

**WASHOE COUNTY SCHOOL DISTRICT**  
**APPROVED**  
**HEALTHY BEVERAGES & SNACK**

This list will be updated regularly

**Water:** plain

(Aquafina, Cool Springs, Dasani, Crystal Geysler, Black Mountain, Evian, Dannon, Arrowhead, Sparklett's, Calistoga, Propel, Nestle, Glaceau)

**Milk:** 1% or fat free milk, flavored milk may contain no more than 40 grams of sugar per 12 oz. serving

(Model Dairy, Nestle Nesquick, Shamrock Farms, Hershey's)

Fortified Soy Milk (Edensoy, Silk, Rice Dream, Vitasoy) plain, vanilla, chocolate

**Juice:** 100% fruit or vegetable juice for elementary schools, plain

Orange Juice, unsweetened, calcium fortified

Tomato Juice

(Campbell's, Capri-Sun, Dole, Florida's Natural, Giga Fruit, Hansen's, Island Oasis Smoothie, Ridgefield's Smoothie, Juicy Juice, Libby's, Minute Maid, Mott's, Cal-Neva Slush, Knudsen, Switch, Snapple, Tropicana, Veryfine, V-8, Odwalla, Welch's, Tap)

**Sport Drinks:** Gatorade All Stars 12 oz, Powerade 12 oz

**Drinkable Dairy:** Dannon Frusion, Dannon Light n' Fit Smoothie, Dannon Drinkable Lowfat Yogurt

**Food Items:**

Fresh Fruit & Vegetables

Dried Fruits

Stacy's Pita Chips

Stacy's Soy Crisps

Baked Lay's KC Masterpiece BBQ

Baked Lay's Sour Cream & Onion

Hard Pretzels

Kellogg's Fruit Squares

Kellogg's Nutri-Grain Cereal Bars

Kellogg's Journey Bars

Nature Valley Crunch Granola Bars

Keebler Elfin Magic Bar

Soft Baked Pretzels

Chex Mix

King B Mega Jerky

Mott's Natural Style Applesauce

Dole Fruit Cup

Del Monte Canned Fruit

Raisins

Baked Lay's Cooler Ranch

Baked Lay's Potato Chips

Baked Lay's Nacho Cheesier

Baked Ruffles

Fruit Leather

Kellogg's Nutri-Grain Muffin Bar

Quaker Chewy Granola Bars

Munchies Kids Mix – Frito Lay

Austin Cheese & Peanut Butter Crackers

Corn Nuts (original & ranch)

Piazza Whole Grain Pizza

Dole Fruit Bowls

Yogurt

Frozen Yogurt  
Graham Crackers  
Sunkist Fruit Snack  
Simplex Infinity French Fry – oven baked  
Spunkmeyer R/F Chocolate Chip Cookie  
Rice Cakes  
Unsweetened Cereal  
Lowfat Pizza  
String Cheese or Cheese Sticks  
Pumpkin Seeds  
Soy Nuts  
Cherrios & Trix Cereal Bars  
Pretzel Poppers – Super Snax  
Rold Gold Pretzels  
Tostito's Baked Tortilla Chips  
Barnum's Animal Crackers  
Cheese Nips – 100 calorie pack  
Wheat Thins – 100 calorie pack  
Buena Vista Brownie  
Keebler Animal Cracker  
Keebler Teddy Grahams  
Frosted Blueberry Pop Tart  
Unfrosted Pop Tart- no blueberry  
Snickers Marathon Bar  
Cinnamon Toast Crunch Cereal Bar  
California Nuggets  
GM Reduced Sugar Fruit by the Foot  
Cinnamon Crisp – 100 calorie pack  
Vanilla Clodhopper Granola Crunch  
Rose & Shore Deli Sticks  
Buena Vista Polka Dot Cookie

Bagels  
Curious George Fruit Snack  
Lamb Weston lowfat or fat free potatoes  
Chocolate Caramel Chex Mix  
Apple/Strawberry Cinnamon Bakes  
Fig Newtons  
Tuna Lunch Kit  
1 ¼ oz nuts  
Sweet Potato Cinnamon Roll  
Sunflower Seeds & Nuts  
Trail Mix with no candy  
Pepperidge Farm Pretzel Goldfish  
Pringles – Fat Free  
Super Pretzels – J & J Snacks  
Austin Zoo Animal Crackers  
Big Top Animal Crackers  
Chips Ahoy! – 100 calorie pack  
Kellogg's Cinnamania Graham Snacks  
Famous Amos Ginger Snaps  
Keebler Iced Animal Cookie  
Nabisco Vanilla Wafer  
Frosted Brown Sugar Cinnamon Pop Tart  
Reduced Fat Super Donut  
Goodyman Marshmallow Crispy  
Cocoa Puffs Cereal Bar  
GM Reduced Sugar Fruit Roll-Up  
Fat Cat Scones  
Apple Strudel Pop Tart  
Buena Vista Apple Empanada  
Rose & Shore California Beef Wrap

