

THE SCHOOL DISTRICT OF PALM BEACH COUNTY

APPROVED SMART SNACKS

ITEM/SIZE/CALORIES	MEETS SMART SNACKS
100 Calorie Cheddar Goldfish made with Whole Grains .75 oz. / 100 Kcals	YES
100 Calorie Packs Chips Ahoy! Baked Chocolate Chip Snacks .81 / 100 Kcals	YES
100 Calorie Packs Oreo Baked Chocolate Wafer Snacks Thin Crisps .81 oz.	YES
100 Calorie Packs Ritz Baked Snacks Snack Mix .80 oz. /100 Kcals	YES
100 Calorie Packs Wheat Thins Toasted Chips .80 oz. / 100 Kcals	YES
Annie Bunny Grahams Assorted 1.25 oz./130-140 Kcals	YES
Apple Cinnamon Cheerios Bar 150 Kcals	YES
Appleway Oatmeal Bars Assorted 1.2 oz./140 Kcals	YES
Austin Zoo Animal Crackers 1oz. / 120 Kcals	YES
Back to Nature Honey Graham Stick 1 oz/120 Kcals	YES
Back to Nature Snack Wells Vanilla Crème Sandwich .85oz/110 Kcals	YES
Baked Cheetos Crunchy Cheese RF 1oz./120 Kcals	YES
Baked Doritos Nacho Cheese .75oz./90 Kcals	YES
Baked Doritos RF Nacho Cheese 1oz./120 Kcals	YES
Baked Lay's BBQ Potato Chips RF 1oz. /110 Kcals	YES
Baked Lay's Original Potato Chips RF 1 oz. 120 Kcals	YES
Baked Lay's Regular Potato Chips 1.125 oz. 130 Kcals	YES
Baked Lay's Sour Cream & Onion RF Potato Chips 1 oz. 120 Kcals	YES
Baked Lay's Southwestern Ranch 1 oz. 120 Kcals	YES
Baked Naturals Cracker Chips/Multi-grain 1 oz. / 130 Kcals	YES
Baked Tostitos Scoops Original .88 oz 110 Kcals	YES
Bare Fruit Assorted 2.60 oz/34-55 Kcal	YES
Basil's Low Fat Animal Snackers 2 oz./194 Kcals	YES
Basil's Mini Bites Chocolate Chip 1.5 oz. 160 Kcals	YES
Bean Crisps (Cha-Cha Chili, Salt of the Earth, Saucy Salsa 1 oz./ 100-110 Kcals.	YES
Belvita Golden Oat Breakfast Biscuit 1.76 oz. / 230 Kcals	YES
Belvita Soft Baked Banana Bread 1.76 oz./ 190 Kcals	YES
Belvita Soft Baked Mixed Berry Single Serve 1.76 oz. / 190 Kcals	YES

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Belvita Soft Baked Oats and Chocolate 1.76 oz./ 200 Kcals	YES
Betty Crocker Oatmeal Bar Double Chocolate 150 Kcals	YES
Betty Crocker Oatmeal Butterscotch Bar 150 Kcals	YES
Betty Crocker Oatmeal Chocolate Chip Bar 150 Kcals	YES
Boulder Canyon Baked Hot Fries 1 oz./110 Kcals	YES
Broth All Fruit Crisps .35oz./ .42oz./1.23oz. 40-150 Kcals	YES
Buddy Frt Fruit Blended 3.4oz. 50-60 Kcals	YES
BuzzStrong's Whole Grain Chocolate Chip Cookie	YES
Cheerios Cup Cereal 1.30 oz 150 Kcals	YES
Cheetos Puffs .7 oz. (10% calcium) (100 Kcals)	YES
Cheetos Fantastix Chili Cheese 1 oz. /130 Kcals	YES
Cheetos Fantastix Flamin' Hot 28 g./ 120 Kcals	YES
Cheetos Oven Baked 1 oz. / 130 Kcals	YES
Cheetos Puffs Flamin'Hot .7 oz. (90 Kcals)	YES
Cheez-It WG crackers 21 g,/ 100 Kcals	YES
Chex Mix Hot n' Spicy .92oz. / 110 Kcals	YES
Chex Mix Single - Serve Honey Nut 1.75 oz. / 200 Kcals	YES
Chobani Yogurt Varieties 2oz - 5.3oz 50 - 190 Kcals	YES
Cinnamon Toast Crunch Cereal Bar 150 Kcals	YES
Cliff Z Bar Assorted Flavors 1.27 oz. 120 - 130 Kcals	YES
Cocoa Puffs Cereal Bar 150 Kcals	YES
Dannon Yogurt Oikos 16oz. 130 Kcals	YES
Darlington Apple Ways Oatmeal Bars 1.2 oz. 130-140 Kcals	YES
Darlington Cookies Assorted .95oz. 120 Kcals	YES
Darlington Spicy Cracker Bites .90 oz. 100 Kcals	YES
Darlington Spicy Cracker Bites 1.25 oz. 130 Kcals	YES
Deep River Baked Crisp w/ Sea Salt 1oz. 120 Kcals	YES
Del Monte Squeezable Fruit Assorted 8 oz.	YES

