

**GFPS “HEALTHY FOODS IN OUR SCHOOLS”  
APPROVED INDIVIDUALLY WRAPPED SNACK FOODS LIST – 2010**

This list is a work in progress. New products are continually being developed or becoming available in our supermarkets. If you have a new item to add to the list, please contact:

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<b>Brand/Item</b>	<b>Serving Size</b>
<b>Active Lifestyle</b>	
Yogurt (all varieties)	
Instant Oatmeal Packets	45 g.
Chewy bar oats and peanut butter	40 g.
<b>Apples and Eve Organic</b>	
100 % Juice	4.25-6.75 oz
Fruitables	6.75 oz
<b>Annie’s Homegrown</b>	
Chocolate Chip Bunny Grams	1 oz
Real Cheddar Bunnies	1 oz
<b>Back to Nature 100% Juice</b>	
Berry	6 oz
Apple	
Fruit Punch	
<b>Barbara’s Crunch Organic Granola Bars</b>	
Toasted Almond	42 g.
Peanut Butter	
Cinnamon Crisp	
Oats and Honey	
<b>Bear Valley</b>	
Coconut Almond Meal Pack	3.75 oz
<b>Biscomerica</b>	
Low Fat Animal Snackers	2.13 oz
<b>Blue Bunny</b>	
Sweet Freedom No Sugar Added Fudge lites	1.75oz
<b>Breakstone</b>	
Small Curd Fat Free Snack Size Cottage Cheese	4 oz
<b>Brown Cow</b>	
Natural Greek nonfat Yogurt	
<b>Bumble Bee</b>	
Tuna Salad Mix	4 oz

Chunk Light Tuna in water	3 oz
<b>Capri Sun</b>	
100% Juice (Fruit Drive, Berry Breeze)	6 oz
<b>Cascadian Farm</b>	
Organic Granola Bar (Chocolate chip, Dark Chocolate Almond)	1.2 oz
<b>Chicken of the Sea</b>	
On the Go Tuna cup and tuna salad cup	2.7-2.8 oz
Healthy selections packet light tuna in water albacore white tuna, pink salmon	2.5-2.6oz
Easy Open cans solid white albacore	3 oz
<b>Cliff Kid</b>	
Organic Z bar Peanut Butter, chocolate brownie	1.27 oz
<b>Crunch Pack</b>	
Sweet Apple Slices with low-fat caramel dip	2 oz
Sweet apple slices with grapes	2.5 oz
Sweet Apple slices with cinnamon vanilla yogurt dip	2.5 oz
<b>Crystal Farms</b>	
String Cheese Mozzarella	1 oz
<b>Crystal Light (Kraft)</b>	
Frozen Pops	1.65 oz
<b>Dannon Yogurt</b>	
Light and Fit (all flavors)	6 oz
Activa Light	4oz
<b>David and Sons</b>	
Sunflower Seed in the Shell	1.75 oz
<b>Del Monte</b>	
Pineapple Juice	6 oz
Fruit Chillers (Frosty Peach, Arctic Strawberry, Polar Raspberry, Glacial Mango)	4.5 oz
Fruit Chiller Tubes (Strawberry Snow Storm, Grape Berry Blizzard)	2 oz
Fruit cup (all flavors)	4 oz
Fruit Naturals	8oz
<b>Dole</b>	
Pineapple Juice	6 oz
Fruit Cup (all flavors)	4oz
Fruit in Gel (all flavors)	4oz
<b>Dr. McDougall's Soup Cups Low Sodium</b> (all varieties)	1-2 oz
<b>Dryers</b>	
Fruit Bars (all sugar free varieties)	1.5oz
<b>Earth's Best</b>	

