

**GFPS "HEALTHY FOODS IN OUR SCHOOLS"
APPROVED INDIVIDUALLY WRAPPED SNACK FOODS LIST**

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:

The Student Wellness Coordinator: 268-6782

The complete list can be found at: <http://www.gfps.k12.mt.us/DistrictInformation/Wellness/StudentWellness.html#>

Brand/Item	Serving Size
ACT II	
100 Calorie butter snack bag	
Active Lifestyle	
Yogurt (all varieties)	
Instant Oatmeal Packets	45 g.
Chewy bar oats and peanut butter	40 g.
Albertson's	
Chewy Granola Bars (excluding chocolate chunk)	
Crunchy Granola bars (all varieties excluding peanut butter)	1.5 oz
Light Yogurt	6 oz
Instant Oatmeal Packets	310-430 g
Fruit Cups	4 oz
Applesauce Cups	4 oz
Soft Pretzel	64 g
String Cheese	1 oz
Annie's Homegrown	
Chocolate Chip Bunny Grams	1 oz
Real Cheddar Bunnies	1 oz
Apples and Eve Organic	
100 % Juice	4.25-6.75 oz
Fruitables	6.75 oz
Back to Nature 100% Juice	
Berry	6 oz
Apple	
Fruit Punch	
Barbara's Crunch Organic Granola Bars	
Toasted Almond	42 g.
Peanut Butter	
Cinnamon Crisp	
Oats and Honey	
Bear Valley	
Coconut Almond Meal Pack	3.75 oz
Better Oats	
All Varieties	46 grams
Biscomerica	
Low Fat Animal Snackers	2.13 oz
Blue Bunny	
Sweet Freedom No Sugar Added Fudge lites	1.75oz
Breakstone	
Small Curd Fat Free Snack Size Cottage Cheese	4 oz

Brown Cow	Natural Greek nonfat Yogurt	
Bumble Bee	Tuna Salad Mix	4 oz
	Chunk Light Tuna in water	3 oz
Capri Sun	100% Juice (Fruit Drive, Berry Breeze)	6 oz
Cascadian Farm	Organic Granola Bar (Chocolate chip, Dark Chocolate Almond, Fruit and Nut)	1.2 oz
	Peanut Butter Chocolate Chip Kid size bars	.78 oz
	Fruit and Nut	
	Crunchy bars (not including Almond Butter)	42 g.
Chicken of the Sea	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
Chobani	Greek yogurt cups fat free	6 oz
Cliff Kid	Organic Z bar Peanut Butter, chocolate brownie	1.27 oz
Crunch Pak	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
	Apple Slices	2 oz
Crystal Farms	String Cheese Mozzarella	1 oz
Crystal Light (Kraft)	Frozen Pops	1.65 oz
Dannon Yogurt	Light and Fit (all flavors)	6 oz
	Activa Light	4oz
David and Sons	Sunflower Seed in the Shell	1.75 oz
Del Monte	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
Dippin Stix	Apple and Carmel	2.75 oz
Dole	Pineapple Juice	6 oz
	Fruit Cup (all flavors)	4oz
	Fruit in Gel (all flavors)	4oz
	Fruit Crisp Cups	8 oz

Dr. McDougall's Soup Cups Low Sodium (all varieties)	1-2 oz
Dryers	
Fruit Bars (all sugar free varieties)	1.5oz
Earth's Best	
Organic Yogurt Rice Crisp Bars	.67 oz
Ener G Wheat Free Pretzels	2.65 oz
Enjoy Life Soft and Chewy Snack Bars (Very Berry, Carmel Apple, Cocoa Loco)	29 g.
EnviroKids	
Organic Crispy Rice Bars (Peanut butter, Berry Blast, Chocolate)	1oz
Flavorite	
Low Fat Vanilla, strawberry, and chocolate milk	6 oz
Frito Lays	
Baked Lays Barbeque Potato Crisps	1 1/8 oz
Baked Lays Original Potato Crisps	1 1/8 oz
Baked Lays Sour Cream & Onion Potato Crisps	1 1/8 oz
Baked Tostitos Scoops, Tortilla Chips	7/8 oz
Cheetos Mellow Puffs, Reduced Fat	.7 oz
Doritos Cool Ranch Totilla Chips, Reduced Fat	1 oz
Doritos Nacho Cheese Tortilla Chips, Reduced Fat	1 oz
MunchiesBakes Snack Crackers, Cheddar Cheese	.9 oz
Quaker Kids Mix Snack Mix	.87 oz
Smartfood Delight White Cheddar Popcorn	.5 oz
Sunchips Garden Salsa Snack Mix	.87 oz
Sunchips Harvest Cheddar	.87 oz
Tostitos Tortilla Chips, Reduced Fat	.8 oz
GoGo Squeez (all Sugar free varieties)	3.2 oz
General Mills	
Cereal Pouches (Cheerios, Honey Nut Cheerios, Cinnamon Toast Crunch, Rice Chex, Honey Kix)	1 oz
Cereal Bowlpak (Cheerios, Berry Berry Kix, Cinnamon Toast Crunch, Cocoa Puffs 25% less sugar, Corn Flakes, Fruity Cheerios, Golden Grahams, Honey Kix, Honey Nut Cheerios, Honey Nut Chex, Multi Grain Cheerios, Rice Crunchins, Total Raisin Bran, Trix)	1 oz
Chex—100 calories Chocolate Carmel, cheddar	21 grams
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
Genesis Today	
Acai Low fat Yogurt	6 oz.
Dark Chocolate Cacao Pudding Cups	3.5 oz
Gensoy	
Potato Bakes Ranch	.75 oz
Glutenfreeda	
Instant Oatmeal Variety Pack	50 g.

