

Appraoved Snack List-Arts Academy at Estrella Mountain

Arizona Revised Statute 15-242 mandates that all K-8 schools follow the Arizona Nutrition Standards for all foods and snacks distributed or sold to students on campus. The only exceptions are classroom parties, which are limited to one classroom and include only the students on that roster. sCHOOL FUNDRAISERS ARE EXCEMPT. There may be restrictions on classroom parties. The following list includes foods and beverages that meet these standards. This list is not exhaustive. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. If you have any questions, please contact the food service department at 623-474-2120 ext. 0716.

	DESCRIPTION	SERVING SIZE	Walmart	FRYS	SAFEWAY	SAMS	COSTCO
	APPLESAUCE / FRUIT CUPS/FRUIT SNACK						
all brands	individual cups of fruit, in water or natural juice	1/2 cup	X	x	x	x	x
	dried fruit no sugar added	1/4 cup	x	x	x	x	x
	fresh fruit or vegetables, platter or bags	1/2 cup	x	x	x	x	x
brothers	all natural fruit crisps	1 bag					x
buddy fruits	100% fruit snack squeeze pouch	1 pouch	x	x	x	x	x
buddy fruit	pure fruit jingle gel	1 pouch (3.2 oz.)	x		x		
Chiquita	fruit chips 100% fruit freeze dried	1 pouch, 30g	x				
cliff	organic twisted fruit - all flavors	1 twist 20 g	x				
cliff	organic kid zrope	1 piece				x	
crunchies	freeze dried fruit - all flavors	1/4 cup	x				
crunch pack	dipper fruit packs - all flavors	1 container (2.75 oz.	x				
daily chef	dried Mediterranean apricots	1/4 cup 40g				x	
del Monte	fruit cup no sugar all flavors	1 cup	x	x	x		
del Monte	fruit naturals no sugar added	1 cup	x	x	x		
Disney	fruit crisp freeze dried fruit slices - all flavors	1 bag	x				
dole	fruit cups 100% fruit	1 container 113 g	x	x	x		
dole	fruit squishems	1 pouch	x				
earth best	organic applesauce cinnamon	1 cup 113 g	x				
earth best	organic applesauce original	1 cup 113 g	x				
earthbound farm	organic raisins	1 box 43 g		x			
great value	all natural no sugar added applesauce cup	1 cup	x				
great value	unsweetened applesauce	1 cup	x				
great value	dried apricots	7 pieces	x				
great value	no sugar added fruit cup - peaches	1 cup	x				
happy squeeze	fruit and veggie twist pouch- all flavors	1 pouch 99 gr	x				

Kirkland	sun sweet dried apricots	6 pieces					x
Kirkland	sun sweet dried plum	6 pieces					x
Kirkland	real sliced fruit - freeze dried - individual bag	1 bag					x
Kroger	applesauce - no sugar added	4 oz.		x			
Kroger	seedless raisins	1 box		x			
materne	go-go squeeze - all flavors	1 pouch		x	x		
Motts	applesauce snack and go - all flavors	1 pouch					
Motts	healthy harvest no added sugar country berry, peach medley, & summer strawberry	1 cup	x	x	x		
musselman	natural unsweetened applesauce	1 cup	x	x			
musselman	healthy picks all flavors	1 cup	x				
o organics	raisins	1 box			x		
peter rabbit	100% pure fruit snacks pouch - all flavors	1 pouch	x				
peter rabbit	100% vegetable and fruit puree pouch	1 pouch	x				
plum kids	organic mash ups - all flavors	1 pouch			x		
plum kids	organic slam dunk - fruit and veggie dip all flavors	a pack			x		
Safeway	real fruit squeezable sauce pouch	1 pouch			x		
Safeway kitchen	raisins	1 box			x		
stretch island	100% natural fruit leather - all flavors	1 pouch					
sunmaid	raisins	1 box	x				
tree top	no sugar added natural apple sauce - individual cup	1 cup	x				
	CHIPS/PRETZELS/POPCORN/CORN NUTS						
Act II	mini bags 94% fat free butter popcorn	1.2 oz.	x	x			
Anderson	mini twist pretzels	17 pretzels					z
corn nuts	original, ranch and chili picante	1 package 48g	x	x	x	x	
corn nuts	variety pack	1 package 48g					x
fry's	pretzel sticks	28 gr/ 1 oz.		x			
fry's	sourdough large pretzels	1 pretzel		x			
fry's	tiny twist pretzels	28 gr 1 oz.		x			
general mills	Chex mix individual bags only traditional , cheddar, bold, sweet & salty and trail mix	1 pouch .82 oz		x	x		x
general mills	Chex mix individual traditional , cheddar, bold, sweet m salty and trail mix , caramel crunch	1/2 cup	x	x	x		x
jolly time	healthy pop butter 94% fat free - 100 calorie pack	1 package		x	x		
jolly time	healthy pop 94% fat free, microwave popcorn	2 cups popped					
Kroger	mini twists pretzel individual bag	1 bag		x			
lays	smart mix baked -lays, baked lays kc masterpiece BBQ, baked Dorito's, baked ruffles-cheddar and sour cream,	1 bag 1 oz.	x	x			x

