



## USDA Smart Snack in Schools

### SMART SNACK LIST, PRODUCT CALCULATOR & RESOURCES

[Smart Snack Compliance Decision Tree](#)

[Smart Snack Calculator](#)

List of acceptable/compliant Smart Snack items assists with identifying commercially available products.

**Timesaver Tip:** To search the list for specific foods, beverages, or manufacturers, open the appropriate list. On the toolbar, click on “edit” then “find,” and enter the information you would like to find.

- [List 1](#): **CHIPS**, popcorn, rice cakes, puffed snacks
- [List 2](#): **CRACKERS**, pita chips, hard pretzels, snack mix
- [List 3](#): **COOKIES AND BARS** (e.g., granola/cereal bars, animal/graham crackers)
- [List 4](#): **BAKERY PRODUCTS** (e.g., waffles, pancakes, soft pretzels, muffins, rolls, bagels)
- [List 5](#): **BREAKFAST CEREALS** (cold ready-to-eat cereal and cooked hot cereal, e.g., oatmeal)
- [List 6](#): **NUTS, SEEDS AND JERKY** (including nut/seed butters, soy nuts, trail mix)
- [List 7](#): **YOGURT AND PUDDING**
- [List 8](#): **CHEESE** (low-fat or reduced-fat natural cheese)
- [List 9](#): **SMOOTHIES** (made with low-fat yogurt and fruits/vegetables/100 percent juice)
- [List 10](#): **FROZEN DESSERTS** (e.g., ice cream, ice cream novelties, frozen fruit/juice bars)
- [List 11](#): **FRUITS AND VEGETABLES** (individually packaged fresh, frozen, canned, dried)
- [List 12](#): **SOUPS** (ready-to-serve, condensed, frozen)
- [List 13](#): **NON-ENTREE COMBINATION FOODS** (contain more than one food component)
- [List 14](#): **ENTREES** (sold only a la carte)
- [List 15](#): **COOKED GRAINS** (e.g., pasta, rice, quinoa, bulgur)
- [List 16](#): Beverages – **MILK** (low-fat unflavored and fat-free unflavored or flavored)
- [List 17](#): Beverages – **DAIRY ALTERNATIVES**, e.g., soy milk
- [List 18](#): Beverages – **100% JUICE** (carbonated and noncarbonated)
- [List 19](#): Beverages – **100% JUICE FROZEN SLUSH**
- [List 20](#): Beverages – **WATER WITH JUICE** (carbonated and noncarbonated)
- [List 21](#): Beverages – **WATER** (carbonated and noncarbonated)