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Dole Fruit 100% Fruit Juice 4.2oz. 80 Kcals	YES
Dole Fruit 100% Fruit Juice 4oz. 80 Kcals	YES
Dole Fruit Squish'ems 3.20 oz 60 Kcals	YES
Dole Mixed Fruit Cups 3.2oz - 8oz. 60 - 90 Kcals	YES
Doritos Spicy Sweet Chili 1oz. 130 Kcals	YES
Fage Greek Yogurt 5.3 - 6 oz. 120 - 170 Kcals	YES
Fiber One Oats & Chocolate 1.40oz. / 90 Kcals	YES
Frito Lay - Doritos Cool Ranch RF /1 OZ/ 130 CAL	YES
Frito Lay - Doritos Nacho Cheese RF /1 OZ/ 130 CAL	YES
Frito Lay - Doritos Spicy Sweet Chili RF /1 OZ/ 130 CAL	YES
Frito Lay - Doritos Wild White Nacho RF /1 OZ/ 130 CAL	
Froozer Frozen Fruit Snack 2oz. 35 - 40 Kcals	YES
Fruit Roll Ups 14g/ 45 Kcals	YES
Fruity Cheerios Cereal Bar 1.42oz.	YES
FS Original Granola Sleeve 1.25 oz / 150 Kcals	YES
FS Totally Apple Cinnamon/Banana Bars 1.21 oz. 140 Kcals	YES
Funnyuns Baked Not Fried Onion Rings .75 oz. 100 Kcals	YES
General Mills - Cereal On the Go 1 oz./ Assorted Varieties	YES
General Mills - Chex Mix WG Red. Fat Hot & Spicy 26 g./110 Kcals	YES
General Mills - Cinnamon toast Crunch Cereal Bar 37g/ 140 CAL	YES
General Mills - Cinnamon toast Crunch Crisps 28g/ 110 CAL	YES
General Mills - Cocoa Puffs Cereal Bar 1.42 oz. / 150 Kcals	YES
General Mills - Golden Grahams Cereal Bar 1.42 oz./ 150 Kcals	YES
General Mills - Simply Chex Cheddar red. Fat .92 oz. / 110 Kcals	YES
General Mills - Simply Chex Choco Caramel Red.-fat 1.03oz./ 130 Kcals	YES
General Mills - Simply Chex Extreme Habanero Lime .92oz./110 Kcals	YES
General Mills - Team Cheerios Strawberry 1.42 oz. / 150 Kcals	YES
General Mills - Trix Cereal Bar 1.42 oz./ 150 Kcals	YES

