

Lista de Alimentos Aprobados por el Distrito Escolar Unificado de San Diego – Smart Snacks (Botanas Inteligentes)

Los estándares de *Smart Snacks* escolares de USDA son estándares de nutrición prácticos y basados en la ciencia para todos los alimentos y bebidas que se venden o sirven a los alumnos durante el día de clases. La nueva regla entró en vigencia el 1 de julio de 2014 e incorpora los Estándares de Nutrición de California anteriores.

La siguiente es una lista de alimentos y bebidas que cumplen con los estándares de todos los niveles de grados. Esta lista **no abarca todo**, se pueden usar artículos adicionales si se identifica que están en cumplimiento de acuerdo a las tarjetas de referencia rápida. Podrían encontrarse artículos alternativos en tiendas diferentes. Los ingredientes y la distribución de los fabricantes cambian con frecuencia. Si tiene preguntas adicionales, favor de comunicarse con el Departamento de servicios Alimenticios y de Nutrición al (858) 836-8067.

Puré de Manzana/Vasos de Fruta/Botanas de Fruta

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|------------------|--|----------------------|----------|--------|
| Todas las marcas | Individual Fruit Cups in Water or Natural Juices | ½ taza | X | X |
| Todas las marcas | Dried Fruit with No Added Sugar | ¼ taza | X | X |
| Todas las marcas | Fresh Fruit and vegetables- Bolsas individuales o platones | ½ taza | X | X |
| Andros | Fruit Me Up Pouches- Todos los sabores | 1 bolsita (133g) | | |
| Brother's | All Natural Fruit Crisps | 1 bolsa | X | X |
| Buddy Fruits | 100% Fruit Snack Squeeze Pouch- Todos los sabores | 1 bolsita (90g) | X | |
| Buddy Fruits | Pure Fruit Jiggle Gel | 1 bolsita (3.2oz) | X | |
| Chiquita | Fruit Chips 100% Fruit Freeze Dried- Todos los sabores | 1 bolsita (30g) | X | |
| Clif | Organic Twisted Fruit- Todos los sabores | 1 twist (20g) | X | |
| Crunchies | Freeze Dried Fruit- Todos los sabores | ¼ taza | X | |
| Crunch Pak | Dipper Fruit Packs- Todos los sabores | 1 envase (2.75oz) | X | |
| Del Monte | Fruit Cups No Sugar Added- Todos los sabores | 1 taza (106g) | X | |
| Del Monte | Fruit Naturals No Sugar Added | 1 envase (1 taza) | X | |
| Del Monte | Fruit Burst Pouch- Todos los sabores | 1 bolsita (90g) | | |
| Disney | Fruit Crisps Freeze Dried Fruit Slices- Todos los sabores | 1 bolsa (7g) | X | |
| Dole | Fruit Cups in 100% Juice- Todos los sabores | 1 envase (113g) | X | |
| Dole | Fruit Squish'ems | 1 bolsita | X | |
| Earth's Best | Organic Applesauce- Cinnamon | 1 taza (113g) | X | |
| Earth's Best | Organic Applesauce- Original | 1 taza (113g) | X | |
| Earthbound Farm | Organic Raisins | 1 caja (43g) | | |
| Go Go Squeez | Go Go Squeez Applesauce Pouches | 1 bolsita (90g) | | |
| Great Value | All Natural No Sugar Added Applesauce- Tazas individuales | Unidad de 4oz (113g) | X | |
| Great Value | Unsweetened Applesauce | ½ taza | X | |
| Great Value | Dried Apricots | 7 pedazos | X | |
| Great Value | No Sugar Added Fruit Cups- Peaches | 1 tazón (108g) | X | |
| Happy Squeeze | Fruit & Veggie TWIST Pouch- Todos los sabores | 1 bolsita (99g) | X | |
| Kirkland | Sunsweet Dried Apricots | Alrededor de 6 | | X |
| Kirkland | Sunsweet Dried Plums | Alrededor de 6 | | X |
| Kirkland | Real Sliced Fruit- Freeze Dried-Bolsas individuales | 1 bolsa | | X |
| Materne | Go Go Squeeze- Todos los sabores | 1 bolsita (90g) | | X |
| Motts | Applesauce Snack & Go- Todos los sabores | 1 bolsita (90g) | X | |

