
Snacks

- Barbara's Granola Bars: Cinnamon Raisin, Oats and Honey, Carob Chip & Peanut Butter
- Barbara's Multigrain Cherry, Strawberry & Apple Cinnamon Cereal Bars
- Barbara's Snackimals: Oatmeal, Carob Chip, & Vanilla
- Basil's Animal Crackers
- Blue Diamond Plain Almonds
- Blue Diamond Smokehouse Almonds
- Bodhi Jungle Nut Crunch Bar
- Cal-Tropic Ameri-Mix Fruit & Nut Snack Mix
- Cal-Tropic Totally California Trail Mix
- Cliff Bars: Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème, and Chocolate Brownie
- Dakota Gourmet Honey Roasted Sunflower Kernels
- Dakota Gourmet Lightly Salted Sunflower Kernels
- David Pumpkin Seeds
- David Sunflower Seeds
- Envirokidz Crispy Rice Bar
- Famous Amos Oatmeal Raisin Cookies
- Fresh Fruit
- Fresh Veggies
- Frito Lay Baked Doritos
- Frito Lay Baked Lays
- Frito Lay Rold Gold Pretzels
- Frunola Energy Bars



- General Mills Chex Mix
- General Mills Morning Mix
- Genisoy Soy Crisps
- Glad Corn Original A-Maizing Corn Snack
- Golden Nut Chile Y Limon Garbanzos
- Golden Nut Chile Y Limon Havas
- Health Valley Apple Cobbler
- Health Valley Granola Bars
- Health Valley Solar Bars: Berry, Peanut Butter & Chocolate
- Health Valley Strawberry Cobbler
- Kellogg's Nutri-Grain Twists
- Mott's Applesauce-natural, original
- Kettle Krisps: BBQ & Low Salt
- Kettle Valley Fruit Bars
- Kirkland's Trail Mix
- Kudos Milk Chocolate Granola Bars, Chocolate Chip & M & M's Flavor
- Luna Bars
- Mr. Krispers Rice Chips
- Mr. Nature Unsalted Trail Mix
- Nabisco Corn Nuts: Original, BBQ, Chili Picante Con Limon, Red Hot, Taco
- Natural Value Fruit Leathers: Apricot, Peach, Raspberry, Strawberry
- Nature Valley Bars
- Newman's Own Salted Rounds Pretzels
- Pita Cheddar Cheese Snax
- Pita Cinnamon Snax



- Planter's "Heat" Hot Spicy Peanuts
- Planter's Peanuts
- Robert's American Gourmet Buds
- Robert's American Gourmet Fruity Booty
- Robert's American Gourmet Pirate Booty
- Robert's American Gourmet Potato Flyers
- Snyder's Pretzels
- Soy Nut Butter Pretzel Sticks
- Tumaro's Krispy Crunchy Puffs: Tangy BBQ, Natural Corn, Ranch and Herb &

Beverages

- Aquafina Water
- Arrowhead Sparkling Mountain Spring Water with Fruit Essence
- Arrowhead Water
- Campbell's Tomato Juice
- Crystal Geyser Juice Squeeze: Wild Berry, Cranberry Black Cherry, & Pink Lemonade
- Dasani Water
- Dole Pineapple Juice
- Edensoy Rice Milk
- Edensoy Soy Milk: Chocolate & Vanilla
- Glaceau Fruit Water
- Hanson's Natural Junior Juice
- Juicy Juice: Kiwi-Strawberry, Grape, Punch, Berry & Apple



- Langers Juice: Cranberry Raspberry, Cranberry Grape, Mixed Berry, Orange, Apple, & Cranberry
- Martinelli's Sparkling Juice: Apple, Apple Grape, & Apple Cranberry
- Milk: Plain & Chocolate, fat free & 1%
- Minute Maid Juice: Orange, Apple, Grape, Mixed Berry, & Fruit punch
- Motts Juice: Fruit Punch, Apple Juice, & Orange Juice
- Pellegrino Sparkling Water
- Perrier Sparkling Water
- Propel
- Schwepp's Sparkling Water with Natural Flavors
- Silk Soy Milk: Chocolate & Vanilla
- Switch Pure Sparkling Juice: Apricot Peach, Cranberry Ginger, & Kiwi Strawberry
- Treetop Juice: Apple, Grape, Fruit Punch, & Apple Pear
- Tropicana Juice: Grapefruit, Orange, Apple, & Grape
- V8
- Very Fine Fruit Juice: Grape, Apple & Orange
- Vitasoy Soy Milk: Chocolate & Vanilla
- Welch's Grape Juice



Shasta CAN (Coalition for Activity and Nutrition)
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Recommendations for beverages:

- Contains at least 50% fruit juice with no added sweeteners
- Water
- Low fat/non fat milk

Recommendations for snacks:

- No more than 30% of total calories from fat
- No more than 10% of calories from saturated fat
- No more than 35% by weight of sugar



Recommended portion limits:

- ❖ Snacks & Sweets (1.25 oz)
 - Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky
- ❖ Cookies/Cereal Bars (2 oz)
- ❖ Bakery items (e.g., pastries, muffins) (3 oz)
- ❖ Frozen desserts, ice cream (3 oz)
- ❖ Yogurt (8 oz)
- ❖ Beverages (no limit on water) (12 oz)



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Alternate Choices for School Vending Machines & Snack Bars

