- all flavors	1 bar (35 g)			X
Yogurt and Cheese					
Chobani	Greek, Non-Fat Yogurt - all flavors	1 container (150 g)		X	X
Horizon	Organic part Skim Mozzarella Cheese	1 stick (28 g)			X
Sargento	Light String Cheese	1 stick (28 g)		X	X
	Colby Jack, Sharp cheddar, Cheddar Mozzarella, pepper jack	1 stick (21 g)			X

Snacks					
Corn Nuts	Crunchy Corn Kernels - all flavors	1 pkg (28g)	X		X
General Mills	Chex Mix Simply WG Strawberry Yogurt	1 pkg (29g)			X
Frito Lays	Baked and Popped Mix Variety Pack	1 pkg (24g-45g)	X		X
	Fantastix Flamin' Hot	1 pkg (28 g)			X
	Baked Whole Grain Cheetos Flamin' Hot, Baked Whole Grain Cheetos	1 pkg (28 g)	X		X
Kellog's	Cheez-It Crackers, Atomic Cheddar	1 pkg (21g)			X
	Cheez-It Crackers, Whole Grain Baked	1 pkg (21 g)			X
Pirate's Booty	Aged White Cheddar Snack Puffs	1 pkg (28g)	X		X
Popchips	Variety Pack	1 pkg(23g)	X		X
Smart Food Delight	Popcorn, White Cheddar	1 pkg (14 g)			X
Tostitos	Baked Tortilla Chips-Scoops	1 pkg (25 g)			X
Wai Lana Snacks	Cassava Pops Sea Salt	1 pkg (23g)			X
Cookies/Dessert					
Buzz Strong's	Whole Grain Chocolate Chip Cookie, Whole Grain Chocolate Cake Cookie	1 cookie (43g)			X
Kashi	Chewy Granola Bars, Chocolate Almond Sea Salt	1 bar (35g)	X		
	Soft Baked Cookies-Oatmeal dark chocolate, Chocolate almond butter and Oatmeal raisin flax	1 cookie (30g)		X	X

This above list of foods and beverages meet the Smart Snack standards for middle and high schools. This list is not all inclusive, additional items may be used if identified to be compliant by the quick reference cards which can be found at <https://www.sandiegounified.org/competitivefoods>. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Food and Nutrition Services Department, Mary Tyranski at mtyranski@sandi.net or Melanie Moyer at mmoyer@sandi.net.