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|------------|---|-------------------|----------|--------|
| Motts | Healthy Harvest No Added Sugar- Country Berry, Peach Medley y Summer Strawberry | 1 taza (113g) | X | |
| Motts | Motts Medley's Fruit & Veggie Snack | 1 taza (111g) | | |
| Motts | Natural Apple Sauce | 1 taza (111g) | X | |
| Smuckers | Fruit Fulls- Pure Blended Fruit | 1 bolsita (4 oz) | | |
| Sunmaid | Raisins | 1 caja (42.5g) | X | X |
| Tree Top | No Sugar Added Natural Apple Sauce- Tazas individuales | 1 unidad (113g) | X | X |
| Tree Top | Bolsitas de todos los sabores | 1 bolsita (26g) | | |

Frituras/Pretzels/Palomitas de maíz/Corn Nuts

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|--------------------|---|----------------------|----------|--------|
| Act II | Bags 94% Fat Free Butter Popcorn | 6.5 tazas ya hechas | X | |
| Corn Nuts | Original, Ranch, Chile Picante | 1 paquete (1/3 taza) | X | |
| Corn Nuts | Variety Pack | 1 paquete (1/3 taza) | | X |
| General Mills | Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix | 1 bolsita (.82oz) | | |
| General Mills | Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch | ½ taza | X | |
| Jolly Time | Healthy Pop Butter 94% Fat Free- Paquete de 100 Calorias | 1 paquete | | |
| Jolly Time | Healthy Pop 94% Fat Free Microwave Popcorn | 2 tazas ya hechas | | |
| Lays | Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips | 15 frituras (1oz) | X | |
| Lays | Baked Ruffles Potato Chips | 9 frituras (1oz) | X | |
| Lays | Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion | 1oz | | |
| Popcorners | Sweet Cinnamon, Memphis BBQ | 1 paquete (28g) | | |
| Smart Balance | Smart N' Healthy Popcorn | 4 tazas ya hechas | | |
| Smart Food | Smart Food Delight Popcorn- Sea Salt o White Cheddar | 1 taza | | |
| Quaker | Popped Rice Snacks- Sólo Apple y Chocolate | 1oz | X | |
| Quaker | Rice Cakes- Todos los sabores | 1 pastel | X | |
| Tostitos | Baked Tortilla Scoops- Light Tortilla Chips | 16 frituras (28g) | X | |
| Wholesome Goodness | Tortilla Chips- Sea Salt o Multigrain Flax | 8 frituras | | |

Galletas y Galletas *Grahams*

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|--------------|---|--------------------------------|----------|--------|
| Annie's | Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate | Alrededor de 28 galletas (30g) | X | |
| Crunchmaster | Multi-seed- Five Seed | 14 galletas | | X |
| Crunchmaster | Grammy Crisps- Cinnamon Sugar | 25 galletas | X | |
| Homekist | Honey graham Crackers | 2 tiras enteras de galletas | X | |
| Kashi | Snack Crackers- No de cheddar | 15 galletas | | |
| Kashi | Soft Baked Cookies- Todos los sabores | 1 galleta (30g) | | |
| Kellogg's | Special K Cracker Chips- Bolsas individuales | 1 paquete | X | |
| Kellogg's | Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar | 27-30 frituras (30g) | X | |
| Nabisco | 100 Calorie Packs- Mini Teddy Grahams | 1 paquete (22g) | X | |
| Nabisco | 100 Calorie Packs- Sweet & Salty | 1 paquete (22g) | X | |

