

# Smart Sn<sup>o</sup>ck Idea List

Nutrition & Wellness  
Policy 8510

The following are snacks that comply with the U.S. Department of Agriculture Smart Snack requirements and the Manatee County Schools Wellness Policy 8510

## Please note:

- ✓ **This is not an inclusive list - other items and brands may meet guidelines**
- ✓ Food must be from a **licensed food service establishment** and have an **ingredient label**
- ✓ **Be sure to check nutritional labels to verify that the product meets guidelines**
- ✓ **All products must include an ingredient label so that allergens can be verified before consumption**

- Cheese Sticks
- Chex Mix Cheddar, Chocolate
- Chips, Baked or Reduced Fat (0.8 oz. or 1 oz.):
- Baked BBQ Lays, Baked Cheddar Lays, Baked Sour Cream Lays, Baked Nacho Doritos, Baked Tostitos Scoops, RF Sweet Chili Doritos, RF Cool Ranch Doritos, RF Nacho Doritos, Baked SW Ranch Lays, Baked Flamin Hot Cheetos, Baked Cheetos, Fantastix Flamin Hot, Baked Lays Original, Sunchips
- Whole Grain Goldfish
- Whole Grain Graham Crackers
- NutriGrain Bars
- Whole Grain Pretzel
- Whole Grain Cupcakes or Brownies
- Whole Grain Rice Krispie Treats
- Smartfood Popcorn
- Fresh Fruit or Vegetable Trays
- Raisins or Craisins
- 100% Fruit Chews or Fruit Strips
- 8oz of Low Fat white or Fat Free Flavored Milk
- 8oz 100% Fruit Juice
- Low Fat Ice Cream Bars or Ice Cream Cups
- 100% Juice Frozen Bars or Frozen Cups
- Water

## 1. All foods must meet at least one of the following:

- Must be "whole grain-rich"
  - A. Include 50% or more whole grains by weight or
  - B. Have a whole grain listed as the first ingredient
- OR Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- OR Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- OR Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

## 2. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

Nutrient	Snack Item	Entree Items*
Calories	≤ 200 calories	≤ 350 calories
Sodium	≤ 200 mg	≤ 480 mg
Fat **	≤ 35% of calories	≤ 35% of calories
Saturated Fat	<10% of calories	<10% of calories
Trans Fat	0 grams	0 grams
Sugar	≤ 35% of weight	≤ 35% of weight

\*Entrée items include a meat/meat alternate alone or in combination with a grain or fruit/vegetable.

\*\*Foods exempt from the above requirements include: reduced fat cheese, nuts, seeds, dried fruit, and seafood with no added fat. Fresh and frozen fruits and vegetables are exempt from the above requirements. Canned fruits in 100% juice or light syrup, and canned vegetables in water or a small amount of sugar, are also exempt.

The full Nutrition & Wellness Policy 8510  
can be found on:

[ManateeSchoolFood.net](http://ManateeSchoolFood.net)