Organic Yogurt Rice Crisp Bars	.67 oz
<b>Ener G</b>	
Wheat Free Pretzels	2.65 oz
<b>Enjoy Life</b> Soft and Chewy Snack Bars	29 g.
Very Berry	
Carmel Apple	
Cocoa Loco	
<b>EnviroKids</b>	
Organic Crispy Rice Bars (Peanut butter, Berry Blast, Chocolate)	10z
<b>General Mills</b>	
Cereal Pouches (Cheerios, Honey Nut Cheerios, Cinnamon Toast Crunch, Rice Chex, Honey Kix)	1 oz
Chex Mix Bar – Turtle	1.2 oz
Chex Mix Traditional	1.75 oz
Chex Mix Honey Nut	1.75 oz
Chex Mix Cheddar	1.75 oz
Cereal Bar (Team Cheerios, Trix)	1.4 oz
Fiber One Chewy Bars (Oats and Strawberry with Almonds, Oats and apple streusel)	1.4 oz
Fiber One Ready to eat Muffins (blueberry, Banana Chocolate Chip, Apple Cinnamon Buns)	2.3 oz
<b>Genesis Today</b>	
Acai Low fat Yogurt	6 oz.
<b>Gensoy</b>	
Potato Bakes Ranch	.75 oz
<b>Great Value</b>	
All chewy Granola bars (excluding Sweet and Salty Trail Mix)	.84 oz
Crunchy Bars Oats and Honey	1.4oz
High Fiber bar Oats and Honey	1.4oz
Fruit and Grain Bars Low fat (excluding Mixed Berry)	1.3oz
Fruit Cups	4 oz
Applesauce cups	4 oz
Microwavable Vegetable cups (peas, carrots, g. beans, corn)	4oz
Chocolate Fudge Sticks	
100% Juice	6.75
Microwaveable Brown Sugar Instant Oatmeal Cup	1.9oz
Light yogurt (all varieties)	6oz
<b>Glutenfreeda</b>	
Instant Oatmeal Variety Pack	50 g.
<b>Hansen's</b> Natural 100% Juice Slam	6.75 oz
Totally Tropical	
Burstin Berry	
Strawberry Banana	

<b>Health Valley</b>		
	Organic Blueberry Chewy Granola Bars	29 g.
<b>Hostess</b>		
	100 Calorie Pack Cinnamon Streusel Coffee Cake	1.25 oz
<b>Hunts</b>		3.5 oz
	Snack Pack (FF Pudding varieties, Sugar Free gel varieties)	
<b>IGA</b>		
	Mozzarella String Cheese	1 oz
	Instant Oatmeal (all varieties)	.98 oz
<b>Jack Link's</b>		
	Original Beef Jerky 70 cal pack	.9 oz
<b>Jell-O</b>		
	Fat-free Pudding Cups (all flavors)	4 oz
	Gelatin Snacks (all varieties)	92 g
<b>Jolly Time</b>		
	100 Calorie Bag- healthy pop butter	1.2 oz
<b>Kar Nuts</b>		
	Goin' Granola	1.25
	Jalapeno Hot Veggie Stix	.75
	Original Trail Mix	1.5 oz
	Peanut Almond Cashew mix	1.75 oz
	Salted Cashews	1 oz
	Sweet N. Spicy Mix	1.75 oz
	Yogurt Apple Nut Mix	1.5 oz
<b>Kashi</b>		
	TLC Granola Bars (all varieties excluding Dark Chocolate Coconut)	1.1-1.3 oz
	GO LEAN instant oatmeal packets	1.41 oz
<b>Keebler</b>		
	Keebler Animal Crackers	1 oz
	Keebler Bug Bites Cinnamon Graham Crackers	1.1 oz
	Keebler Elf Grahams (Cinnamon, Chocolate, Choc Chip)	1 oz
	Keebler Gripz Cinnamon Graham Bites	.9 oz
	Right Bites 100 Calorie Cheez It	.77 oz
	Right Bites 100 Calorie Cheez It Party Mix original and extra cheddar	.77 oz
	Right Bites 100 Calorie Sandies Shortbread	.74 oz
	Scooby Doo Gram Cracker Sticks	1oz
<b>Kellogg</b>		
	Elfin Crackers Bag	2.13 oz
	Fruit Crisp (Strawberry, Blueberry)	.88 oz
	Low Fat Granola with Raisins	1.5 oz
	Nutri-grain Cereal Bars (all varieties)	1.3 oz
	Rice Krispie Treats	1.3 oz