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|-----------------|---|-------------------------------|----------|--------|
| Nabisco | 100 Calorie Packs- Wheat Thins Toasted Chips | 1 paquete (22g) | X | |
| Nabisco | BelVita Soft Baked Cookie- Chocolate, Banana, Berry | 1 galleta | | X |
| Nabisco | Honey Maid Grahams | 8 galletas (2 tiras enteras) | X | X |
| Nabisco | Honey Maid Grahamfuls- Todos los sabores | 1 pack (25g) | X | |
| Nabisco | Honey Maid Lil'Squares- Cinnamon | 29 pedazos | X | |
| Nabisco | Honey Maid Minions Honey Grahams | 1 bolsa (28g) | | |
| Nabisco | Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey | 1 bolsita (35g) | X | |
| Nabisco | Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips | 24 pedazos | X | |
| Nabisco | Triscuit- Todos los sabores | Alrededor de 6 galletas | X | |
| Nabisco | Triscuit Thin Crisps- Todos los sabores | Alrededor de 15 galletas | X | |
| Nabisco | Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips | Alrededor de 14 pedazos (1oz) | X | |
| Nabisco | Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain | 13 frituras (28g) | X | |
| Pepperidge Farm | Baked Naturals Cracker Chips- Sólo de multigrano | 27 pedazos (30g) | X | |

Bagels

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|------------|--|-------------------|----------|--------|
| Sara Lee's | Soft & Smooth Mini Bagels- Whole Grain, Cinnamon | 1 bagel (37g) | X | |
| Thomas | Bagel Thins- 100% Whole Wheat, Everything, Plain | 1 bagel (46g) | X | |

Bebidas

| Fabricante | Nombre/Descripción | Tamaño de porción (Primaria) | Tamaño de porción (Intermedia/Preparatoria) | Wal-Mart | Costco |
|-------------------|--|------------------------------|---|----------|--------|
| Campbell's | V-8- Spicy Hot, Low Sodium o Regular | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Campbell's | V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Campbell's | V-8 Fusion Refreshers | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Campbell's | V-8 Fusion- Individual Pouches- Todos los sabores | 1 bolsita | 1 bolsita | X | |
| Capri Sun | 100% Juice Pouches- Todos los sabores | 1 bolsita (6.75 oz) | 1 bolsita (6.75 oz) | X | |
| Capri Sun | Fruit Waves- 100% Juice- Todos los sabores | 1 bolsita (6.75 oz) | 1 bolsita (6.75 oz) | | X |
| Capri Sun | Super V- Fruit & Vegetable Drink | 1 bolsita (6 oz) | 1 bolsita (6 oz) | | |
| Dole | 100% Pineapple Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Florida's Natural | 100% Fruit Juices- Todos los sabores | ≤ 8 fl oz. | ≤ 12 fl oz. | | |
| Great Value | 100% Juice (Apple, Cranberry, Grape) | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Great Value | Vegetable Juice from Concentrate (100% Juice) | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Horizon | Organic Milk- Lowfat- Todos los sabores | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Juicy Juice | Fruitfuls- Todos los sabores | 6.75 fl oz. | 6.75 fl oz. | | |
| Kirkland | 100% Juice- Pomegranate, | ≤ 8 fl oz. | ≤ 12 fl oz. | | X |

