

# Douglas County School District Wellness Policy

## Approved Snack Items

BRAND	PRODUCTS
<b>CHIPS / SNACKS</b>	
Austin	Austin Zoo Animal Crackers, 30 g.
Barnum's	Barnum's Animal Crackers, 30 g.
Big Top	Big Top (Old Colony Baking Co.), 2 oz.
Biscomerica	Magic Cookies, Spooky Cookies, Animal Snackers; 1 oz
Brookside Fruit Company	Fruit Bites, X-Treme - Atomic Apple, Citrus Cyclone, Grape Burst, and Strawberry Blast, (21.3 g.)
Buena Vista	Muffin, Bran, Cheesy Cornbread, Chocolate Chip, Apple Cinnamon - 2.5 oz.
Crystal Light	Crystal Light Mix, Instant, 0.2 oz. Stick
Daves Baking Company	Muffin, Apple Cinnamon, Banana, Blueberry, Chocolate Chip, Corn, Double Chocolate - 3 oz.; Mini Apple Cinnamon, Banana, & Blueberry - 1.8 oz.
David's	David's Sunflower Seeds, 35 g.
Dryers	Frozen Fruit Bars, Assorted Pack - 1.75 fl. oz. each No Sugar Added, Sweetened w/Splenda: Black Cherry, Strawberry-Kiwi, Mixed Berry
Famous Amos	Gingersnaps, 24 g.
Fat Cat Scones	Low Fat Scones - Apple Cinn Raisin, Lemon Drop, Mandarine Orange Crumble, Peach Passionfruit, Pumpkin, Wild Blueberry (56.7 g.)
Frito Lay	Pretzels, Rold Gold; Cheddar Tiny Twists; Rold Gold Sticks, Rold Gold Thins, Rold Gold Honey Mustard Tiny Twists, Rold Gold Tiny Twists (1 oz.)
Frito-Lay (PepsiCo)	Chips, Baked Lay's - Cheddar & Sour Cream, Doritos Nacho Cheese, Masterpiece BBQ, Original, Ruffles Original, Sour Cream & Onion, Tostitos Bite Size, Size cannot exceed 1.5 oz.
Fun Foods USA	Rio Snow Cone Syrup, Sugar Free, asst. flavors <b>(with Neotame only)</b>
General Mills	Breakfast Bar, Team Cheerios, Strawberry, Trix, 40 g. Nature Valley 100% Natural Crunchy Granola Bar: Oatmeal Raisin, 2.0 oz. or less. Nature Valley 100% Natural Crunchy Granola Bar: Peanut Butter, Maple Brown Sugar, Oats'N Honey - 2.0 oz or less Popcorn – 100 Calorie Pop Secret, up to 5.5 cup serving size
Generic Brands	<b>Milk</b> – 2% fat or less <b>Yogurt</b> - made from reduced-fat, low-fat, or fat-free milk only. Flavored or plain. Any Size (suggested serving size 4 to 8 oz.) <b>Cheese</b> - made from reduced-fat, low-fat, or fat-free milk only. Any Size (suggested serving size 1 oz.) <b>Fruit Juice - 100% fruit juice</b> only. Any size (suggested serving size 4 to 12 oz.)
Kashi	Kashi Cereal, approx. 28 oz. size GoLean Rolls; Chocolate Peanut, Caramel Peanut, and Chocolate Turtle – 55 grmas (1.94 oz. ea.)
Keebler	Animal Crackers, 30 g.& 2 oz.; Animal Crackers, Undersea Friends, 2 oz.; Chocolate Graham Crackers, 31 g.; Cinnamon Graham Crackers, 30 g.; Fat Free Zesta Crackers, 16 g.; Honey Graham Crackers, 31 g.; Iced Animal Crackers, 32 g.; Original Graham Crackers, 29 g.; Reduced Fat Wheatables, 31 g.; TeddyGrahams, 1 oz. Scooby-Doo Graham Cracker Sticks, 1 oz.
Kellogg's	Breakfast Bar: All Bran, Brown Sugar Cinnamon, 35 grams Nutri-Grain Cereal Bars: Strawberry, Cheesecake, Apple Cobbler (1.3 oz.) Nutri-Grain Granols Chewy Bar - Honey Oat & Raisin, Chunky Chocolate - 1.3 oz. Cinnamania French Toast Graham Snacks, Cinnamon Bun Graham Snacks - 1.76 oz.
Kraft	Honey Maid Grahams Cinnamon Sticks, 28 grams (1 oz.) Planter's Peanuts; Salted, Honey Roasted, 56 grams Planter's Cashews, Salted 56 grams

