

## Costco – Smart Snacks Approved Foods List

Mesa Public Schools District Wellness Policy mandates that all foods sold or served during the school day meet the Smart Snacks in Schools Standards. The following list is of foods and beverages that meet the standards. This list is ***not all inclusive***. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. If you have questions about a food that is not on this list please contact the Food and Nutrition Department at 480-472-0904.

### Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup
All Brands	Dried Fruit with No Added Sugar	1/4 cup
All Brands	Fresh Fruit & Vegetables –Individual Bags or Platters	1/2 cup
Bare	Apple Chips, Crunchy	1 oz
Happy Squeeze	Fruit and Veggie Twist	1 pouch (99g)
Kirkland	Sunsweet Dried Apricots	about 6
Kirkland	Sunsweet Dried Plums	about 6
Kirkland	Real Sliced Fruit – Freeze Dried - Individual Bags	1 bag
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)
Made in Nature	Mangos, Dried, Sweet and Tangy	1/3 cup
Ocean Spray	Craisins	¼ cup
Sun Maid	Raisins	1 box (42.5 g)
Sun Maid	Raisins	¼ cup
That's It	That's It Fruit Bar	1 bar (1.2 oz)

### Nuts

Manufacturer	Name/Description	Serving Size
Hoody's	Dry Roasted Peanuts	40 pieces
Kirkland	Dry Roasted Almonds	1/4 cup
Kirkland	Pistachios	1/2 cup with shells
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 oz)
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup
Wonderful	Pistachios – Whole With Shell	1/2 cup

### Crackers

Manufacturer	Name/Description	Serving Size
Crunchmaster	Multi-Grain Crackers – 6 Seed	14 crackers
Mary's	Mary's Gone Crackers, Original	13 crackers
Nabisco	Triscuit – Organic, Original – Made with Sea Salt	6 crackers
Nabisco	Wheat Thins – Original or Reduced Fat	13 chips (28 g)

## Drinks

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
All Brands	100% Juice (Product must state 100% juice)	≤8 oz elementary ≤12 oz secondary
All Brands	Milk, Plain – lowfat 1% or fat free	≤8 oz elementary ≤12 oz secondary
All Brands	Milk, Flavored – must be fat free	≤8 oz elementary ≤12 oz secondary
All Brands	Milk Alternative – Reduced Fat Enriched - Rice, Nut, or Soy	≤8 oz elementary ≤12 oz secondary
Apple & Eve	Organics	6.75 oz
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl oz)
Kirkland	100% Juice	≤8 oz elementary ≤12 oz secondary
Kirkland	100% Juice – Variety	6.75 fl oz
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White Grape, & Mixed Berry	≤8 oz elementary ≤12 oz secondary
Treetop	100% Juice Assorted	≤8 oz elementary ≤12 oz secondary
Tropicana	100% Juice – Apple Juice, Fruit Punch, Orange Juice	≤8 oz elementary ≤12 oz secondary
V-8	100% Vegetable Juice	≤8 oz elementary ≤12 oz secondary

## Water

Any brand any size of pure water, no added artificial sweeteners and/or caffeine.
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## Yogurt/Cheese/Pudding

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)
Dannon	Light & Fit, Greek	5.3 oz (150g)
Kirkland	Lowfat Yogurt – All Flavors	8 fl oz
Precious	Stringsters Reduced Fat String Cheese	1 stick
Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge
Snack Pack	Snack Pack Chocolate Pudding	1 cup
Yoplait	Original Yogurt – All Flavors	6oz
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Simple GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)
Yoplait	Light Yogurt – All Flavors	6 oz

### Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)
Nabisco	BelVita Soft Baked Breakfast Bars – Banana Bread	1 biscuit (50g)
Nature's Path	Envirokidz Berry Blast Crispy Rice Bars	1 bar (28g)

### Granola Bars

Manufacturer	Name/Description	Serving Size
Clif	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter, Chocolate, Almond and Sea Salt	1 bar (35g)
Kind	Dark Chocolate Chunk	1 bar (35g)
Kirkland	Soft and Chewy Chocolate Chip Granola Bars	1 bar (24g)
Nature Valley	Crunchy Granola Bar – Oats n' Honey	2 bars (42g) 1 package
Nature Valley	Fruit and Nut Chewy Granola Bar	1 bar (35g)

### Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size
Healthy Choice	Organic Fudge Bars, no sugar added	1 bar (3 oz)
Julie's	Organic Low Fat Frozen Yogurt	1 bar (78g)
Otter Pops	100% Juice Bars – <b>MUST STATE 100% JUICE</b>	1 bar (2 oz)