

## High Tech High Approved Food List

The following list is of foods and beverages that meet the standards for all grade levels. This list is *not an all inclusive list*. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Food and Nutrition Services Department at (619) 398 – 8784.

### Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit with No Added Sugar	¼ cup
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)
Brother's	All Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)
Disney	FruitCrisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)
Dole	Fruit Squish'ems	1 pouch
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)
Earth's Best	Organic Applesauce- Original	1 cup (113g)
Earthbound Farm	Organic Raisins	1 box (43g)
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)
Great Value	Unsweetened Applesauce	½ cup
Great Value	Dried Apricots	7 pieces
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)
Kirkland	Sunsweet Dried Apricots	About 6
Kirkland	Sunsweet Dried Plums	About 6
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)
Motts	Natural Apple Sauce	1 cup (111g)
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)
Sunmaid	Raisins	1 box (42.5g)

Manufacturer	Name/Description	Serving Size
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

### Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)
Corn Nuts	Variety Pack	1 package (1/3 cup)
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz
Quaker	Rice Cakes- All Flavors	1 Cake
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips

### Crackers and Grahams

Manufacturer	Name/Description	Serving Size
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)
Crunchmaster	Multi-seed- Five Seed	14 crackers
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers
Homekist	Honey graham Crackers	2 full cracker sheets
Kashi	Snack Crackers- Not Cheddar	15 crackers
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)
Kellogg's	Special K Cracker Chips- Individual Bags	1 package
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)

Manufacturer	Name/Description	Serving Size
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces
Nabisco	Triscuit- All Flavors	About 6 crackers
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)

## Bagels

Manufacturer	Name/Description	Serving Size
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)

## Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	≤ 8 fl oz.	≤ 12 fl oz.
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.
Campbell's	V-8 Fusion Refreshers	≤ 8 fl oz.	≤ 12 fl oz.
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)
Dole	100% Pineapple Juice	≤ 8 fl oz.	≤ 12 fl oz.
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.
Great Value	100% Juice (Apple, Cranberry, Grape)	≤ 8 fl oz.	≤ 12 fl oz.
Great Value	Vegetable Juice from Concentrate (100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.
Horizon	Organic Milk- Lowfat- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.
Langer's	100% Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.
Martinellis	100% Pure Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.
Motts	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	≤ 8 fl oz.	≤ 12 fl oz.

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)
Silk	Pure Almond Milk- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.
Simply Orange	100% Juice- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.
Seneca	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.
Sunsweet	100% Prune Juice	≤ 8 fl oz.	≤ 12 fl oz.
Tummy Tickler	100% Juice- Apple	≤ 8 fl oz.	≤ 12 fl oz.
Treetop	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.
Treetop	100% Juice Assorted	≤ 8 fl oz.	≤ 12 fl oz.
Treetop	Fresh Pressed Juice	≤ 8 fl oz.	≤ 12 fl oz.
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	≤ 8 fl oz.	≤ 12 fl oz.
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.
All Brands	Milk- Lowfat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size

## Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)
Dannon	Light & Fit	6oz (170g)
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)
Frigo	Light String Cheese	1 stick (28 g)
Great Value	Lowfat Yogurt- All Flavors	6 oz
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)
Kraft	Mozzarella Cheese String- 2% milk	1 stick
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz
Precious	String Cheese	1 stick (28g)
Precious	Stringsters Reduced Fat String Cheese	1 stick
Sargento	String Cheese	1 stick
Sargento	Light String Cheese	1 stick
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)
Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)
The Laughing Cow	Babybel Light	1 piece
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge
Yoplait	Original Yogurt- All Flavors	6oz
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less

Manufacturer	Name/Description	Serving Size
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	GogurtProtein- PortableLow FatYogurt- AllFlavors	1 tube (64g)
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container
Yoplait	Light Yogurt- All Flavors	6oz
Yoplait	Greek 100- All Flavors	5.3oz (150g)
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)
Weight Watchers	String Cheese	1 stick

## Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Fiber One	Streusel Bar- Strawberry or Blueberry	
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)
Kellogg's	SpecialK Cereal Bar- Red Berries, Chocolate Pretzel	1 bar
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)

## Granola Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
CLIF	LUNA fiber- All Flavors	1 bar (40g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)
Nature Valley	Crunch Granola Bar- Oat N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)

## Ice Cream/Frozen Fruit Bars

Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)
Blue Bell	Fruit Bars- All Flavors	1 bar
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)
Nestle	Outshine Fruit Bars and Coconut Water	1 bar
Fruittare	Fruit Bars- All Flavors	
Fudgesicle	Fat Free- No Sugar Added	1 bar (65g)

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>
Fudgesicle	100 Calorie Bar	1 bar (65g)
Healthy Choice	Premium Fudge Bars	1 bar (64 g)
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich
Skinny Cow	Cones- All Flavors	1 cone
Skinny Cow	Bars- All Flavors	1 bar
Weight Watchers	Fudge Bars- Giant Latte	1 bar
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)

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