Special K Bar Honey Nut	.81 oz
Zoo Animals	2.13 oz
<b>Kozy Snack</b>	
No Sugar Added Tapioca Pudding	4oz
<b>Knudsen</b>	
On the Go Cottage Cheese with pineapple	4 oz
<b>Kraft</b>	
100 Calorie Chewy Granola Bars (Chips Ahoy!, Oreo, Nutter Butter)	.84 oz
Mozzarella String Cheese	1 oz
Planter Peanuts	1 oz
<b>Kroger</b>	
Applesauce cups (all varieties)	4 oz
Fruit Cups (All varieties)	4oz
Lite Yogurt	6oz
Cowpals string cheese reduced fat	1 oz
Jelly Belly Pudding snacks	99 g
Instant oatmeal packets (all varieties)	33-43 g
Crunchy Granola bar Oats and Honey	42 g
Chewy Granola bars (excluding chocolate chip)	24 g
<b>Laughing Cow</b>	
Mini Babybel Light Cheese	.75 oz
<b>Lighthouse</b>	
Yogurt Fruit Dip Creamy Vanilla	1.9 oz
<b>Luna Bar</b>	1.69 oz
Dulce De Leche	
Toasted Nuts and Cranberry	
Sunrise	
<b>Meadow Gold</b>	
Frozen Treats Fudge Bar	
<b>Minute Maid</b>	
100% Juice	6.75-8 oz
<b>Minute Rice</b>	
Ready to Serve long grain white rice fully cooked	4.4 oz
<b>Mom's Best</b>	
Naturals instant oatmeal packets	
<b>Motts</b>	
Healthy Harvest and Plus Applesauce	4oz
<b>MJM</b>	
Super Wholesome Graham (all varieties)	1 oz

**Murray**

Sugar Free Cookie Chocolate Bites .74 oz

**Musselman's**

Applesauce Cups (all varieties) 4oz

**Nabisco**

Barnum Animal Crackers 1 oz  
100 Calorie Chewy Granola Bars (Nutter Butter, Oreo) .84 oz  
100 Calorie Packs – Oreo Thin Crisps .8 oz  
100 Calorie Packs – Ritz Snack Mix .77 oz  
100 Calorie Packs – Wheat Thin Chips Minis Multi-Grain .8 oz  
100 Calorie Packs – Chips Ahoy! Thin Crisps .8 oz  
100 Calorie Packs – Cheese Nips Thin Crisps .8 oz  
100 Calorie Packs – Cheese Sportz Crackers .75 oz  
100 Calorie Packs – Sportz cookies .75 oz  
100 Calorie Packs – Planters Peanut Butter Cookie Crisps .86 oz  
100 Calorie Packs – Sweet and Salty Kettle Flavor .78 oz  
Honey Maid Graham Stix 1.75 oz  
Mini Snackwells 2 oz  
Newton Fruit crisp Snacks (all varieties) 1 oz  
Ritz Dinosaur Crackers 1 oz  
Ritz Chips Original .75 oz  
Teddy Grahams Chocolate and Cinnamon Graham Snacks .8 oz  
Teddy Grahams packs (all varieties) 1 oz

**Naturally Preferred**

Organic Applesauce (all varieties) 4oz

**Nature's Path**

Organic Granola Bars 40 g.  
Hemp Plus Raisins  
Flax Plus Pumpkin  
Peanut Butter Chunky  
Apricot and Nut Coconut  
Cranberry Ginger  
Organic Instant Hot Cereal Pack 40 g.  
Optimum Cinnamon Blueberry Flaxseed  
Hemp Plus  
Cranberry Ginger

