



Zachary Community Schools Wellness Policy



ZACHARY COMMUNITY SCHOOL BOARD

SCHOOL WELLNESS POLICY

The Zachary Community School Board is committed to the optimal development of every student. The School Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, the School Board shall strive to ensure positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

It is the School Board's desire to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, the School Board shall establish goals and procedures to ensure that:

- Students in the Zachary Community public schools have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Zachary School Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Zachary School Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

The Zachary Community School Board shall establish a *School Health Advisory Council* (SHAC) to advise the School Board on physical activity for students, physical and health education, nutrition, and overall student health. The council members shall be appointed by the School Board and shall include parents of students and individuals representing the community, as well as school health and food service professionals. The *School Health Advisory Council* shall assist in implementation, periodic review, and updating of the *School Wellness* policy.

The Superintendent or his designee shall be responsible for assuring compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall oversee compliance with those policies in his/her school and shall report on the school's compliance to the Superintendent or his designee.

Child Nutrition and cafeteria staff, at the school or district level, shall assess compliance with nutrition policies within school food service areas and report on this matter to the Superintendent (or if done at the school level, to the school principal).

IMPLEMENTATION

The Zachary Community School Board shall develop and maintain a plan for implementation to manage and coordinate the execution of the *School Wellness* policy. The plan shall delineate roles, responsibilities, actions and timelines specific to each school; and include information about persons responsible for making changes; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This *School Wellness* policy and any progress reports shall be maintained on the Zachary Community School Board's website.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three (3) years, the Zachary Community School Board shall evaluate compliance with the *School Wellness* policy to assess the implementation of the policy and document the assessment for each school under its jurisdiction. The *School Wellness* policy shall be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

RECORDKEEPING

The School Board shall retain records to document compliance with the requirements of the *School Wellness* policy at the Zachary Community School Board central office. Documentation maintained in this location shall include, but not be limited to:

- The written *School Wellness* policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *School Wellness* policy; including an indication of who is involved in the update and methods the School Board uses to make stakeholders aware of their ability to participate on the *School Health Advisory Council*;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the *School Wellness* policy;
- Documentation demonstrating the most recent assessment on the implementation of the *School Wellness* policy has been made available to the public.

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

The Zachary Community School Board is committed to being responsive to community input, which begins with awareness of the *School Wellness* policy. The Zachary Community School Board shall inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and application procedures, and a description of and compliance with nutrition standards. The School Board shall use electronic mechanisms, such as e-mail or displaying notices on the School Board's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the *School Wellness* policy, as well as how to get involved and support the *School Wellness* policy and activities/initiatives. The Zachary Community School Board shall ensure that communications are culturally and linguistically appropriate

to the community, and accomplished through means similar to other ways that the Zachary Community School Board and individual schools are communicating important school information with parents.

Annual Notification of Policy

The Zachary Community School Board shall actively inform families and the public each year of basic information about the *School Wellness* policy, including its content, any updates to the policy and implementation status. The Zachary Community School Board shall make this information available via the School Board's website and/or district-wide communications.

NUTRITION

School Meals

The Zachary Community School Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

All public schools within Zachary Community will participate in the *United States Department of Agriculture* (USDA) child nutrition programs, including the *National School Lunch Program* (NSLP), the *School Breakfast Program* (SBP). All public schools Zachary Community shall be committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Water

To promote hydration, free, safe, unflavored drinking water shall be available to all students throughout the school day and throughout every school campus. The Zachary Community School Board shall make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Zachary Community School Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) shall meet the nutrition standards as outlined in 7 CFR 210.11. These standards aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day shall meet or exceed the USDA nutrition standards. These standards shall apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Food and Beverage Marketing in Schools

It is the intent of the Zachary Community School Board to protect and promote student health by restricting advertising and marketing in the schools to only those foods and beverages that are permitted to be sold on campus, consistent with this *School Wellness* policy and its implementation plan.

Other Food and Beverages Provided, but not Sold, on School Campuses

The Zachary Community School Board has developed the following guidelines for foods and beverages which are provided, but not sold, during the school day:

1. Celebrations and parties. The Zachary Community School Board will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The Zachary Community School Board will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The Zachary Community School Board will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion shall also include marketing and advertising nutritious foods and beverages to students as well as encouraging participation in school meal programs.

Nutrition Education

The Zachary Community School Board shall teach, model, encourage and support healthy eating by all students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, and other school foods and nutrition-related community services;

PHYSICAL ACTIVITIES

Physical Education

The Zachary Community School Board shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All Zachary Community School Board elementary (K-8) students shall receive physical education for at least 30 minutes per day throughout the school year. High school students are required to have a minimum of 1.5 Carnegie units in physical education to graduate.

The Zachary Community School Board physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each student.

Physical Activity

Students in grades K-8 are required by state law to receive at least thirty (30) minutes of physical activity per day. High school students shall be encouraged to incorporate physical activity into their day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program. Such programs reflect strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. Schools shall ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the Zachary Community School Board shall ensure that its grounds and facilities are safe and that equipment is available to students to be active.

Classroom Physical Activity Breaks (Elementary and Secondary)

The Zachary Community School Board recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students shall be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Teachers shall be encouraged to provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three (3) days per week. Such physical activity breaks shall complement, not substitute, for physical education class, recess, and class transition periods.

The Zachary Community School Board shall provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are also available through USDA and other organizations which promote health and wellness.

