

Acceptable Smart Snacks:

1) **Frozen Fruit Bar if 100% juice and within calorie limits for each school:**

150 calories for elementary

180 calories for middle school

200 calories for high school

2) **Low fat Ice Cream/Bars/Sandwiches/yogurt if:**

-First ingredient is milk,

-Zero Trans Fat and less than 10% calories from saturated fat,

-within same calorie range as stated above for each school.

3) **100% fruit-fruit snacks** if within calorie range above and less than 35%total product weight from total sugars (in grams).

5) **Dried Fruit/Fresh Fruit/Fresh Vegetable with lowfat dip or hummus**

4) **Jerky if:**

-First ingredient is meat, within school calorie range above, less than 230 mg Sodium, and same fat requirements listed in #2.

5) **Whole grain and low fat chips with whole grain as first ingredient (corn, whole wheat, popcorn) and**

-within calorie range, less than 230 mg Sodium, no trans-fat and less than 10% calories from saturated fat.

6) **Beverages-** (100% fruit/vegetable or 1% milk-unflavored or nonfat milk-flavored)

Size and calorie guidelines as follows:

8 ounces or less-Elementary-Maximum calories 120-Milk can be up to 150 calories

10 ounces or less-Middle School-Maximum calories=150-Milk can be up to 190 calories

12 ounces or less-High School-Maximum calories=180-Milk can be up to 225 calories

7) **Whole grain Cereal bars, cookies, crackers, breakfast bars** if first ingredient is whole grain and within calorie classification discussed in #1.

-Please look at Smart Snack Calculator on JSD home page under nutrition services tab for verifying any snacks and print out and give to school for record keeping if possible.