

SMART SNACK IDEAS

Chips, Pretzel and Popcorn:

Pirate's Booty Aged White Cheddar 0.7 oz Vistar New England
Sunchips Snack Mix (Harvest Cheddar) 0.9 oz
Baked Lay's Original Potato Crisps 1.1 oz 140
Simply Chex Brand Snack (Cheddar and Hot and Spicy) 0.9 oz
Simply Chex Brand Snack (Chocolate Caramel and Strawberry Yogurt) 1 oz
Good Natured Selects Baked Vegetable Crisps (Ranch) 1 oz
Vic's Kettle Corn 1 oz.
Vic's Lite White Popcorn 0.5 oz
Vic's White Cheddar Popcorn 0.6 oz
Kellogg's Special K Cracker Chips (Cheddar, Sea Salt, Sour Cream and Onion) 0.87 oz
Kellogg's Special K Cracker Chips (Cheddar) 0.87 oz

Dairy:

Dannon Light and Fit Greek Yogurt (raspberry chocolate)
Yoplait Light Yogurt (Strawberry, Blueberry)
Yoplait Greek 100 Yogurt (Vanilla)
Laughing Cow Cheese (Creamy White Cheddar)
Hy-Vee Fudge Bars and Light Fudge Bars
Skinny Cow Greek Frozen Yogurt Bars (Chocolate Fudgetastic Swirl)

Fruit:

Outshine Frozen Fruit Bars (Raspberry)
Outside Frozen Fruit and Veggie Bars
Go-Go Squeeze Applesauce on the Go (Regular and Apple Cinnamon)
Carrot sticks with ranch dressing
Fresh fruit kabobs

Granola & Cereal bars:

Cereal bars, Whole Grain (Apple Cinnamon, Strawberry)

Kellogg Nutri-grain Cereal bars 1.3 oz. (Apple Cinnamon, Blueberry, Strawberry)

Nature Valley Chewy Granola Bar (Chocolate Chip, Oatmeal Raisin)

Nature Valley Crunchy Granola Bar 1.5 oz (Oats & Honey, Peanut Butter, Dark Chocolate - 1.49 oz)

Quaker Chewy Granola Bars .84z (Oatmeal Raisin, Peanut Butter Chocolate Chip, Maple Brown Sugar)

YoCrunch with Granola 6 oz (Blueberry, Raspberry, Strawberry, Strawberry Banana)

Grains:

Annie's Organic Cheddar Bunnies

Pepperidge Farm Goldfish crackers

Sunshine Cheez It

PopChips

Betty Crocker Oatmeal Bars (Butterscotch, Chocolate Chip, Double Chocolate)

Kashi Chewy Bars

Keebler Animal Crackers

Keebler Graham Crackers

Keebler Crackers Bug Bites

Keebler Crackers Scooby Doo Sticks

Simply Chex Snack Mix (Chocolate Caramel, Strawberry Yogurt, Cheddar)

*To determine if other snacks are considered "Smart Snacks," please use the following calculator:

<https://foodplanner.healthiergeneration.org/calculator/>