Active Academics

Teachers shall be encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The Zachary Community School Board shall support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers shall serve as role models by being physically active alongside the students whenever feasible.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The Zachary Community School Board shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Zachary Community School Board shall coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Public schools in Zachary Community shall be encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Zachary Community School Board’s curriculum experts.

All efforts related to obtaining federal, state or other organizational recognition for efforts, or grants/funding opportunities for healthy school environments shall be coordinated with and complementary of the *School Wellness* policy, including but not limited to ensuring the involvement of the *School Health Advisory Council*.

All school-sponsored events shall adhere to the *School Wellness* policy guidelines. All school-sponsored wellness events shall include physical activity and healthy eating opportunities when appropriate.

DEFINITIONS

In accordance with 7 CFR 210.11, for purposes of this policy:

School day shall be defined as beginning at midnight until thirty (30) minutes after the official school day ends.

School campus shall be defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

New policy: June, 2006

Revised: June, 2017

Revised: April, 2009

Revised: September, 2013

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (*National School Lunch Program*); 7 CFR 220 (*School Breakfast Program*); La. Rev. Stat. Ann. §17:17.1, 17:197.1; Board minutes, .

APPENDIX

Guidelines for Food and Beverages Offered to Students

Healthy standards are established for foods and beverages sold on school grounds within the times of thirty (30) minutes prior to the normal school day through thirty (30) minutes after the end of the normal school day.

When food and beverage items are sold through vending, concessions, or other such sales on school grounds during the times mentioned above, the goal is that elementary and middle school children will be offered only those products that meet or exceed the content and nutritional standards established in the new **Smart Snacks Nutrition Standards**.

Beverages

Beverages that **may** be sold at any time, beginning one-half hour before the start of the school day and ending one-half after the end of the school day for public elementary and secondary schools, include the following:

- Plain water (with or without carbonation, no size limit)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by National School Lunch Program and School Breakfast Program
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8 ounce portions; Middle and High school may sell up to 12-ounce portions of milk and juice.

For High School students the standards allow:

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation; and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤40 calories per 8 fluid ounces, or ≤ calories per 12 fluid ounces.

Food Items

Food items which **may not** be sold to public elementary and secondary students at any time, beginning one-half before the start of the school day and ending one-half after the end of the school day, are listed below:

- Food of minimal nutritional value as defined in section 220.2 of Title 7 of the *Code of Federal Regulations (CFR)*.
- Snacks or desserts that exceed one hundred fifty (150) calories per serving, have more than thirty-five percent (35%) their calories from fat, or have more than thirty (30) grams of sugar per serving, except for unsweetened or uncoated seeds or nuts.

Pastries

Fresh pastries shall not be sold to students at public elementary and secondary schools or on the grounds of public secondary schools at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day.

LOUISIANA GUIDE TO SMART SNACKS

<u>Snacks</u>	Applies to all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. Private and Parochial schools use USDA standards only.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product <i>OR</i> -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <i>OR</i> -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; <i>OR</i> -Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) Expires June 30, 2016.		USDA
Calories	≤150 calories per snack item		LA
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.		USDA
Sodium	≤230 mg of sodium snack item. Effective July 1, 2016, items must contain ≤ 200 mg of sodium.		USDA
Total Fat	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.		USDA and LA
Saturated Fat	<10% of calories from saturated fat		USDA
Trans Fat	0% trans fat		USDA
Sugars	<30 g of sugar per serving AND the weight of all sugars must be ≤ 35% of the serving size weight. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt.		USDA and LA
Entrée Exemption	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.		USDA
Fresh Pastries	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).		LA
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.		USDA
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.		USDA
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.		LA
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, <u>plain</u> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <u>plain</u> -may be sold during the school day. No restriction on portion.	USDA and LA
Milk	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12 fluid oz. portion.	USDA
Juice and Juice with additives	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12 fluid oz. portion.	USDA
Beverages	1. No other beverages may be sold. 2. If elementary school and middle school are located in the same building and all students have access to the middle school area, the standards for elementary school must be followed for all grades. 3. If elementary, middle, and high school students are located in the same building and all students have access to the high school area, the standards for elementary school must be followed for all grades.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 oz. The other 50% can be <u>no more than</u> : 1. 20-oz of calorie-free, flavored water; and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid oz or ≤10 calories per 20 fluid oz. 2. 12 oz portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid oz. 3. If middle and high school students are in the same building and all students have access to the high school area, the standards for middle school must be followed.	USDA AND LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA



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Pennington Biomedical Research Center in Cooperation
 with the Louisiana Department of Education present:

Vending Snacks Meeting Recommended Criteria

Updated 2/4/2015

- 150 calories or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- 30 g of sugars or less (not more than 35% of weight)
- 230 mg of sodium or less per serving