**Nature Valley**

Crunchy Granola Bars (all varieties) 1.5 oz  
Chewy Fruit and Nut bar 1.2 oz

**Nestle**

Juicy Juice 100% NSA 6.75oz

**Nonni's**

Everything Pretzel Flatz 1.5 oz

<b>Orville Redenbacher (Con Agra)</b>	
100 Calorie Smart Pop (Butter, Kettle Corn)	1.2 oz
<b>Pepperidge Farm</b>	
100 Calorie Goldfish Crackers (all varieties)	.75 oz
Goldfish Crackers (multi packs)	1 oz
100 calorie soft baked oatmeal raisin cookie	.81
<b>Pillsbury</b>	
Mini Pancakes	3.17 oz
Whole Grain Easy Split Baked Biscuit	57 g.
<b>Poore Bros</b>	
Steak and Potato Tato Skins	1.75
<b>Pop Secret</b>	
100 Calorie Kettle Corn	1.12 oz
<b>Popsicle</b>	
Sugar free popsicles all varieties	1.65 oz
<b>Precious</b>	
Stringsters reduced fat	1 oz
<b>Primal Strips</b>	1 oz
Teriyaki Jerky	
Mesquite Lime Jerky	
<b>Promotion in Motion</b>	
Welch's Mixed Fruit Snack	2.25 oz
Welch's Strawberry Fruit Snack	2.25 oz
Reduced Sugar Mixed Fruit Snack	1.5 oz
<b>Quaker</b>	
Cereal Bars (all varieties)	1.3 oz
Chewy Granola Bars (all varieties except Dipp and Choc. Chip)	.84 oz
Chewy with Protein Granola Bars	.84 oz
25% less sugar Chewy Granola Bars	.84 oz
90 Calorie Chewy Granola Bars	.84 oz
Breakfast Cookie (Oatmeal Raisin, Chocolate Chip)	1.69 oz
Simple Harvest Granola Bars Dark Chocolate Chunk	1.2 oz
True Delights (Honey Cashew Mixed Berry)	1.2oz
Instant hot Cereal: Simple Harvest Maple and brown sugar w/ pecans	1.48 oz
Instant Oatmeal (all varieties)	1.42 oz
Mini Delights Butter Popcorn Crispy Multigrain Cakes	.7 oz
Instant Grits (all varieties)	1 oz
Crispy Oat Bars (all varieties)	.91 oz
<b>Reichel</b>	
Dippin Stix Sliced Apples with Carmel/ Carmel with peanuts	2.57 oz
<b>RW Knudsen 100% juice</b>	8 oz

Tropical Punch  
Razzleberry  
Organic Apple  
Organic Pear

**Sargento**

Light and reduced fat cheese sticks .75 oz

**Sahara**

Grapefruit Juice 5.5 oz

**Saputo**

Frigo String Cheese light and reduced fat 1 oz

**Sconza**

Natural Gummy Bears 1 oz  
Reduced Sugar Gummy Bears 2.25 oz

**Seneca Applesauce**

Cups all varieties 4 oz

**Skinny Cow**

Low Fat Ice Cream Sandwich (all varieties) 4 oz  
Low Fat Fudge Bar 4 oz  
Low Fat Fudge Pop Mini

**Slim-fast**

321 Nutty Chocolate Chew bar 23 oz

**Snyders of Hanover**

Multigrain 100 Calorie Pack Sunflower Chips  
(French Onion, Southwestern Cheddar) .7 oz  
100 calorie pretzel packs

**Starkist**

Tuna Salad sandwich ready packets (Chunk light, albacore) 3oz  
Packets (chunk light tuna, albacore white tuna) 2.6oz  
Smooth Pull Lid (Chunk Light tuna, albacore white tuna) 3 oz

**Stuffers**

Whales Baked crackers 1.5oz

**Stoneyfield Organic**

Kids and Yo Baby yogurt 4oz

**Sunshine (Kraft)**

Cheez It Reduced Fat 1.5 oz  
Cheez It reduced fat variety pack 1.25 oz

**Super Pretzel**

Pizza PretzelFils 3 sticks  
Soft Pretzels 68-71 oz

Soft Pretzel Bites	5 nuggets
<b>Tree Top</b>	
Apple Juice	5.5/6.75 oz
<b>Tribe</b>	
All natural HUMMUS classic cup	2oz
<b>Tropicana</b>	
100% Orange juice cartons	8oz
<b>Vruit</b>	
100% Juice Box	8oz
<b>Weezy's</b>	
String Cheese low moisture part Skim	1 oz
<b>Weight Watchers</b>	
Peanut Butter Soft Cookies	25 g
Double Chocolate Muffin	66g
Banana Nut Muffin	66g
Premium Ice Cream Cups (Chocolate fudge brownie, cookies and cream, peanut butter delight)	6oz
Giant bars (mint fudge ice cream sundae cone, chocolate cookies and cream, latte, wildberry and orange)	4oz
Sherbet and Ice cream Bars	4oz
Chocolate Mint Ice Cream Sandwich	6oz
Yogurt (all varieties)	6oz
string cheese	.75 oz
<b>Woodstock Farms</b>	
Organic Applesauce	4 oz
<b>Yoplait</b>	
Fiber One Non-fat Yogurt (all flavors)	4 oz
Yoplait Light Yogurt (all flavors)	6 oz
Yoplait Delights Yogurt (all flavors)	4 oz
Yoplait Trix Yogurt	4 oz
Yoplait kids 25% less sugar	
Yo Plus light (all varieties)	4 oz
<b>Zen Soy</b> Soy Pudding Chocolate	4 oz