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Glenny's Quinoa & Kale Assorted flavors 1 oz. 100 Kcals	YES
Glenny's Quinoa Puffs Assorted flavors 1 oz. 95 -100 Kcals	YES
Gluten Free 100 Calorie Pack .90oz./100 Kcals	YES
Gogo Sqz Applesauce 3.2oz. 60 Kcals	YES
Golden Grahams Cereal Bar 150 Kcals	YES
Good Natured Baked Multigrain Crisps Assorted Flavors 1 oz. 120 Kcals	YES
Grilled Cheese Puffs 1oz. / 120 Kcals	YES
Grandma's Mini Chocolate Chip Cookies 1.22 oz. 160 Kcals	YES
Herr's - Baked Potato Crisps Original /1 OZ/ 120 CAL	YES
Herr's - Baked Sweet Potato Crisps /1 OZ/ 120 CAL	YES
Herr's - Popped Chips Assorted Flavors 0.6 oz./ 70 CAL	YES
Herr's All Natural 6oz. / 70 Kcals	YES
Herr's Baked Ripple Cut Original 1oz./120 Kcals	YES
Herr's Tangy BBQ 6 oz./ 70 Kcals	YES
Home Free Cookie Choc Mint .95oz 130 Kcals	YES
Honey Maid Lil' Squares 1.06 oz. / 130 Kcals	YES
Inbalance Choco Bar 2oz. 173 Kcals	YES
Julie's Blackberry Organic Bar 3 ct. 60 Kcals	YES
Kashi GOLEAN Cereal-in-a-Cup 1.60 oz. / 130 Kcals	YES
Kashi Heart to Heart Honey Oat Cereal Cereal-in-a-Cup 1.40oz. / 140Kcals	YES
Kashi Heart to Heart Wild Blueberry Cereal-in-a-Cup 1.90oz. / 200Kcals	YES
Kashi Hummus Crisps Assorted Flavors 30 g. (120 Kcals)	YES
Kashi TLC Chewy Assorted 1.20 oz. / 140 Kcals	YES
Kellogg's - Special K Bar 23g. /90 Kcals	YES
Kellogg's Chewy Granola Bars Assorted 1.34 oz.	YES
Kellogg's Nutri-Grain Cereal Bars Assorted 37g 120 Kcals	YES
Kellogg's Pop-Tarts Low Fat Frosted Strawberry 50g/ 180 Kcals	YES
Kellogg's Rice Krispies Treats Whole Grain 1.41 oz.	YES

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Kellogg's Special K Cracker Chips Assorted Flavors 1 oz. / 110 Kcals	YES
Keystone Real Veggie Assrtd .833oz. 110-120 Kcals	YES
Kind Bar Apricot Pear Carrot 1.2oz 110 Kcals	YES
Kind Bar Oats & Honey 1.2oz. 150 Kcals	YES
Kind Bar Vanilla Blueberry 1.2oz. 140 Kcals	YES
Kuna Pops Assorted Flavors	YES
Lay's Kettle Cooked Potato Chips 1.375 oz/180 Kcals	YES
Linden's Butter Crunchers 1.1oz/150 Kcals	YES
Linden's Chocolate Chippers 1.1oz/145 Kcals	YES
Lucy's Cookie Ginger Snap Grab n Go 1.25 oz 120 Kcals	YES
Luna Bar Assorted 1.69oz 170 - 190 Kcals	YES
Mini Pretzels .90 oz./100 Kcals	YES
Mountain Grain & Fruit Bar Apple Cinnamon 1.3 oz 150 Kcals	YES
Mr. Freshley's Cookie Bar Oatmeal Raisin 48g/ 180 Kcals	YES
Mrs. Frehsly's Oatmeal Bar 1.5 oz. 180-190 Kcals	YES
Munchies Baked Snack Crackers Cheddar Cheese .9 oz.	YES
Nabisco Good Thins .8 oz./90 Kcals	YES
Nabisco Honey Maid Lil' Squares 1.06oz/130 Kcals	YES
Nabisco Honey Maid Teddy Grahams Cinnamon .1 oz/120 Kcal	YES
Nabisco Honey Maid WG Grahams .5 oz/60 Kcal	YES
Nabisco Honey Maid WG Grahams .75oz/90 Kcals	YES
Nabisco Popped Wheat Thins Sea Salt .8 oz./ 90 Kcals	YES
Nature Valley Chewy Chocolate Bar .89 oz. / 90 Kcals	YES
Nature Valley Crisp Cinnamon 1.20 oz. 150 Kcals	YES
Nature Valley Crisps Assorted Varieties 1.2 oz. / 150 Kcals	YES
Nature Valley Crunch Peanut Butter 1.50 oz. / 190 Kcals	YES
Nature Valley Crunchy Granola/ Apple Crisp 1.50 oz. / 160 Kcals	YES
Nature Valley Cruncy Granola Bars Assorted 42 g.	YES