ITEM	Serving size (weight)
Beverages (including fruit juices) FOR BOTH ELEMENTARY AND HIGH SCHOOLS	
Bottled Water, plain	All sizes
Low-fat milk, skim milk, flavored milk, and non-dairy milk	8 fl oz containers
Apple & Eve 100% Juice (Apple, Fruit Punch, White Grape, Orange Tangerine, Cranberry, Raspberry)	4.23 fl oz (125 ml)
Apple & Eve 100% Juice (Apple, Fruit Punch, Orange Tangerine, Very Berry)	6.75 fl oz (200 ml)
Apple & Eve Fruitables (Fruit & Veggie 100% Juice) Mixed Berry	4.23 fl oz (125 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Cherry Apple	8 fl oz (237 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Acai Berry	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fuji Apple	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Strawberry Kiwi	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Tropical Mango	8 fl oz (237 ml)
Fruit 66 100% Juice Non-Carbonated, Mixed Berry	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Passionfruit Mango	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Strawberry Melon	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Tropical Punch	1 can (237 ml)
Fruit 66 EPIC 100% Sparkling Juice (Black Cherry, Passion Fruit Mango, Strawberry Melon, Lemon Lime)	1 can (237 ml)
Juice Alive 100% Fruit Juice Pouch, Apple	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice Pouch, Fruit Punch	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice Pouch, Grape	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice	8 fl oz (240 ml)
Juice Alive 100% Juice Smoothie Cup	1 container (4 oz, 118 ml)
Juice Bowl 100% Juice (Apple, Fruit Punch, Strawberry Kiwi)	8 fl oz cans
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange, Orange Tangerine, Strawberry Kiwi)	4.23 fl oz (125 ml)
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange Tangerine)	6.75 fl oz (200 ml)

Kraft Foods CapriSun 100% Fruit Juice - Apple	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Berry	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Fruit Punch	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Grape	6 fl oz pouch (177 ml)
Lucky Leaf Apple Juice (100% Juice)	5.5 fl oz
Minute Maid® 100% Juice Fruit Punch	6.75 fl oz (1 juice box)
Minute Maid® 100% Apple Juice	6.75 fl oz (200 ml)
Minute Maid® 100% Apple White Grape Juice	6.75 fl oz (200 ml)
Mott's Fruit Punch (100% Juice)	6.75 fl oz (1 juice box)
Nestle Juicy Juice All Natural 100% Juice - All Flavors	4.23 fl oz or 6.75 fl oz
Nestle Nesquik Chocolate Low Fat Milk, No Sugar Added	8 fl oz (236 ml)
Nestle Nesquik Fat Free Chocolate Milk	16 fl oz (1 pt/473 ml)

The Switch 100% Juice w/Filtered Sparkling Water (Fruit Punch, Grape, Black Cherry, Orange Tangerine, Watermelon Strawberry, Kiwi Berry, Lemon Lime, Hardcore Apple)	8 fl oz (237 ml)
V8 Low Sodium 100% Vegetable Juice	5.5 fl oz
V8 V-Fusion Pomegranate Blueberry (100% Juice)	8 oz can
V8 V-Fusion Strawberry Banana (100% Juice)	8 oz can
Veryfine 100% Apple Juice	5.5 fl oz can
Veryfine 100% Grape Juice	5.5 fl oz can
Veryfine 100% Orange Juice	5.5 fl oz can
Veryfine 100% Apple Juice	8 fl oz bottle
Veryfine 100% Fruit Punch Juice	8 fl oz bottle
Veryfine 100% Grape Juice	8 fl oz bottle
Veryfine 100% Orange Juice	8 fl oz bottle
Veryfine 100% Twisted Cherry Juice	8 fl oz bottle
Welch's 100% Grape Juice	5.5 fl oz

Beverages FOR HIGH SCHOOL SALES ONLY!!

Sparkling ICE Bold Naturally Sparkling Waters 0 Calories (All flavors)	17 fl oz
Fruit, Fresh	
Apple	1 medium
Banana	1 medium
Orange	1 medium
Pear	1 medium
Tangerine	1 medium
Fruit, Canned and Dried	
Betty Crocker/General Mills Fruit Roll Ups (Blastin' Berry Hot Colors)	0.5 oz (14 g) = 1 roll
Betty Crocker/General Mills Fruit Roll Ups (Variety Pack)	0.5 oz (14 g) = 1 roll
Betty Crocker Fruit by the Foot - All Flavors	0.75 oz (21 g) = 1 roll
Clif Kid Twisted Fruit - All Flavors	1 piece (20 g)
Dakota Gourmet/Kettle Valley Real Fruit Bars - All Flavors	20 g bar
Del Monte Diced Peaches in 100% Juice in Pull Top Cans	4 oz
Del Monte Lite Mixed Fruit in Pull Top Cans	4 oz
Del Monte Mixed Fruit in Plastic Cups	4 oz
Del Monte Tropical Fruit in Plastic Cups	4 oz
Edy's Fruit Bars - Strawberry	86 g bar
General Mills Fruit Roll Ups (All Flavors)	0.5 oz (14 g) = 1 roll
General Mills Sunkist Reduced Sugar Mixed Fruit Shapes	0.9 oz
Global Brands LLC, Fruit Rolls (65% Fruit Juice)	1 piece (21 g)
Great Value (Wal-Mart Brand) Fruit Smiles	1 pouch (26 g)
Members Mark Fruit Snacks in Zoo Animal Shapes	1 pouch (26 g)
Nabisco 100 Calorie Packs - Fruit Snacks - Mixed Berry	1 pack (1.1 oz)
Powersnacks Raisins Thompson Seedless	1 oz