## Douglas County School District Wellness Policy

# Approved Snack Items

Corn Nuts, **Original only**, 48 gram bag

Little Debbie	Nutty Peanut Butter Bar, Oatmeal Crème Bar w/whole Grain Oats, Swiss Cream Bar, (30 gm.)
Luigis	Juice Bars, Frozen 100% juice, 2.25 oz. assorted flavors SourPuss Cherry & SourPuss Watermelon - 2.25 oz.
Mariani	Fruit Roll, Jovy - strawberry, pineapple, apple, grape flavors only (21.2 g.)
Minute Maid	Juice Bars, Frozen, 100% juice Blue, Strawberry, Apple, Cherry, Pink Lemonade - 2.25 oz.
MJM	All Sports Bites Grahams, Apple Cinnamon Bear Grahams, Chocolate Bear Grahams, Vanilla Bear Grahams
Model Dairy	Low Fat Vanilla Shake Base (product #115582) All Milk ≤2% fat - any size.
Mrs. May's Naturals	Almond Crunch, Cashew Crunch, and Pumpkin Crunch. 28 gram (1 oz.) serving size.
Nabisco / Kraft	100 Calorie Packs - Cheese Nips, Honey Maid Cinnamon This Crisps, Peanut Butter Cookie Crisps, Ritz Snack Mix, Wheat Thins, & Chips Ahoy Thin Crisps; less than 1 oz.
Oberto	Jerky, Beef , regular flavor, 26 gram size
Orville Redenbacher	Smart Pop Popcorn, 38 g.
Pepperidge Farm	Cookie, Giant Goldfish Grahams, 26 g.
Pacific Gold	Beef Jerky; Original, Peppered, Teriyaki, 1 oz. size.
Pop Secret	Pop Secret 94% fat free popcorn, 1.4 oz. 100 Calorie Pop Secret- 1 bag size.
Power Bar	Harvest Power Bar, Whole Grain: Strawberry Crunch; Triple Threat, Caramel Peanut Crisp, Chocolate (65 g.)
Proctor & Gamble	Pringles, Fat Free, 1 oz.
Quaker	Breakfast Bar - Apple Crisp, 25% less sugar, 37 grams; Breakfast Bar - Oatmeal Raisin, Low Fat, 24 g. Breakfast Squares - All flavors, 60 g. Breakfast Squares for Kids - Oatmeal Raisin only, 40 g.
Skinny Cow	Ice Cream Sandwich, Vanilla, 4 oz.; Fudge Gar, 3.0 oz.; Vanilla Chocolate Cup, 3.0 oz.; Vanilla Strawberry Cup, 3.7 oz.
Stauffer's	Breakfast Bar, Blueberry Fruit (37 g.); (serving size must be not exceed 2 oz.) Animal Crackers, regular and chocolate (28 g.), serving size must be not exceed 2 oz. Animal Cookies, Iced (28 g.) (serving size must be not exceed 2 oz.)
Stretch Island	Fruit Leather, original: Ripened Raspberry, Bountiful Blackberry, Mango Sunrise, Summer Strawberry, Orchard Cherry, Autumn Apple, Abundant Apricot, Harvest Grape, Truly Tropical, .5 oz. each.
Sugar Foods	Pretzel Poppers; Cheesy Nacho, Cool Ranch (1.5 oz.)
Sun Belt / Little Debbies	Granola Bar, Chewy Oatmeal Raisin (35 g.)
Sun Opta (Dakota Gourmet)	Soy Nutz, Honey (28 g.); Sunflower Kernals, Blaze-in'Hot (28 g.), Honey Roasted (28 g.), Lightly Salted (28 g.); Cocoa Sunnies & Crispy Coated Sunflower (58 g.); Kettle Valley Fruit Bars, Assorted Flavors (20 g.); Fruit Jerky, Kiwi/Strawberry (20 g.) Cool Ranch Toasted Corn (28 g.); S'more Trail Mix (36 g.)
Sunkist	Sunkist Fruit Snacks, .9 oz.
Sunshine / Keebler	Cheez-It Reduced Fat Crackers, 1.5 oz.

## Douglas County School District Wellness Policy

# Approved Snack Items

Super Bakery	Bagel Pocket, PB & J, Raspberry/Cream. Cheese & Strawberry/Cream Cheese; Donut, Honey Wheat - Fortified, 2.2 oz.; Reduced Fat Daily Donut, 2.2 oz.; Muffin, Apple Cranberry Bran, 2.6 oz.; Muffin, Blueberry Bran, 2.6 oz.
Yoplait	Yoplait GoGurts, 64 oz. tube.

### **FRESH FRUIT**

(serving examples)

Apple (Red) - Medium  
Banana - Medium  
Orange - Medium  
Pear - Medium  
Tangerine - Medium

### **CANNED / DRIED FRUIT**

(serving examples)

Applesauce, Treetop, 4 oz.  
Del Monte Canned Fruit Cup, 4 oz.  
Del Monte Lite Diced Peaches, 4 oz.  
Del Monte Lite Mixed Fruit, 4 oz.  
Dole Fruit Cup, 4 oz.  
Dole Fruit Bowls, 4 oz.  
Raisins, all, 1.54 oz.  
Sunsweet Prunes, 1.43 oz.