lays	baked chips assorted - individual bag 30 count	1 bag 1 oz.	x				
lays	baked Doritos, nacho cheese individual bag	1 bag 1 oz.	x	x	x		
lays	baked ruffles potato chips	1 bag 1 oz.	x	x	x		
lays	baked potato chips - BBQ, cheddar and sour cream, original, sour cream and onion	1 oz. bag		x	x		
Orville Redenbacher	100 calorie popcorn - butter - smart pop mini bag	1 bag	x	x	x	x	
Orville Redenbacher	smart pop 94% FF microwave popcorn	2 cups popped	x	x	x		
Pepperidge farms	baked naturals - simply pretzel thins	11 crisps (1 oz.)					
pop secret	100 calorie popcorn butter snack size	1 bag 31g	x		x		
pop secret	94% fat free butter popcorn	2 cups popped		x	x		
Quaker	popped rice snacks - all flavors	1 oz. bag	x	x	x		
rold gold	pretzels= classic style sticks, rods, sourdough, honey mustard, tiny twists, cheddar	1 oz. bag	x	x	x		
san Francisco pretzel co	sourdough pretzels -	5 pretzels- 1 oz.					x
Safeway	fat free butter popcorn	2 cups popped			x		
Safeway	mini pretzel fun size bags	1 bag 1 oz.			x		
smart food	popcorn clusters - all flavors	1 bag 1 oz.	x	x	x		
snack factory	pretzel Crisps - all flavors	10 crackers 1 oz.	x			x	
Snyder's of Hanover	mini pretzels - individual bags	1 bag 1 oz.			x		
Snyder's of Hanover	pretzel sticks	28 sticks			x		
Tostito	baked tortilla scoops - light tortilla chips	16 chips / 28 gr/ 1 oz	x	x	x	x	
UTZ	pub mix	1/2 cup				x	x
	NUTS//SEEDS/JERKY						
	WE ARE A NUT FREE DISTRICT NO NUTS						
great value	beef jerky - original, teriyaki and peppered	1 oz.	x				
jack links	beef jerky 97% fat free all flavors	1 oz.	x	x	x	x	
jack links	premium beef cuts - individual snacks	1 pack (28 gr)				x	
jack links	turkey jerky	1 oz.				x	
Kirkland	steak strips	1 oz.					x
Kroger	beef jerky 97% fat free all flavors	1 oz.		x			
pacific gold	beef jerky original - individual	1 package					x
pacific gold	beef jerky	1 oz.					x