Powersnacks Pineapple Bits	1.5 oz Raisins
(all brands)	1.5 oz Smucker's
Fruit-Fulls Apple Cinnamon	1 pouch (113 g) Smucker's
Fruit-Fulls Apple Mixed Berry	1 pouch (113 g) Smucker's
Fruit-Fulls Apple Strawberry	1 pouch (113 g) Welch's Fruit
Snacks (Berries 'N Cherries)	1 bag (25 g) Welch's Fruit
Snacks (Fruit Punch)	1 bag (25 g) Welch's Fruit
Snacks (Mixed Fruit)	1 bag (25 g)
Frozen Products	
Blue Bell Creameries Banana Fudge Bar Low Fat	3.0 fl oz Blue
Bell Creameries Chocolate Fudge Bar Low Fat	3.0 fl oz Blue Bell
Cookies n' Cream Low Fat Ice Cream Sandwich	3.0 fl oz Blue Bell
Creameries Strawberry Fruit Bar (all natural)	2.5 fl oz Blue Bell
Cookies Vanilla Low Fat Ice Cream Sandwich	3.0 fl oz Blue Bell
Creameries Fruiti Bar	2.75 fl oz (90 g) Blue Bell
Creameries Fudgy Bar	2 fl oz (54 g) Blue Bell
Creameries Grape Freeze Bar	1.75 fl oz (62 g)
Blue Bell Creameries Rainbow Freeze Bar	3.75 fl oz (124 g)
Blue Bell Creameries Rainbow Pop Up	2.75 fl oz (61 g)
Blue Bell Creameries Rainbow Sherbet - 3 oz cup	63 g
Blue Bell Creameries Strawberry Banana Bar	2.5 fl oz (79 g)
Blue Bell Creameries Strawberry Lowfat Frozen Yogurt - 3 oz cup	55 g
Blue Bell Creameries Vanilla Light Ice Cream - 3 oz cup	50 g
Cool Tropics, RIPS Slush, Blueberry Pomegranate	1 pouch (160 g)
Cool Tropics, RIPS Slush, Dragonfruit Delight	1 pouch (160 g)
Cool Tropics, RIPS 100% Juice Slush, Dragon Punch	4 fl oz (118 ml)
Cool Tropics, RIPS 100% Juice Slush, Cool Blue Razz	4 oz (120 ml) Cool
Tropics, RIPS 100% Juice Slush, Kiwi Strawberry	4 oz (120 ml) Dippin'
Dots© NSA/Low Fat & Calorie Pre-cups, Fudge No Sugar Added/Low Fat	3 fl oz (52 g) Dippin'
Dots© No Sugar Added Fudge Ice Cream (fat free)	1/2 cup (85 g) Dippin'
Dots© Yogurt (fat free)	1/2 cup (85 g) Dippin'
Dots© Sherbet	1/2 cup (85 g) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Mixed Berry & Lemon Swirl	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Orange Pineapple & Cherry Swirl	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Orange Pineapple	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Strawberry Pomegranate	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Watermelon	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit 100% Frozen juice cups, Wild Cherry	4 fl oz (118 ml) J&J Snack
Foods Whole Fruit Frozen 100% juice bars no added sugar, Outrageous Orange	2 fl oz or 3 fl oz J&J Snack
Foods Whole Fruit Frozen 100% juice bars no added sugar, Sour Apple-Licious	2 fl oz or 3 fl oz J&J Snack
Foods Whole Fruit Frozen 100% juice bars no added sugar, Very Berry	2 fl oz or 3 fl oz J&J Snack
Foods Whole Fruit Frozen 100% juice bars no added sugar, Wild Cherry	2 fl oz or 3 fl oz Luigi's Sherbet
Cups 4 fl oz. CN Labeled - All Flavors	4 oz (90 g) Minute Maid®
(Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	2.25 oz (74 g) Minute Maid®
(Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	3.1 oz (103 g) Mr. J Premium
Frozen Dessert Bar, all flavors	2.25 oz North Star Lowfat Mini
Ice Cream Cone	2.0 fl oz North Star Lowfat Strawberry
& Cream Swirl	2.5 fl oz
North Star Lowfat Vanilla & Chocolate Swirl	2.5 fl oz
North Star Lowfat Dream Bar	2.5 fl oz
North Star Lowfat Cookies N' Cream Bar	2.5 fl oz
North Star Frog Spit Lemon Lime Bar	2.5 fl oz
North Star Reduced Fat Vanilla Sandwich	3.5 fl oz
North Star Strawberry Juice Bar	2.5 fl oz
North Star Frog Spit Lemon Lime Push Treat	3.0 fl oz

North Star Totally Tubular Orange Sherbet	3.0 fl oz
North Star Chocolate Fudge Bar	2.5 fl oz
North Star Lowfat Vanilla Ice Cream Cup, Plastic	3.0 fl oz
North Star Lowfat Chocolate Ice Cream Cup, Plastic	3.0 fl oz
North Star Lowfat Strawberry Ice Cream Cup, Plastic	3.0 fl oz
North Star Fat Free, Sugar Free Vanilla Cup, Styrofoam	4.0 fl oz
North Star Fat Free, Sugar Free Chocolate Cup, Styrofoam	4.0 fl oz
North Star Fat Free, Sugar Free Strawberry Cup, Styrofoam	4.0 fl oz
North Star Orange Sherbet Cup, Plastic	3.0 fl oz
North Star Raspberry Sherbet Cup, Styrofoam	4.0 fl oz
North Star Orange Sherbet Cup, Styrofoam	4.0 fl oz
North Star Lime Sherbet Cup, Styrofoam	4.0 fl oz
North Star Vanilla Frozen Yogurt, Plastic	3.0 fl oz
Rich's Ice Cream, Strawberry Shortcake	3 fl oz Rich's
Ice Cream, Chocolate Shortcake	3 fl oz Rich's Ice
Cream, Orange Cream Bar	3 fl oz Rich's Ice
Cream, Fudge Frenzy	3 fl oz Rich's Ice
Cream, Creamy Coconut	3 fl oz Rich's Ice
Cream, Sour Swell	2.5 fl oz Rich's Ice
Cream, Orange Polar Pole	2.75 fl oz Rich's Ice
Cream, Rainbow Polar Pole	2.75 fl oz Rich's Ice
Cream, Chocolate & Vanilla Cone	3 fl oz Schoep's Cup 4
fl oz Orange Sherbet	4 fl oz (118 ml) Schoep's BGE
24bx Fudge Bar	2.5 fl oz (74 ml) Shape-Ups®
Holiday/Theme Juice Cups 3 oz.- All Flavors	3 oz (78 g) Swirl® 100%
Frozen Fruit Juice Slush	8 oz