Glutino	
Breakfast Bars	200 g
Organic Bars	140 g
Great Value	
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
Grimmway Farms	
Classic Cut peeled baby carrots	3 oz
Hansen's	
Junior 100% Juice	4.23 oz
Natural 100% Juice Slam	6.75 oz
Health Valley	
Organic Blueberry Chewy Granola Bars	29 g.
Hostess	
100 Calorie Pack Cinnamon Streusel Coffee Cake	1.25 oz
100 Calorie Pack Strawberry cake with Cream Cheese	1.25 oz
Hunts	
Snack Pack (FF Pudding varieties, Sugar Free gel varieties)	3.5 oz
IGA	
Mozzarella String Cheese	1 oz
Instant Oatmeal (all varieties)	.98 oz
Jack Link's	
Original Beef Jerky 70 cal pack	.9 oz
Jell-O	
Fat-free Pudding Cups (all flavors)	4 oz
Gelatin Snacks (all varieties)	92 g
Jolly Time	
100 Calorie Bag- healthy pop butter	1.2 oz
Kar Nuts	
Goin' Granola	1.25oz
Jalapeno Hot Veggie Stix	.75 oz
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
Kashi	
TLC Granola Bars (all varieties excluding Dark Chocolate Coconut)	1.1-1.3 oz
GO LEAN instant oatmeal packets	1.41 oz

Kashi Soft 'n Chewy Bars (all varieties)	40 g
Keebler	
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	1 OZ
Kellogg	
Cereal Bowl Pak (All-Bran Complete, Apple Jacks, Cinnamon Flakes, Froot Loops Reduced Sugar, Frosted Flakes Multigrain, Frosted Mini Wheats, Kashi Berry Blossom, Raisin Bran, Scooby Doo)	1 OZ
Elfin Crackers Bag	2.13 OZ
Fruit Crisp (Strawberry, Blueberry)	.88 OZ
Nutri-grain Cereal Bars (all varieties)	1.3 OZ
Pop tarts Popsters Baked crisps	23 g
Pop Tart Mini Crisp (chocolate and strawberry)	.81 OZ
Rice Krispie Treats Whole Grain	1.3 OZ
Special K Bar (Honey Nut, Chocolate chip cookie)	.81 OZ
Special K Cracker Chips Baked Snacks, Cheddar	1.06 OZ
Special K Cracker Chips Baked Snacks, Sea Salt	.88 OZ
Sunshine Cheez-Its whole grain	1 OZ
Zesta Mini Saltine Crackers, whole grain	.39 OZ
Zoo Animals	2.13 OZ
Kozy Snack	
No Sugar Added Tapioca Pudding	4OZ
Soy Pudding	4 OZ
Courageous snack pudding (all varieties)	
Knudsen	
On the Go Cottage Cheese with pineapple varieties	4 OZ
Kraft	
Bagel-fuls (apple cinnamon/cherry/strawberry and Cream Cheese)	71 g
100 Calorie Chewy Granola Bars (Chips Ahoy!, Oreo, Nutter Butter)	.84 OZ
100 Calorie Cheese Packs	1 OZ
Handi-Snacks Mr. Salty	.92 OZ
Mozzarella String Cheese	1 OZ
Planter Peanuts	1 OZ
Kroger	
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
Laughing Cow	
Mini Babybel Light Cheese	.75 OZ
Lighthouse	