pacific gold	turkey jerky - teriyaki	1 oz.					x
	CAKES, COOKIES AND CRACKERS						
AK-MAK	sesame cracker	5 crackers			x	x	
ANNIES	home grown bunny grahams - honey, chocolate chip, chocolate	28 cookies	x	x			
AUSTIN	zoo animal crackers	1 bag				x	
CRUNCHMASTER	original multi seed	15 crackers				x	
CRUNCHMASTER	multi seed - 5 seed	14 crackers					x
CRUNCHMASTER	multi seed crackers - roasted garlic	14 cracker			x		
CRUNCHMASTER	multi seed crackers - sea salt	16 crackers			x		
CRUNCHMASTER	cheesy crisps - cheese	60 crackers	x				
CRUNCHMASTER	Grammy crisps -cinnamon sugar	25 crackers	x				
GENSOY	soy crisps	17 cookies		x			
HOMEKIST	honey graham crackers	2 full sheets	x				
KASHI	snack crackers	15 chips		x			
KASHI	soft baked cookies- oatmeal chocolate chip, oatmeal raisin flax	1 cookie		x	x		
KELLOGGS	special k cracker chips - individually wrap	1 bag	x			x	
KELLOGGS	special k cracker chips - sea salt, sour cream & onion, southwest ranch, cheddar	27-30 chips	x	x	x		
KIRKLAND	Disney organic animal crackers	13 crackers					x
KRAFT	south beach diet wheat snack crackers	1 package		x			
Kroger	value animal crackers	10 crackers		x			
KROGER	graham crackers, cinnamon, chocolate,	2 whole sheets 31 gr		x			
KROGER	Value Graham crackers	4 cookies		x			
KROGER	wheat crisp, baked - all flavors	17 crackers		x			
NABISCO	100 calorie snack - chips ahoy, Oreo thin crisp	1 package 22g	x	x	x		
NABISCO	100 calorie snack - mini teddy grahams	1 package 22g	x	x	x		
NABISCO	100 calorie snack - Ritz snack mix	1 package 22g	x		x		
NABISCO	100 calorie snack - sweet and salty	1 package 22g	x				
NABISCO	100 calorie snack - wheat thins toasted chips	1 package 22g	x	x			
NABISCO	honey maid grahams	8 crackers/ 2 sheets	x	x	x		x
NABISCO	honey maid grahamfuls, banana vanilla cream	1 pack/ 25 gr	x	x	x		
NABISCO	honey maid lil squares - cinnamon	29 pieces	x	x	x		
NABISCO	honey maid angry birds honey grahams	1 bag		x	x		
NABISCO	newton's fruit thins - all flavors	3 cookies	x	x	x		
NABISCO	teddy grahams 150 calorie pouch- chocolate, cinnamon, and honey	1 pouch	x	x	x		

NABISCO	teddy grahams - honey, cinnamon, chocolate, and chocolate chip	24 piece	x	x	x		
NABISCO	triscuit - all flavors	6 crackers	x	x	x		
NABISCO	triscuit thin crisps - all flavors	15 crackers	x	x	x		
NABISCO	wheat thins - original, reduced fat, multigrain, toasted chips	14 pieces	x	x	x		
PEPPERRIDGE FARM	wheat thins - garden valley vegetable, great plains multigrain	13 chips	x	x	x		
PEPPERRIDGE FARM	reduced fat cheese nips	30 g	x	x	x		
PEPPERRIDGE FARM	baked goldfish - individual	1 package	x	x	x	x	
PEPPERRIDGE FARM	goldfish colors	55 pieces	x	x	x		
PEPPERRIDGE FARM	whole grain goldfish individual	1 package	x	x	x		
PEPPERRIDGE FARM	goldfish whole grain	0x		x	x		
PEPPERRIDGE FARM	goldfish baked grahams variety pack - vanilla cupcake, fudge brownie, s'mores	1 bag	x	x	x		
PEPPERRIDGE FARM	baked naturals cracker chips - cheddar, multigrain	27 pieces	x	x	x		
PEPPERRIDGE FARM	baked natural cracker chips- cheddar and sour cream	25 pieces	x	x	x		
PEPPERRIDGE FARM	baked natural - four cheese chips	20 pieces	x	x	x		
Pepperidge farms	jingos! Lime and sweet chili, fiesta cheddar	23 pieces	x	x	x		
SAFEWAY KITCHEN	honey graham crackers - low fat honey graham	2 whole crackers			x		
Pepperidge farms	graham crackers - cinnamon, low fat honey	2 whole cracker			x		
sunshine	cheez it party mix	1/2 cup	x	x	x		
GREAT VALUE	frosted toasted pasties - all flavors	1 pastry / 52 gr	x				
KELLOGGS	pop tart low fat - all flavors	1 pastry		x	x		
KELLOGGS	pop tarts oatmeal delights	1 pastry	x		x		
KELLOGGS	pop tarts whole grain, strawberry, brown sugar, cinnamon	1 pastry	x	x	x		