Dairy Products

Low-fat milk, skim milk, flavored milk, and non-dairy milk	8 fl oz containers
Blue Bunny Lite 85 Yogurt Cups (all flavors)	6 oz (170 g)
Breyers Light Probiotic Plus Formula (all flavors)	1 cup (227 g)
Dannon Activia (all flavors)	4 oz cup (113 g)
Dannon DanActive (all flavors)	3.3 fl oz (1 bottle)
Dannon DanActive Light (all flavors)	3.3 fl oz (1 bottle)
Dannon Danimals (all flavors)	113 g Dannon
Danimals Drinkable Rockin Raspberry	3.1 fl oz (100 g) Dannon
Light 'n Fit Nonfat (all flavors)	6 oz (170 g) Dannon Light
'n Fit Smoothie (all flavors)	7 fl oz (207 ml) Dannon Light 'n
Fit with Fiber (all flavors)	113.4 g (4 oz) Dannon Sprinkl'ins
Vanilla	4.1 oz (116 g) Dippin' Dots© NSA/Low
Fat & Calorie Pre-cups, Fudge No Sugar Added/Low Fat	3 fl oz (52 g) Dippin' Dots© No Sugar
Added Fudge Ice Cream (fat free)	1/2 cup (85 g) Dippin' Dots© Yogurt (fat
free)	1/2 cup (85 g) Dippin' Dots© Sherbet
1/2 cup (85 g) Frigo Cheese Heads 100% Natural String Cheese Light	1
piece (28 g) Nestle Nesquik Chocolate Low Fat Milk, No Sugar Added	8 fl oz
(236 ml) Nestle Nesquik Fat Free Chocolate Milk	16 fl oz (1
pt/473 ml)	

Xyience Chocolate Flavored Smoothie	332 g
Xyience Vanilla Flavored Smoothie	332 g Yoplait
GoGurt Portable Yogurt -- Strawberry Splash and Berry Blue Blast	1 tube (64 g) Yoplait
Light Nonfat Yogurt -- Strawberry	170 g container Yoplait
Lowfat Yogurt -- Trix (Wild Berry Blue and Triple Cherry) 1% Milkfat	113 g container Yoplait
Whips! Low Fat Yogurt Mousse -- Key Lime Pie (2% Milkfat)	113 g container