| Fabricante | Nombre/Descripción | Tamaño de porción (Primaria) | Tamaño de porción (Intermedia/Preparatoria) | Wal-Mart | Costco |
|------------------|--|------------------------------|---|----------|--------|
| | Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape | | | | |
| Kirkland | Hansen 100% Juice Variety | 6.75 fl oz. | 6.75 fl oz. | | X |
| Langer's | 100% Juices- Todos los sabores | ≤ 8 fl oz. | ≤ 12 fl oz. | | |
| Martinellis | 100% Pure Apple Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | | X |
| Minute Maid | 100% Juice- Apple, Fruit Punch, Apple White Grape o Mixed Berry | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Motts | 100% Apple Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Ocean Spray | 100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry o Pomegranate | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Sam's Choice | 100% Juice- Apple Juice Punch Blend, White Grape | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Silk | Pure Almond Milk- Todos los sabores | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Simply Orange | 100% Juice- Todos los sabores | ≤ 8 fl oz. | ≤ 12 fl oz. | | |
| Seneca | 100% Apple Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Sunsweet | 100% Prune Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Tummy Tickler | 100% Juice- Apple | ≤ 8 fl oz. | ≤ 12 fl oz. | X | |
| Treetop | 100% Apple Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Treetop | 100% Juice Assorted | ≤ 8 fl oz. | ≤ 12 fl oz. | | X |
| Treetop | Fresh Pressed Juice | ≤ 8 fl oz. | ≤ 12 fl oz. | | |
| Tropicana | 100% Juice- Apple, Fruit Punch o Orange | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| 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. | X | |
| Todas las marcas | 100% Juice (El producto debe indicar 100% Jugo) | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Todas las marcas | Leche- Baja en grasa de 1% o Sin grasa | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Todas las marcas | Alternativa a la Leche – Enriquecida con grasa reducida- Arroz, Nuez o Soya | ≤ 8 fl oz. | ≤ 12 fl oz. | X | X |
| Water | Agua Pura, Sin Edulcorantes Artificiales Agregado ni/o Cafeína | Cualquier tamaño | Cualquier tamaño | X | X |

Yogurt/Queso/Licuados

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|---------------|--|-----------------------|----------|--------|
| Activia | Reduced Fat, Low Fat, or Greek Yogurt- Todos los sabores | 1 envase (113g) | | |
| Chobani | Non-fat Yogurt- Todos los sabores | 6 oz (170g) | X | X |
| Chobani | Low Fat Yogurt- Todos los sabores | 6 oz (170g) | X | |
| Dannon | Danimals- Yogurt Smoothies | 1 botella- 3.1 fl oz. | X | |
| Dannon | Oikos- Fruit on the Bottom (Non-fat) | 5.3oz (150 g) | X | |
| Dannon | Light & Fit | 6oz (170g) | X | |
| Fage | Total 0%- Fat Free Yogurt | 1 envase (6 oz) | X | X |
| Frigo | Light String Cheese | 1 trozo (28 g) | X | |
| Great Value | Lowfat Yogurt- Todos los sabores | 6 oz | X | |
| Great Value | Light- Non-fat Yogurt- Todos los sabores | 6 oz | X | |
| Health Valley | Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango | 1 bolsita (4.2 oz) | X | |
| Kirkland | Lowfat Yogurt- Peach y Blueberry | 8 fl oz. | | X |
| Kraft | Live Active 2% Milk Marbled Colby & Monterey Jack | 1 trozo (28g) | X | |

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|------------------|--|-------------------|----------|--------|
| | Trozo de Queso | | | |
| Kraft | Mozzarella Cheese String- leche de 2% | 1 trozo | X | |
| Liberte | Nonfat Greek Yogurt- Todos los sabores | 5.3 oz | X | |
| Precious | String Cheese | 1 trozo (28g) | X | X |
| Precious | Stringsters Reduced Fat String Cheese | 1 trozo | | |
| Sargento | String Cheese | 1 trozo | X | |
| Sargento | Light String Cheese | 1 trozo | | |
| Sargento | Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar | 1 trozo | X | |
| Stoneyfield | YoKids Squeezers Organic Lowfat Yogurt- Todos los sabores | 1 tubo (56g) | | |
| Stoneyfield | YoKids- Lowfat Yogurt- Todos los sabores | 1 envase (4 oz) | X | |
| The Laughing Cow | Babybel Light | 1 pedazo | | X |
| The Laughing Cow | Cheese Wedges Light- Todos los sabores | 1 rodaja | X | X |
| Yoplait | Original Yogurt- Todos los sabores | 6oz | X | X |
| Yoplait | Reduced Fat Yogurt- Todos los sabores | 8 fl oz o menos | X | X |
| Yoplait | GoGurt- Portable Low Fat Yogurt- Todos los sabores | 1 tubo (64g) | | |
| Yoplait | Gogurt Protein- Portable Low Fat Yogurt- Todos los sabores | 1 tubo (64g) | X | |
| Yoplait | Simply GoGurt- Portable Low Fat Yogurt- Todos los sabores | 1 tubo (64g) | X | X |
| Yoplait | Yoplait Kids Yogurt- Todos los sabores | 1 envase | X | |
| Yoplait | Light Yogurt- Todos los sabores | 6oz | X | X |
| Yoplait | Greek 100- Todos los sabores | 5.3oz (150g) | | |
| Yoplait | Pro-Force Protein Yogurt For Kids- Todos los sabores | 1 envase (3.5 oz) | X | |
| Weight Watchers | Queso para Deshebrar | 1 trozo | X | |

