

Golden Valley Charter Schools: Approved Smart Snack List 2022-23

Manufacturer	Name/Description	Serving
Applesauce/Fruit Cups/Fruit Snacks		
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)
Great Value	All Natural No Sugar Added Applesauce – Individual Cups	4 oz unit (113g)
Great Value	Unsweetened Applesauce	1/2 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 and Summer Strawberry	1 cup (113g)
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)
Motts	Natural Apple Sauce	1 cup (111g)
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)
Musselman's	Healthy Picks – All Flavors	1 cup (113g)
Peter Rabbit Organic	100% Pure Fruit Snacks Pouch – All flavors	1 pouch (4oz)
Peter Rabbit Organic	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Chips/Pretzels/Popcorn		
Act II	Bags 94% fat free butter popcorn	6.5 Cups popped
General Mills	Chex Mix Snack Mix Traditional, Sweet n Salty, Trail Mix (Individual Snack Bags)	1 pouch (.82 oz)
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Carmel Crunch	1/2 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, and Onion	1 oz
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz
Quaker	Rice Cakes-All Flavors	1 Cake
Tostitos	Baked Scoops- Light Tortilla Chips	16 chips (28g)

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Seeds		
David	Original Sunflower Seeds	1 bag (1.75 oz)
David	Pumpkin Seeds	1/3 cup
Cakes, Cookies, and Crackers		
Ak-Mak	Sesame Cracker	5 crackers
Annie's	Homegrown Bunny Grahams-- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)
Crunchmaster	Original Multi-seed	15 crackers
Crunchmaster	Multi-seed--Five Seed	14 crackers
Crunchmaster	Multi-seed Crackers--Garlic	14 crackers
Crunchmaster	Grammy Crisps	25 crackers
Homekist	Honey Graham Crackers	2 full sheets
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	BelVita 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 Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches, Chocolate, Cinnamon, and Honey Cinnamon	1 pouch (35g)
Nabisco	Teddy Grahams--Cinnamon, Chocolate, and Chocolate Chip	24 pieces
Nabisco	Triscuit	Approx. 6 crackers
Nabisco	Triscuit Thin Crisps	Approx. 15 crackers
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, and Toasted Chips	About 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips--Garden Valley, Vegetable, and Great Plains Multigrain	13 chips (28g)
Pepperidge Farm	Baked Naturals Cracker Chips--Multigrain (only)	27 pieces (30g)
Bagels		
Sara Lee's	Soft & Smooth mini bagels--Whole Grain, Cinnamon	1 bagel (37g)
Thomas	Bagel Thins--100% Whole Grain, Everything, Plain	1 bagel (46g)
Drinks		
Adam & Eve	100% Juice Berry, Fruit Punch	6.75 fl. oz.

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Apple & Eve	100% Juice	4.23 oz
Apple & Eve	Fruitables	6.75 oz
Campbell's	V-8 –Spicy Hot, Low Sodium, or Regular	8 fl oz. or less
Campbell's	V-8 Fusion--Strawberry Banana, Peach Mango, Pomegranate, Blueberry, and Tropical Orange	8 fl oz. or less
Campbell's	V-8 Fusion Refreshers	8 fl oz. or less
Campbell's	V-8 Fusion--Individual Pouches--all flavors	1 pouch
Capri Sun	100% Juice Pouches – All Flavors	1 pouch
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl oz)
Capri Sun	Fruit Waves--100% Juice--Variety Pack	1 pouch (6.75 fl oz)
Capri Sun	Super V--Fruit & Vegetable Drink	1 pouch
Dole	100% Pineapple Juice	8 fl oz. or less
Great Value	100% Apple Juice, Cranberry, Grape	8 fl oz. or less
Great Value	Vegetable Juice from Concentrate 100% Juice	8 fl oz. or less
Horizon	Organic Milk--Reduced Fat Milk (all flavors)	8 fl oz
Horizon	Organic Milk---Low Fat Milk (all flavors)	8 fl oz
Juicy Juice	100% Juice--Strawberry, Banana, and White Grape	8 fl oz. or less
Juicy Juice	Fruitfuls all flavors	6.75 fl oz
Kirkland	100% Juice--Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	8 fl oz. or less
Kirkland	Hansen 100% Juice Variety	6.75 fl oz
Langers	100% Juice- Mango, Apple, Prune	8 fl oz. or less
Martinellis	100% Pure Apple Juice	8 fl oz. or less
Members Mark	100% Apple Juice	8 fl oz. or less
Minute Maid	100% Juice--Apple White Grape, and Mixed Berry	8 fl oz. or less
Motts	100% Apple Juice	8 fl oz. or less
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, and Cranberry & Pomegranate	8 fl oz. or less
Old Orchard	100% Juice-Berry, wild cherry	8 fl oz. or less
Sam's Choice	100% Juice – Apple Juice Punch Blend, White Grape	8 fl oz. or less
Silk	Pure Almond Milk – All Flavors	8 fl oz. or less
Seneca	100% Apple Juice	8 fl oz. or less
Sunsweet	100% Prune Juice	8 fl oz. or less
Tummy Tickler	100% Juice – Apple	8 fl oz. or less
Treetop	100% Apple Juice	8 fl oz. or less
Treetop	100% Juice Assorted	8 fl oz. or less
Treetop	Fresh Pressed Juice	8 fl oz. or less
Tropicana	100% Juice – Apple Juice, Fruit Punch, Orange Juice	8 fl oz. or less
Welch's	100% Juice – Grape, White Grape, White Grape, Cherry, White Grape Peach, White Grape Blueberry, Kiwi, and Strawberry Kiwi	8 fl oz. or less