Chips/Pretzels/Other Snacks

Dakota Gourmet Cool Ranch Toasted Corn	1 oz
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Frito Lay Baked Cheetos Crunchy	.875 oz (24.8 g)
Frito Lay Baked Cheetos Crunchy Flamin' Hot	.875 oz (24.8 g)
Frito Lay Baked Lay's Masterpiece	.875 oz (24.8 g)
Frito Lay Baked Lay's Original	.875 oz (24.8 g)
Frito Lay Baked Lay's Sour Cream & Onion	.875 oz (24.8 g)
Frito Lay Baked Lay's Southwestern Ranch	.875 oz (24.8 g)
Frito Lay Baked! Tostitos® Scoops	.875 oz (24.8 g)
Frito Lay Cheetos Fantastix® Chili Cheese	1 oz (28 g) Frito
Lay Cheetos Fantastix® Flamin' Hot	1 oz (28 g) Frito Lay
Munchies Brand Snack Mix - Kids Mix	.875 oz (24.8 g) Frito Lay
Munchies® - Cheddar Cheese Snack Crackers	.7 oz (19.8 g) Frito Lay
Munchies® - RF Flamin' Hot Snack Crackers	.7 oz (19.8 g) Frito Lay
Reduced Fat Doritos® Cool Ranch	1 oz (28 g) Frito Lay
Reduced Fat Doritos® Nacho Cheese	1 oz (28 g) Frito Lay
Reduced Fat Doritos® Spicy Sweet Tortilla Chips	1 oz (28 g) Frito Lay
Reduced Fat Cheetos® Flamin' Hot Puffs	.7 oz (19.8 g) Frito Lay
Reduced Fat Cheetos® Mellow Puffs	.7 oz (19.8 g) Frito Lay
Reduced Fat Tostitos® Tortilla Chips	.875 oz (24.8 g) Frito Lay
Smartfood Popcorn - White Cheddar	.5 oz (14.1 g) Frito Lay
SunChips Brand Multigrain Snacks Harvest Cheddar	1 oz
Frito Lay SunChips Brand Multigrain Snacks Original	1 oz General
Mills Cinnamon Toast Crisps	1.5 oz General Mills
Hot & Spicy Chex	1.25 oz General Mills
Simply Chex Cheddar	1.25 oz General Mills
Simply Chex Chocolate Caramel	1.2 oz General Mills Simply
Chex Strawberry Yogurt	1.2 oz Good Health® Natural
Foods - All Natural Veggie Stix - Hot	.75 oz (21 g) Herrs Tuscan Garden
Medley Multigrain Crisps	1 oz (28 g) J&J Snack Foods-
SuperPretzel® 51% Whole Wheat Pretzel Rods	1 oz (28 g) Lay's Cracker Crisps®
- Smooth Cheddar	.8 oz (23.03 g) Nabisco Cheese Nips 100
Calorie Packs	.75 oz (21 g) Nabisco Kid Sense Cheese
Nips Sport Crisps Fun Pack	22 g Nabisco Ritz Chips
.75 oz (21 g) Nabisco 100 Calorie Pack - Ritz Snack Mix - Baked Snacks	
22 g Nabisco Ritz Crackers Dinosaurs	1 oz
Nabisco Wheat Thins 100 Calorie Packs	.75 oz (21 g)
Pirates Booty Aged White Cheddar Puffed Rice and Corn	1 oz (28 g)
Popchips, Barbeque Potato	.8 oz (23 g)
Popchips, Sea Salt & Vinegar Potato	.8 oz (23 g)
Popchips, Sour Cream & Onion Potato	.8 oz (23 g)
Popchips, Sweet Potato	.8 oz (23 g)
Popcorners - Kettle flavor	1.1 oz pkg (32 g)
Popcorners - Cheesy Jalapeno	1.1 oz pkg (32 g)
Quaker® - Kid's Mix Snack Mix	.875 oz (24.8 g)
Rold Gold® Heartzels Pretzels	1 oz (28 g)
Salvéo Baked Potato Crisps, Original Sea Salt	1 bag (32 g)
Salvéo Cheese Balls	1 bag (21 g)
Salvéo Cheddar & Bacon Fries	1 bag (28 g)
Salvéo Hot & Spicy Fries	1 bag (28 g)
Salvéo Tater Pops, Cinnamon & Sugar Sweet Potato	1 bag (23 g)
Salvéo Tater Pops, Peppercorn Ranch Tater Pops	1 bag (23 g)
Salvéo Tater Pops, Sea Salt Sweet Potato	1 bag (23 g)
Salvéo Tater Pops, Sea Salt Tater Pops	1 bag (23 g)
Salvéo Tater Pops, Sweet Thai Chili Tater Pops	1 bag (23 g)
Snikiddy Baked Puffs & Baked Fries, Bold Southwest Cheddar Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Cheddar Fries	1 oz (28 g)

Snikiddy Baked Puffs & Baked Fries, Ketchup Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Original Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Grilled Cheese Puffs	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Mac N' Cheese Puffs	1 Pack (21 g)
Snikiddy Baked Puffs & Baked Fries, Nacho Cheese Puffs	1 oz (28 g)
Stacy's Chips (Crisps) - BBQ Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Caramel Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Cinnamon Sugar Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Garlic & Herb Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Tex Hot Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - White Cheddar Flavor	1 oz (28 g)
Sunshine® Cheez-It® Scrabble Jr.	1 package (21 g)
Sunshine® Right Bites® Cheez-It®	1 pouch (22 g)
Xyience Snacks - Mixed Berry	30 g
Breakfast/Cereal/Energy Bars & Related Products	
Betty Crocker Butterscotch Oatmeal Bar	1 bar (35 g)
Betty Crocker Chocolate Chip Oatmeal Bar	1 bar (35 g)
Cascadian Farms Granola Bars - Berry	1 bar (35 g)
Cascadian Farms Granola Bars - Chocolate Chip	1 bar (35 g)
Cascadian Farms Granola Bars - Fruit and Nut	1 bar (35 g)
Clif Kid "Z" Bar - Chocolate Brownie	1.27 oz (36 g)
Clif Kid "Z" Bar - Chocolate Chip	1.27 oz (36 g)
Clif Kid "Z" Bar - Honey Graham	1.27 oz (36 g)
Clif Kid "Z" Bar - Peanut Butter	1.27 oz (36 g)
Fiber One Oats & Chocolate	1.4 oz
FruitSnax Energy Bar - Apple Apricot	1.4 oz (40 g)
FruitSnax Energy Bar - Apple Raspberry	1.4 oz (40 g)
FruitSnax Energy Bar - Apple Strawberry	1.4 oz (40 g)
FruitSnax Energy Bar - Wildberry	1.4 oz (40 g)
General Mills Oatmeal Crisp Fruit 'n Cereal Bars - Strawberry	1 bar (40 g)
General Mills Cinnamon Toast Crunch Cereal Bar	1.3 oz
General Mills Cocoa Puffs Cereal Bar	1.3 oz
General Mills Team Cheerios Cereal Bar	1.3 oz
General Mills Trix Cereal Bar	1.3 oz Great
Value (Wal-Mart Brand) Chocolate Chunk Granola Bar	1 bar (28 g)
I.M. Healthy Granola	1 package (32 g)
I.M. Healthy Granola with Fruit	1 package (32 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Cranberry Orange #40450	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Maple Brown Sugar #40452	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Oatmeal Spice #40451	1 bar/1.25 oz (35 g)
Kar's™ Nutty Snacks - Goin' Granola®	1.25 oz (35 g)
Kashi® TLC® Chewy Granola Bars - Honey Almond Flax	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Peanut Peanut Butter	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Trail Mix	1 bar (35 g)
Kellogg's Cinnabon Bar - Original Flavor	1.3 oz (37 g)
Kellogg's Nutri-Grain Cereal Bar Apple Cinnamon	37 g Kellogg's
Nutri-Grain Cereal Bar Blueberry	37 g Kellogg's Nutri-
Grain Cereal Bar Cherry	37 g Kellogg's Nutri-Grain
Cereal Bar Mixed Berry	37 g Kellogg's Nutri-Grain Cereal
Bar Raspberry	37 g Kellogg's Nutri-Grain Cereal Bar
Strawberry	37 g Kellogg's® Rice Krispies Chewy Cereal
Bar - Apple Cinnamon	1 bar (36g/1.27oz) Kellogg's® Cocoa Krispies Chewy Cereal
Bar	1 bar (36g/1.27oz) Kellogg's® Special K® Bar - Blueberry
1 bar (23 g) Kellogg's® Special K® Bar - Chocolatey Drizzle	1 bar