Cereal/Barras de Desayuno

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|------------|---|-------------------|----------|--------|
| Fiber One | Streusel Bar- Strawberry o Blueberry | | | |
| Kashi | Soft Baked Cereal Bars- Ripe Strawberry | 1 barra (35g) | X | |
| Kellogg's | Nutri-Grain Cereal Bars- Todos los sabores | 1 barra (37g) | X | X |
| Kellogg's | Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle | 1 barra (22g) | X | |
| Kellogg's | Special K Cereal Bar- Red Berries, Chocolate Pretzel | 1 barra | | X |
| Quaker | Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread | 1 barra (42g) | X | X |
| Quaker | Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars | 1 barra (37h) | | |
| Sunbelt | Crunchy Oats & Honey Granola Bars | 1 barra (29g) | X | |

Barras de Granola

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|----------------|---|-------------------|----------|--------|
| Cascadian Farm | Organic Chewy Granola Bar- Fruit & Nut Bar | 1 barra (35g) | X | |
| CLIF | Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie | 1 barra (36g) | | X |
| CLIF | LUNA fiber- Todos los sabores | 1 barra (40g) | | |
| Great Value | Crunch Oats & Honey | 2 barras (42g) | X | |
| Kashi | Chewy Granola Bars- Oatmeal Cookie, Peanut Butter | 1 barra (35g) | X | X |

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|---------------|--|-------------------|----------|--------|
| | Chocolate Chips | | | |
| Nature Valley | Crunch Granola Bar- Oat N Honey, Peanut Butter, Cinnamon | 2 barras (42g) | X | X |
| Nature Valley | Chewy Trail Mix Bar | 1 barra (35g) | X | X |
| Quaker | 25% Less Sugar Chewy Granola Bar- Todos los sabores | 1 barra (24g) | X | |
| Quaker | 90 Calorie Chewy Granola Bar- Todos los sabores | 1 barra (24g) | X | |
| Quaker | Chewy Granola Bar- Todos los sabores | 1 barra (24g) | X | X |

Helado/Barras Congeladas de Fruta

| Fabricante | Nombre/Descripción | Tamaño de porción | Wal-Mart | Costco |
|-----------------|---|-------------------|----------|--------|
| Blue Bunny | Sweet Freedom No Sugar Added Fudge Lites | 1 barra (45g) | X | |
| Blue Bell | Fruit Bars- Todos los sabores | 1 barra | X | |
| Dryer's | No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry | 1 (51g) | X | |
| Dryer's | Outshine Fruit Bars y Coconut Water | 1 barra | | |
| Fruttare | Fruit Bars- Todos los sabores | | | |
| Fudgesicle | Fat Free- Sin azúcar agregada | 1 barra (65g) | X | |
| Fudgesicle | 100 Calorie Bar | 1 barra (65g) | X | |
| Healthy Choice | Premium Fudge Bars | 1 barra (64 g) | | X |
| Simple Truth | Greek Yogurt Frozen Bars- Todos los sabores | 1 barra | | |
| Skinny Cow | Ice Cream Sandwiches- Todos los sabores | 1 sándwich | X | |
| Skinny Cow | Cones- Todos los sabores | 1 cono | X | |
| Skinny Cow | Bars- Todos los sabores | 1 barra | | |
| Weight Watchers | Fudge Bars- Giant Latte | 1 barra | X | |
| Otter-Pops | 100% Juice Fast Freeze Juice Bars | 1 paleta (1oz) | X | X |

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