KROGER	toaster treats - all flavors	1 pastry					
SARA LEE	soft and smooth mini bagels - whole grain, cinnamon	1 bagel					
THOMAS	mini bagels - frown sugar cinnamon	1 bagel					
THOMAS	bagel thins - 100% whole wheat, everything, plain	1 bagel					
TOAST'EM	popups - brown sugar cinnamon, frosted strawberry	1 pastry					
	DRINKS (all juice must be 100% juice)						
APPLE & EVE	100 % juice -apple, very berry, fruit punch	6.75 oz.				x	
APPLE & EVE	100 % juice -all flavors	4.23 oz.	x				
APPLE & EVE	100 % juice - organics all flavors	6.75 oz.	x				
APPLE & EVE	fruitables - all flavors	6.75 oz.	x	x	x		
CAMPBELLS	tomato juice concentrate	6.75 oz.	x	x	x	x	x
CAMPBELLS	V-8 spicy hot, low sodium, or regular	8 oz. or less	x	x	x		x
CAMPBELLS	V-8 fusion - strawberry banana, peach mango, pomegranate blueberry, and tropical orange	8 oz. or less	x	x	x	x	x
CAPRI SUN	100% juice all flavors	1 pouch	x	x	x		
CAPRI SUN	fruit waves 100% juice all flavor	1 pouch		x	x		
CAPRI SUN	fruit waves 100% juice variety pack	1 pouch					x
CAPRI SUN	super v - fruit and vegetable drink	1 pouch		x	x		
DOLE	100% pineapple juice	8 oz. or less	x	x	x		
GREAT VALUE	100% apple, grape, and cranberry	1 pouch	x				
GREAT VALUE	vegetable juice from concentrate - 100% juice	8 oz. or less	x				
HANSENS	junior juice 100% juice - all flavors	4.23 oz.	x				
HERSHEYS	chocolate milk Reduce fat	8 oz. or less					x
HORIZON	organic milk - reduced fat	8 oz. or less	x		x	x	
HORIZON	organic milk - low fat all flavors	8 oz. or less	x	x	x		
JUCY JUICE	100% juice berry, grape, punch strawberry, banana, white grape	8 oz. or less	x	x	x		
JUCY JUICE	fruitfuls - all flavors	6.75 oz.		x	x		
KIRKLAND	Hansen 100% juice variety	6.75 oz.					x
KIRKLAND	organic chocolate reduced fat milk	8.25 oz.					x
KIRKLAND	100% juice - pomegranate, cranberry/raspberry, pomegranate/blueberry and cranberry/grape	8 oz. or less					x
KROGER	100% extreme 100% juice	1 pouch		x			
LUCERNE	protein refuel -protein fortified dairy beverage- vanilla, chocolate and strawberry (6th 7th and 8th only)	12 oz.			x		
MARTINELLIS	apple juice pure 100%	8 oz. or less					x
MEMBERS MARK	100% apple juice	8 oz. or less				x	
MINUTE MAID	100% juice apple, fruit punch, white grape, mixed berry	8 oz. or less	x	x	x	x	x
MOTTS	100% apple juice	8 oz. or less	x	x	x	x	