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ITEM/SIZE/CALORIES	MEETS SMART SNACKS
Nature Valley Oats & Honey Granola Bar/ 1.5 oz/ 190 Kcal	YES
Nature Valley Trail Mix Fruit & Nuts 1.2 oz. 140 Kcals	YES
Natures Bakery Brownies Asst 2oz. 90 Kcals	YES
Natures Bakery Fig Bar Lemondade WG 2oz. 110 Kcals	YES
Newtons Fruit Crisps Snacks Mixed Berry 1oz. / 110 Kcals	YES
Nugo Chocolate Trail Mix 1.76 oz. / 160 Kcals	YES
Nugo Dark Chocolate Chip 1.76oz. / 200 Kcals	YES
Nugo Dark Chocolate Mocha Bar 1.76oz. / 200 Kcals	YES
Nutri-Grain Cereal Bar Assorted Flavors 1.30 oz. 120 Kcals	YES
NV Oats n Dark Chocolate Crunch 110 Kcals	YES
Olde Tyme Pretzels 1.58 oz./120 Kcals	YES
Oriental Mix 1 oz. / 110 Kcals	YES
Pepperidge Farms Giant Goldfish Cinn or Choco WG 26 g. /120 Kcals	YES
Pepperidge Farms Goldfish Cheddar Whole Grain .75 oz. /100 Kcals	YES
Pepperidge Farms Goldfish Physedibles Asst. Flavors 26 g. /120 Kcals	YES
Pepperidge Farms Goldfish Ranch Whole Grain .75 oz. /100 Kcals	YES
Pirate's Booty 1oz./ 130 Kcals	YES
Planters Salted Peanuts 28 g, 170 Kcal	YES
Popchips - Assorted Flavors 0.8 OZ/80-120 Kcals	YES
Popcorn Indiana All Natural Kettle Corn 1 oz. / 130 Kcals	YES
PopCorners Asst. Flavors 32g/140-150 Kcals	YES
Quaker Breakfast Flats 40g/180 Kcals	YES
Quaker Chewy Low Fat 90 Calorie Oatmeal Raisin .84oz. 90 Kcals	YES
Quaker Chewy Peanut Butter Chocolate Chip .84oz. / 100 Kcals	YES
Quaker Low Fat 90 Calorie Chocolate Chunk .84oz./ 90 Kcals	YES
Quaker Low Fat Smores .84oz. / 90 Kcals	YES
Quaker Oats Old Fshnd/Quick Oats 42oz 150 Kcals	YES
Quaker Snack Mix Kid's Mix, 0.85 oz./	YES