(22 g) Kellogg's® Special K® Bar - Strawberry	1 bar (23 g)
g) Kellogg's® Special K® Bar - Vanilla Crisp	1 bar (22 g)
Kellogg's® Special K® Fruit Crisps - Blueberry	1 bar (25 g)
Kellogg's® Special K® Fruit Crisps - Strawberry	1 bar (25 g)
Nature Valley Chewy Trail Mix Bar	1.2 oz (34 g)
Nature Valley Chewy Trail Mix Bars Fruit & Nut	35 g
Nature Valley Healthy Heart Chewy Granola Bars Oatmeal Raisin	40 g Post
Honey Bunches of Oats Low Fat Cereal Bars Cranberry Almond	35 g Post
Honey Bunches of Oats Low Fat Cereal Bars Oatmeal Raisin	35 g Quaker
Breakfast Bars - Apple Crisp	37 g Quaker
Breakfast Bars - Cranberry Orange Muffin	37 g Quaker
Breakfast Bars - Iced Raspberry	37 g Quaker
Breakfast Bars - Strawberry	37 g Quaker
Breakfast Bites - Apple Crisp	37 g pouch Quaker
Breakfast Bites - Iced Raspberry	37 g pouch Quaker
Breakfast Bites - Iced Strawberry	37 g pouch Quaker
Breakfast Bites - Strawberry	37 g pouch Quaker
Chewy Butterfinger Granola Bar	28 g Quaker
Chewy Chocolate Chip with 25% Less Sugar Granola Bar	24 g Quaker
Chewy Cookies & Milk- Cookies 'n Cream Flavor Granola Bar	28 g
Quaker Chewy Granola Bar - Maple Brown Sugar	1.26 oz (36 g)
Quaker Chewy Low Fat Favorites Chocolate Chunk Granola Bar	28 g
Quaker Chewy Low Fat Favorites S'mores Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Baked Apple Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Cinnamon Sugar Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Oatmeal Raisin Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk with 25% Less Sugar Granola Bar	24 g
Quaker Chewy Peanut Butter Granola Bar	28 g
Quaker Chewy Trail Mix Granona Bars Cranberry Raisin & Almond	35 g
Quaker Oatmeal Breakfast Squares	40 g
Quaker® Oatmeal To Go Apples & Cinnamon	1.4 oz (40 g)
Quaker® Oatmeal To Go Brown Sugar Cinnamon	1.4 oz (40 g)
Super Bakery 1.2 oz Goodyman® Marshmallow Crispy Squares	1.2 oz (34 g)
Super Bakery 0.8 oz Goodyman® Marshmallow Crispy Squares	0.8 oz (23 g)
Cookies/Crackers	
Austin® Zoo® Animal Crackers	1 package (28 g)
Basil's Animal Snackers (Biscomerica Corporation)	1 package (28 g)
Basil's Chocolate Chip Kookies (Biscomerica Corporation)	1 package (31 g)
Basil's Li'l Sports Snackers Whole Wheat (Biscomerica Corporation)	1 package (23 g)
Bonzers Gourmet Reduced Fat Chocolate Chip Cookie	1 cookie (34 g/1.2 oz)
Brookside Fruit Company, Vanilla Clodhoppers w/Cocoa Bites	1 package (30 g)
BuzzStrong's Bakery, All Natural Chocolate Chip Cookie	1.5 oz cookie (43 g)
Dick & Jane Smart Cookies (Presidents, States & Capitals, English & Spanish)	0.88 oz (25 g) East
Side Entrees' Cinnamon Mini Animal Grahams	1 pouch (0.9 oz) East
Side Entrees' Mini Animal Crackers, Original	1 pouch (0.9 oz)
Keebler® 100 Calorie Right Bites™ Chips Deluxe	1 pouch (21 g)
Keebler® Animal Crackers	1 package (29 g)
Keebler® Bug Bites® Cinnamon Graham Crackers	1 pouch (31 g)
Keebler® Elf® Grahams - Chocolate	1 package (28 g)
Keebler® Elf® Grahams - Cinnamon	1 package (28 g)
Keebler® Elf® Grahams - Original	1 package (28 g)
Keebler® Scooby-Doo!™ Graham Cracker Sticks - Cinnamon	1 package (28 g)