OCEAN SPRAY	100% juice - grapefruit, cranberry, ruby red grapefruit, cranberry and pomegranate	8 oz. or less	x	x	x		
O ORGANICS	100 % juice	8 oz. or less			x		
O ORGANICS	low-fat milk - plain, chocolate, vanilla	8 oz. or less					
SAFEWAY	eating right - 100% fruit and vegetable juice	6.76 oz.			x		
SAMS CHOICE	100% juice - apple juice, punch blend, white grape	8 oz. or less	x				
SILK	soymilk all natural - chocolate or vanilla	8 oz. or less	x	x	x		
SILK	pure almond milk - all flavors	8 oz. or less	x	x	x	x	
SENECA	100% apple juice	8 oz. or less	x				
SHAMROCK	reduced fat milk - chocolate . Vanilla, strawberry	8 oz. or less	x	x	x		
SHAMROCK	rockin refuel - protein fortified low-fat milk	8 oz. or less	x	x	x		
SUNSWEEP	100% prune juice	8 oz. or less	x	x	x		
TUMMY TICKLER	100% apple juice	8 oz. or less	x				
TREE TOP	100% apple juice	8 oz. or less	x	x		x	
TREE TOP	100% juice assorted	8 oz. or less					x
TROPICANA	100% juice apple, fruit punch, orange	8 oz. or less	x	x	x	x	x
WELCHS	100% juice grape, white grape, white grape cherry, white grape peach, white grape blueberry	8 oz. or less	x	x	x	x	
ALL BRANDS	milk, reduced fat 1% , reduced fat 2% and fat free	8 oz. or less	x	x	x	x	x
ALL BRANDS	milk alternative, reduced fat, enriched, soy, rice, nut	8 oz. or less	x	x	x	x	x
ALL BRANDS	juice 100% must be labeled as such	8 oz. or less	x	x	x	x	x
	WATER (K-8)						
	ANY BRAND ANY SIZE NO ADDED SWEETNERS						
	NO CAFFEINE NO CARBONATION NO FLAVORS						
	YOGURT/CHEESE/SMOOTHIES						
BUDDY FRUITS	100% smoothie squeeze pouch - all flavors	1 pouch			x		
CHOBANI	non fat yogurt	6 oz	X	X	X	X	X
CHOBANI	low fat yogurt	6 oz	X	X	X		
COOL SQUEEZE	squeezable yogurt	1 tube		x			
DANNON	danimals - yogurt smoothies	1 bottle	x	x	x	x	
DANNON	oikos - fruit on the bottom non fat	5.3 oz	x	x	x		
DANNON	light and fit	6 oz	x	x	x		
FRIGO	light string cheese	1 stick	x	x	x	x	
FRIGO	light variety string cheese	1 stick			x		
GREAT MIDWEST	reduced fat premium cheese tray	4 slices (1.1 oz)				x	
GREAT VALUE	lowfat yogurt all flavors	6 oz	x				
GREAT VALUE	light non fat yogurt all flavors	6 oz	x				

HEALTH VALLEY	fruit yogurt smoothie pouch - strawberry banana, pear mango	1 pouch (4.2 oz)	x				
KIRKLAND	low-fat yogurt - peach and blueberry	8 oz					x
KRAFT	live active 2% milk marbled Colby and Monterey jack cheese stick	1 stick	x	x	x		
KRAFT	mozzarella cheese string - 2% milk	1 stick	x	x	x		
KRAFT	mozzarella cheese string, jalapeno, & tomato basil	1 stick			x		
KROGER	cow pals - light - all flavors	1 stick			x		
KROGER	cow pals string cheese	1 stick			x		
KROGER	cow pals light cheese wedges	1 wedge			x		
KROGER	Greek non fat and light yogurt all flavors	6 oz			x		
KROGER	truly awesome low-fat yogurt tube	1 tube			x		
LALA	yogurt smoothies - strawberry	1 bottle (7oz)				x	
LUCERNE	reduced fat yogurt	8 oz			x		
LUCERNE	low-fat yogurt tubes - all flavors	1 tube			x		
LUCERNE	part skim mozzarella string cheese	1 stick			x		
LUCERNE	light string cheese	1 stick			x		
LUCERNE	reduced fat 2% sharp cheddar cheese stick	1 stick			x		
PLUM KIDS	yogurt mashups	1 pouch			x		
PLUM KIDS	organic yo'drops crunchable yogurt - all flavors	1 pack			x		
PRECIOUS	string cheese	1 stick	x	x	x	x	
PRECIOUS	stringsters reduced fat string cheese	1 stick			x		
SAFEWAY BRAND	kids yogurt - all flavors	1 pouch or cup			x		
SARGENTO	string cheese	1 stick	x	x	x		
SARGENTO	light string cheese	1 stick		x	x	x	
SARGENTO	reduced fat Colby jack, cheddar, sharp cheddar	1 stick	x	x	x	x	
STONEYFIELD	yo kids squeezers organic low-fat yogurt - all flavor	1 tube			x		
STONEYFIELD	yo kids low-fat yogurt - all flavors	1 container	x		x		
LAUGHING COW	baby bel light	1 piece					
LAUGHING COW	cheese wedges light - all flavors	1 wedge					
YOPLAIT	original yogurt - all flavors	4 oz					
YOPLAIT	reduced fat yogurt - all flavors	4 oz					
YOPLAIT	gogurt - portable low fat yogurt - all flavors	4 oz					
YOPLAIT	simply gogurt - portable low fat yogurt - all flavors	4 oz					
YOPLAIT	Yoplait kids yogurt - all flavors	4 oz					
YOPLAIT	light yogurt - all flavors	4 oz					
YOPLAIT	Greek 100 - all flavors	4 oz					
YOPLAIT	pro force yogurt for kids - all flavors	4 oz					