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Ready Pac Snax Apple Yogurt Trail Mix 4oz. /150 Kcals	YES
Ready Pac Watermelon Chunks/Fruit Burst 10 oz. 60-80 Kcals	YES
Rockin'ola Granola Assrtd Flavors 1 oz /130 Kcals	YES
Rold Gold Hartzels 1 oz./ 120 Kcals	YES
Ruffles Oven Baked Originals RF 1 oz. / 120 Kcals	YES
Ruffles Baked Cheddar 7 Sour Cream 0.8 oz. / 100 Kcals	YES
Salveo Apple Cinnamon Multigrain Snackin' Puffs 0.5 oz./60 Kcals	YES
Salveo Baked Potatoes Crips 1 oz./110 Kcals	YES
Salveo Buttery Caramel Multigrain Snacking'Puffs 0.5 oz./60 Kcals	YES
Salveo Cheddar & Bacon Baked Fries 1 oz./120 Kcals	YES
Salveo Cheese Balls 0.75 oz./100 Kcals	YES
Salveo Cinnamon & Sugar Sweet Potato Tater Pops 0.8 oz./100 Kcals	YES
Salveo Original Sea Salt Tater Pops 0.8 oz./100 Kcals	YES
Salveo Peppercorn Ranch Tater Pops 0.8 oz./ 100 Kcals	YES
Salveo Southwest Cheddar Multigrain Snackin' Puffs 0.5 oz. / 60 Kcals	YES
Seapoint Edamame Assrtd Flavors 1oz/100-120 Kcals	YES
Sensible Crunch Snack .35 - .75oz. 40 - 80 Kcals	YES
Sensible Dried Fruit Asrtd .35 oz. 35 Kcals	YES
Simply Chex Chocolate Caramel 1.03 oz. / 130 Kcals	YES
Simply Chex Snack Mix Habenero Lime Xtreme .92 oz. 110 Kcals	YES
Simply ChexRF Strawberry Yogurt 29g/120 Kcals	YES
Smartfood Delight Sea Salted Caramel Popcorn .5 oz. /70 Kcals	YES
Smartfood Delight White Cheddar 1 oz./ 130 CAL	YES
Snickers Marathon Crunch Assorted 1.94 oz/140 Kcals	YES
Snikiddy Fries Baked Cheddar Fries 1 oz. / 130 Kcals	YES
Snikiddy Fries Baked Southwest Cheddar Fries 1 oz. /130 Kcals	YES
Snyder's of Hanover Honey Mustard & Onion Nibblers 1.50oz./195 Kcals	YES
Special K Bar Assorted .81oz. / 90 Kcals	YES

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ITEM/SIZE/CALORIES	MEETS SMART SNACKS
Special K Cracker Chips Assorted .87 oz. / 90 Kcals	YES
Special K Pastry Crisp Assorted .88 oz / 100 Kcals	YES
Stella D'oro Original Breakfast Treats 3oz./90 Kcals	YES
Stony Yogurt 32oz./130 Kcals	YES
Stony Yogurt 5.3 oz./120-130 Kcals	YES
Sunchips Apple Cinnamon Morning Mix-ups 1.55 oz. / 200 Kcals	YES
Sunchips Snack Mix Assorted .875 oz.	YES
Team Cheerios Strawberry Cereal Bar 1.42 oz. / 150 Kcals	YES
Teddy Grahams Graham Snacks Chocolate .74 oz. / 90 Kcals	YES
Teddy Grahams Graham Snacks Cinnamon 1 oz. / 120 Kcals	YES
That's It Fruit Bar Asrtd 1.2oz./ 100 Kcals	YES
The Whole Earth Kettle Corn 1 oz. / 130 Kcals	YES
The Whole Earth Multigrain Chips - Spicy Nacho 1.25 oz. /160 Kcals	YES
Trix Cereal Bar 150 Kcals	YES
TWE Multigrain Chips w/ Sea Salt 1.25 oz. / 150 Kcals	YES
Vic's Kettle Style Popcorn 1 oz. / 120 Kcals	YES
Vic's Lite Popcorn 0.75 oz./80 Kcals	YES
Vic's White Cheddar Popcorn 0.5 oz./50 Kcals	YES
Voortman Cookies Asrtd Flavors 1.23 - 1.62 oz./ 60-110 Kcals	YES
Welchs Fruit Snack Asrtd 1.55oz./80-160 Kcals	YES
Welch's RS Fruit Snacks 40 g./ 120 Kcals	YES
Wells Cool Daze Chocolate Crunch Bar 75g/160 Kcals	YES
Wells Cool Daze Ice Cream Sandwich 55g/140 Kcals	YES
Wells Cool Daze Strawberry Crunch Bar 73g/160 Kcals	YES
Wells Cool Daze Vanilla Chocolate Cup 51g/70 Kcals	YES
Wells Frozen Fruit Pineapple 124g/120 Kcals	YES
Wells Frozen Fruit Strawberry 121g/130 Kcals	YES
Wells Fudge Bar 92g/130 Kcals	YES

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ITEM/SIZE/CALORIES	MEETS SMART SNACKS
Wells Orange Dream Bar 73g/100 Kcals	YES
Wise RF Butter Popcorn 1 oz. /140 Kcals	YES
Wonderful Pistachios Sweet Chili 1.2 oz	YES
Yoga Vive Apple Chips 1.41oz. / 35 Kcals	YES