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All Brands	100% Juice (Product must state 100% juice)	8 fl. oz or less
All Brands	Milk – Lowfat 1%, Fat Free	12 fl oz or less
All Brands	Milk Alternative – Reduced Fat Enriched - Rice, Nut	12 fl oz or less
Water	Pure water, no added artificial sweetener and/or caffeine	Any size
Yogurt/Cheese/Smoothies		
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)
Chobani	Champions Tube-All Flavors	1 Tube
Cool Squeeze	Squeezable Yogurt	1 tube (2.25 oz)
Dannon	Danimals- Yogurt Smoothies	1 bottle (3.1 fl oz)
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)
Dannon	Light & Fit	6 oz (170g)
Frigo	Light String Cheese	1 stick (28g)
Great Value	Lowfat Yogurt –All Flavors	6 oz
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, and Pear Mango	1 pouch (4.2 oz)
Kirkland	Lowfat 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
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7oz)
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz
Precious	Stringsters Reduced Fat String Cheese	1 stick (28g)
Sargento	String Cheese	1 stick
Sargento	Light String Cheese	1 stick
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)
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 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 (113g)
Yoplait	Light Yogurt – All Flavors	6 oz
Yoplait	Greek 100 – All Flavors	5.3oz (150g)
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container (3.5 oz)

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Cereal/Breakfast Bars		
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	Oatmeal to Go – Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon, and Raspberry Streusel	1 bar (60g)
Quaker	Soft Baked Bars- Banana Nut Bread, and Cinnamon Pecan Bread	1 bar (42g)
Quaker	Variety Pack Bars – Strawberry Crisp, Apple Crisp, and Mixed Berry Crisp Bars	1 bar (37g)
Sunbelt	Fruit and Grain Cereal Bar – Blueberry	1 bar (39g)
Sunbelt	Crunchy Oats and Honey Granola Bars	1 bar (29g)
Granola Bars		
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, and Chocolate Brownie	1 bar (36g)
CLIF	LUNA fiber – All Flavors	1 bar (40g)
Great Value	Crunch Oats & Honey	2 bars (42g)
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Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, and Peanut Butter	1 bar (35g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, and Cinnamon	2 bars (42g)
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 Novelties		
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, and Raspberry	1 bar (51g)
Dryers	Outshine fruit bars and coconut water	1 bar
Fruittare	Fruit Bars-All flavors	1 bar
Fudgsicle	Fat Free-No sugar added	1 bar (65g)
Fudgsicle	100 Calorie Bar	1 bar (65g)
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3 oz)

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Great Value	Crunch Oats & Honey	2 bars (42g)
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)
Kona Ice	Fruit First	8 oz
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)
Pizza		
Domino's	Domino's Smart Slice Cheese Pizza	149.19 g (1 slice)
Domino's	Domino's Smart Slice Pepperoni Pizza	145.65 g (1 slice)