Yogurt Fruit Dip Creamy Vanilla	1.9 oz
Luna Bar	1.69 oz
Dulce De Leche	
Toasted Nuts and Cranberry	
Sunrise	
Meadow Gold	
Frozen Treats Fudge Bar	
Minute Maid	
100% Juice	6.75-8 oz
Minute Rice	
Ready to Serve long grain white rice fully cooked	4.4 oz
Mom's Best	
Naturals instant oatmeal packets	
Motts	
Healthy Harvest and Plus Applesauce	4oz
MJM	
Super Wholesome Graham (all varieties)	1 oz
Murray	
Sugar Free Cookie Chocolate Bites	.74 oz

Musselman's		
	Applesauce Cups (all varieties)	4oz
Mt. Olive		
	Pickle Pak- Sweet Petites	3.7 oz
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, Sunny hemp, Pumpkin Spice, Peanut Buddy, Berry Strawberry)	
	Organic Instant Hot Cereal Pack	40 g.
	(Optimum Cinnamon Blueberry Flaxseed, Hemp Plus, Cranberry Ginger)	
Nature Valley		
	Crunchy Granola Bars (all varieties excluding Oats and Dark Chocolate)	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
Ocean Spray		
	Instant Oatmeal packets	344 g
Orville Redenbacher (Con Agra)		
	100 Calorie Smart Pop (Butter, Kettle Corn)	1.2 oz
Pepperidge Farm		
	100 Calorie Goldfish Crackers (all varieties)	.75 oz
	Goldfish Crackers (multi packs)	1 oz
	100 calorie soft baked oatmeal raisin cookie	.81
Pillsbury		
	Homestyle Mini French Toast, Maple	2.44 oz
	Mini Muffins Blueberry	1.6 oz

Mini Muffins Chocolate Chip	1.6 oz
Mini Pancakes	3.17 oz
Whole Grain Easy Split Baked Biscuit	57 g.
Poore Bros	
Steak and Potato Tato Skins	1.75
Pop Secret	
100 Calorie Kettle Corn	1.12 oz
Popsicle	
Sugar free popsicles all varieties	1.65 oz
Precious	
Stringsters reduced fat	1 oz
Primal Strips	1 oz
Teriyaki Jerky	
Mesquite Lime Jerky	
Private Selection	
Organic Oatmeal Packets	28-40g
Promotion in Motion	
Welch's Mixed Fruit Snack	2.25 oz
Welch's Strawberry Fruit Snack	2.25 oz
Reduced Sugar Mixed Fruit Snack	1.5 oz
Quaker	
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)	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
Life Cinnamon Roll Raisin Pecan bar & banana walnut bread	42 g
Soft Baked Bars	1.48 oz
Reichel	
Dippin Stix Sliced Apples with Carmel/ Carmel with peanuts	2.57 oz
RW Knudsen	
100% juice (Tropical Punch, Razzleberry, Organic Apple, Organic Pear)	8 oz
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) Low Fat Fudge Bar Low Fat Fudge Pop Mini	4 oz 4 oz
Slim-fast 321 Nutty Chocolate Chew bar	23 oz
Snyders of Hanover Multigrain 100 Calorie Pack Sunflower Chips (French Onion, Southwestern Cheddar) 100 calorie pretzel packs	.7 oz
Starkist Tuna Salad sandwich ready packets (Chunk light, albacore) Packets (chunk light tuna, albacore white tuna) Smooth Pull Lid (Chunk Light tuna, albacore white tuna)	3oz 2.6oz 3 oz
Stauffers Whales Baked crackers	1.5oz
Stoneridge Creamery Low Fat Mint and vanilla sandwiches	4 oz
Stoneyfield Organic Kids and Yo Baby yogurt	4oz
Sunshine (Kraft) Cheez It Reduced Fat Cheez It reduced fat variety pack	1.5 oz 1.25 oz
Super Pretzel Pizza PretzelFils Soft Pretzels Soft Pretzel Bites	3 sticks 68-71 oz 5 nuggets
Tree Top Apple Juice	5.5/6.75 oz
Tribe All natural HUMMUS classic cup	2oz
Tropicana 100% Orange juice cartons	8oz
Vitalicious: Vita Muffin 100 Calorie (Deep Chocolate and Golden Corn) Vita Tops (Deep Chocolate and Golden Corn)	2 oz 2 oz
Vruit 100% Juice Box	8oz
Weezy's String Cheese low moisture part Skim	1 oz

Weight Watchers

Peanut Butter Soft Cookies	25 g	
Muffin (Banana Nut, double chocolate, Blueberry)	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	
Coffee cake	5.5 oz	
string cheese	.75 oz	

Wild Harvest

Applesauce Cups	4 oz	
Instant Oatmeal	320 g	

Woodstock Farms

Organic Applesauce	4 oz	
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Yoplait

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	

Zen Soy

Soy Pudding Chocolate	4 oz	
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