Keebler® Gripz™ - Cinnamon Graham Crackers	0.9 oz (25 g)
Keebler® Gripz™ - Chocolate Chip Graham Crackers	0.9 oz (25 g)
Kellogg's Special K Cracker Chips, Cheddar	25 g & 30 g pkgs
Kellogg's Special K Cracker Chips, Sea Salt	25 g & 30 g pkgs
Kellogg's Special K Cracker Chips, Sea Salt	0.87 oz (25 g)
Kellogg's Special K Cracker Chips, Sour Cream and Onion	0.87 oz (25 g)
Kellogg's Special K Popcorn Chips, Sweet and Salty	22 g pouch
Little Debbie Gingerbread Cookies	21 g = 1 cookie
Little Debbie Pecan Spinwheels	28 g = 1 roll
Mrs. Goodcookie® Character Cookies-Belly Bears™ Graham Crackers-All Flavors	1 oz (28 g)
Mrs. Goodcookie® Character Cookies-Jungle Crackers™ Vanilla	1 oz (28 g)
Nabisco Barnum's Animal Crackers	1 oz (28 g)
Nabisco Chips Ahoy 100 Calorie Packs	23 g
Nabisco Honey Maid Grahams Cinnamon Sticks	28 g
Nabisco Kid Sense Ritz Bits Smilin' Fun Pack	22 g
Nabisco Kid Sense Teddy Grahams Cubs Fun Pack Cinnamon	22 g
Nabisco Mini Nilla Wafers	1 pkg (28 g)
Nabisco Oreo Thin Crisps 100 Calorie Packs	23 g
Nabisco Strawberry & Yogurt Bars	37 g
Nabisco Teddy Grahams Chocolate	1.25 oz (35 g)
Pepperidge Farm Baked Naturals Cracker Chips, Simply Cheddar	1 oz pouch (28 g)
Pepperidge Farm Baked Naturals Cracker Chips, Simply Multigrain	1 oz pouch (28 g)
Pepperidge Farm Goldfish Baked Snack Crackers	1 oz (28 g)
Pepperidge Farm Goldfish Baked Snack Crackers	0.75 oz (21 g)
Pepperidge Farm Cheddar Goldfish Made With Whole Grain	0.75 oz pouch
Pepperidge Farm Goldfish Physedibles Baked Animal Crackers - Vanilla	0.9 oz pouch
J&J Snack Foods-Readi-Bake, Belly Bears, Chocolate Graham Belly Bears #56040	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Cinnamon Graham Belly Bears #56042	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Honey Graham Belly Bears #56041	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Chocolate 51% Whole Grain Graham Belly Bears #056070	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Cinnamon 51% Whole Grain Graham Belly Bears #056072	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Honey 51% Whole Grain Graham Belly Bears #056071	28 g
J&J Snack Foods-Readi-Bake, Jungle Crackers #39080	28 g
J&J Snack Foods-Readi-Bake, Jungle Crackers 51% Whole Grain Grahams #39085	26 g
Stauffer's Animal Crackers - Original (low fat)	1 oz (28 g)

Nuts/Seeds

David Sunflower Seeds Bar-B-Q	1.75 oz (49.6 g)
David Sunflower Seeds Roasted and Salted	1.75 oz (49.6 g)
Frito-Lay Honey Roasted Peanuts	1.5 oz (42.5 g)
Frito-Lay Pistachios Salted	1.75 oz (49.6 g)
Frito-Lay Salted Peanuts	1.75 oz (49.6 g)
Frito-Lay Sunflower Seeds	2.25 oz (63.7 g)
Golden Flake Honey Toasted Peanuts	1.75 oz (50 g)
Golden Flake In-Shell Sunflower Seeds	2.5 oz (70.9 g)
Golden Flake Salted Peanuts	1 pkg (50 g)
Powersnacks Sunflower Kernels - Oil Roasted & Salted	1 oz
Powersnacks Sunflower Kernels - Honey Roasted	1 oz
Powersnacks Sunflower Kernels - BBQ	1 oz

Powersnacks Sweet Trail Mix	1 oz
Powersnacks Peanuts - Oil Roasted & Salted	1 oz
Miscellaneous	
180 Snacks, Inc., Nutty Rice Bites with Blueberries	.62 oz (18 g)
180 Snacks, Inc., Nutty Rice Bites with Mango & Pineapple	.62 oz (18 g) Act
II Popcorn Ball	1 ball (28 g) Carnival
Crunch	.75 oz Cracker Jack
Original	28.3 g Cracker Jack
Original	1.25 oz (35.4 g) Dakota Gourmet
S'More Trail Mix - Cocoa	1.25 oz
Jack Link's Beef Jerky, Original	1 package (24 g)
Jack Link's Beef Jerky, Peppered	1 package (24 g)
Jack Link's Beef Jerky, Teriyaki	1 package (24 g)
Kellogg's Rice Krispies Treats - Chocolatey Drizzle	22 g = 1 bar
Kellogg's Rice Krispies Treats - Original	22 g = 1 bar
Kellogg's Rice Krispies Treats - Rainbow	22 g = 1 bar Ricos
Air Popped Butter Popcorn Light	5/8 oz (18 g) Ricos Air
Popped Cheddar Cheese Popcorn Lite	5/8 oz (18 g) Ricos Air
Popped White Cheddar Cheese Jalapeno Popcorn Lite	5/8 oz (18 g) The Whole
Earth, Gourmet Kettle Corn, Salty & Sweet	1 oz (28 g) Vic's Corn
Popper (kln Family Brands), Kettle Style Popcorn	1 package (28 g) Vic's Corn
Popper (kln Family Brands), Lite White Popcorn	1 package (14 g) Vic's Corn
Popper (kln Family Brands), White Cheddar Popcorn	1 package (18 g)