

GCISD Smart Snacks

Please note, this is NOT a comprehensive list of all Smart Snack compliant foods and beverage options.

These specific items have been analyzed by the Nutrition Services Department and comply with Smart Snacks in the listed serving sizes

Retail products are typically not formulated to meet these regulations. Nutrition Services can assist with purchasing.

Snack Item	Serving Size
Quaker Low Fat Chewy Chocolate Chunk Granola Bar	24g
Buena Vista Low Fat Whole Grain Brownie	1.3oz
Cereal Bar, Whole Grain, TRIX	1.4oz
Cereal Bar, Whole Grain, COCOA PUFF	1.4oz
Cereal Bar, Whole Grain, CINN TOAST	1.4oz
Cereal Bar, Whole Grain, NutriGrain Strawberry	1.3oz
Cereal Bar, Whole Grain, NutriGrain Blueberry	1.3oz
Cereal Bar, Whole Grain, NutriGrain Apple	1.3oz
Cheese stick, low fat, mozzarella	1.0oz
Chips, FritoLay, Reduced-Fat, Baked tortilla	1.45oz
Chips, FritoLay, Reduced-Fat, Baked BBQ	.875oz
Chips, FritoLay, Reduced Fat, Baked Cheetos Crunchy	.875oz
Chips, FritoLay, Reduced Fat, Baked Flaming Cheetos	.875oz
Chips, FritoLay, Reduced Fat, Baked Plain Lays	.875oz
Chips, FritoLay, Reduced Fat, Baked Cheetos Puffs	.70oz
Chips, Reduced Fat, Whole Grain Doritos Nacho Cheese	1oz
Chips, Reduced Fat, Whole Grain Doritos Cool Ranch	1oz
Chips, Reduced Fat, Whole Grain Doritos Spicy Chili	1oz
Pretzels, Hartzels Low Sodium	.7oz
Cookie, Otis, Whole Grain, Reduced Fat, Chocolate Chip	1.3oz
Cookie, Otis, Whole Grain, Reduced Fat, Sugar	1.0oz
Cookie, Otis, Whole Grain, Reduced Fat, Carnival	1.0oz
Cookie, Otis, Whole Grain, Reduced Fat, Double Fudge	1.3oz
Goldfish Crackers, Whole Grain	.75oz
Animal Crackers, Keebler, Whole Grain	1.0oz
Graham Crackers, Scooby Snacks, Whole Grain	1.0oz
Crackers, CheezIts, Whole Grain	.75oz
Craisins	1.16oz
Fruit Slush, RIPS, 100% fruit juice	4oz

IZZE Fruit Juice (MIDDLE SCHOOL ONLY)	8.4oz
Fruit 66 100% fruit juice (MIDDLE SCHOOL ONLY)	8.0oz
Capri Sun 100% fruit juice	6oz
Tropicana 100% Fruit Juice (MIDDLE SCHOOL ONLY)	10oz
V-8 Fusion 100% fruit & veg juice (MIDDLE SCHOOL ONLY)	8oz
Popcorn, FritoLay, White Cheddar	.5oz
Poptarts, Whole Grain, Cinnamon	1 pastry
Poptarts, Whole Grain, Strawberry	1 pastry
Pudding, Zerts, Cupcake Batter	3oz cup
Pudding, Zerts, Brownie Batter	3oz cup
Rice Krispy Bar, Whole Grain, Apply Cinnamon	1.27oz
Sherbet cup, SideKicks, 100% fruit juice	4.4oz
Tropical fruit cups, Dole, in fruit juice	4oz
Yogurt, Trix, All Nutural, Low Fat	4oz
Yogurt, Upstate farms, Low Fat	4oz