

**APPENDIX B**

**Moscow School District 281**

**HEALTHY SNACK LIST**

APPROVED \_\_\_\_\_

### Healthy Snack List

To meet the criteria, snack items can not exceed a:  
Maximum of 3 g fat per 100 calories; Maximum of 600 mg sodium  
AND must have at least 12 g of complex carbohydrates per serving

| Item   | Serving Size (weight) | Grams fat per 100 kcal | Kcal | Sodium (mg) | Complex Carb |
|--|-----------------------|------------------------|------|-------------|--------------|
| Advantage Edge Bar   | 57 g                  | 2.25 g                 | 220  | 210         | 12           |
| Austin Zoo Animal Crackers                                 | 30 g                  | 1.5 g                  | 130  | 95          | 18           |
| Baked Lays KC Masterpiece BBQ Potato Crisps                | 1 oz                  | 2.5 g                  | 120  | 210         | 20           |
| Baked Lays Original Potato Chips                           | 28 g                  | 1.4 g                  | 110  | 150         | 21           |
| Baked Lays Sour Cream & Onion Potato Chips                 | 28 g                  | 2.5 g                  | 120  | 210         | 18           |
| Baked Nacho Cheese Doritos                                 | 28 g                  | 2.5 g                  | 120  | 220         | 20           |
| Barnum's Animal Crackers                                   | 30 g                  | 3 g                    | 130  | 150         | 16           |
| Bottled Water  | 8 fl oz               | 0 g                    | 0    | 0           | 0            |
| Chex Mix (ALL FLAVORS)                                     | 30 g                  | 3 g                    | 130  | 410         | 30           |
| Cliff Bar  | 68 g                  | 2 g                    | 230  | 140         | 25           |
| Columbo Yogurt Cherry Vanilla Light Fat Free               | 8 oz                  | 0 g                    | 120  | 110         | 6            |
| Del Monte Canned Fruit                                     | 124 g                 | 0 g                    | 60   | 10          | 1            |
| Del Monte Lite Diced Peaches in Extra Light Syrup          | 4 oz                  | 0 g                    | 50   | 10          | 1            |
| Del Monte Lite Mixed Fruit                                 | 4 oz                  | 0 g                    | 50   | 10          | 17           |
| Dole Fruit Bowl, Pineapple                                 | 113 g                 | 0 g                    | 60   | 10          | 2            |
| Famous Amos Gingersnaps                                    | 24 g                  | 1 g                    | 100  | 95          | 12.5         |
| Fig Newtons  | 57 g                  | 2 g                    | 200  | 200         | 22           |
| General Mills Cheerios Cereal                              | 1 oz                  | 1.8 g                  | 110  | 280         | 18           |
| Keebler Animal Cookies                                     | 56 g                  | 3.1 g                  | 260  | 290         | 28           |
| Keebler Chocolate Graham Crackers                          | 31 g                  | 2.9 g                  | 140  | 105         | 15           |
| Keebler Cinnamon Graham Crackers                           | 30 g                  | 2.3 g                  | 130  | 140         | 14           |
| Keebler Fat Free Zesta                                     | 16 g                  | 0 g                    | 60   | 250         | 12           |
| Keebler Honey Graham Crackers                              | 31 g                  | 2.9 g                  | 140  | 140         | 16           |
| Keebler Iced Animal Crackers                               | 32 g                  | 2.3 g                  | 130  | 110         | 18           |
| Keebler Original Graham Crackers                           | 29 g                  | 2.7 g                  | 130  | 150         | 16           |
| Keebler Reduced Fat Wheatables                             | 31 g                  | 2.9 g                  | 130  | 140         | 14           |
| Kellogg's All-Bran Cereal Original                         | 1.1 oz                | 1.3 g                  | 80   | 80          | 17           |
| Kellogg's Corn Flakes                                      | 21 g                  | 0 g                    | 80   | 150         | 22           |
| Kellogg's Low Fat Granola Cereal                           | 49 g                  | 1.6 g                  | 190  | 120         | 25           |
| Kellogg's Mini Shredded Wheat Cereal Frosted               | 51 g                  | 0.6 g                  | 180  | 5           | 31           |
| Kellogg's Puffed Wheat Cereal                              | 11 g                  | 0 g                    | 40   | 0           | 11           |
| Kellogg's Raisin Bran                                      | 2.1 oz                | 0.8 g                  | 190  | 350         | 26           |
| Kellogg's Rice Krispies Cereal                             | 33 g                  | 0 g                    | 120  | 320         | 26           |
| Kellogg's Special K  | 21 g                  | 0 g                    | 70   | 150         | 12           |
| Lance Saltine Crackers                                     | 11 g                  | 3 g                    | 50   | 105         | 10           |
| Luna Bars (All flavors except Orange Bliss & Key Lime Pie) | 48 g                  | 1.4-2.5 g              | 180  | 50-190      | 12           |
| Nabisco Original Premium Saltine Crackers                  | 18 g                  | 2.9 g                  | 84   | 264         | 11           |

SECTION I – INTERNAL OPERATIONS  
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| Item   | Serving Size (weight) | Grams fat per 100 kcal | Kcal    | Sodium (mg) | Complex Carb |
|--|-----------------------|------------------------|---------|-------------|--------------|
| Nabisco Teddy Graham Cookie Cinnamon             | 30 g                  | 3.1 g                  | 130     | 150         | 18           |
| Nature Valley Granola Bars                       | 42 g                  | 3.3 g                  | 180     | 160         | 18           |
| Nature Valley Trail Mix Bars – Fruit & Nut       | 35 g                  | 2.9 g                  | 140     | 95          | 12           |
| Nutri-Grain Bars (ALL FLAVORS)                   | 37 g                  | 2.1 g                  | 140     | 110         | 13           |
| Orville Redenbacher Smart Pop                    | 38 g                  | 1.8 g                  | 110     | 360         | 26           |
| Pop Secret 94% Fat Free Popcorn                  | 39 g                  | 1.8 g                  | 110     | 380         | 26           |
| Power Bar – Chocolate                            | 65 g                  | 0.9 g                  | 230     | 75          | 29           |
| Power Bar – Harvest                              | 65 g                  | 1.7 g                  | 240     | 80          | 27           |
| Power Bar – Peanut Butter                        | 65 g                  | 1.5 g                  | 240     | 120         | 19           |
| Pretzels (GENERIC)                               | 30 g                  | 0.4 g                  | 120     | 40          | 23           |
| Pretzel Sticks (GENERIC)                         | 30 g                  | 0.8 g                  | 120     | 400         | 23           |
| Pringles – Fat Free                              | 28 g                  | 0.9 g                  | 70      | 160         | 15           |
| Quaker Chewy Bars (ALL FLAVORS)                  | 56 g                  | 3.3 g                  | 120     | 70          | 11           |
| Quaker Oatmeal Express                           | 54 g                  | 1.25 g                 | 200     | 320         | 24           |
| Raisins  | 43 g                  | 0 g                    | 140     | 10          | 3            |
| Rice Krispies Treats                             | 37 g                  | 2.2 g                  | 160     | 170         | 10           |
| Rold Gold Classic Tiny Twists Pretzels           | 1 oz                  | 0.9 g                  | 110     | 420         | 23           |
| Ruffles Wow! Potato Chips (ALL FLAVORS)          | 28 g                  | 0 g                    | 70      | 200-230     | 17           |
| Sunsweet Prunes                                  | 40 g                  | 0 g                    | 90      | 5           | 21           |
| Teddy Graham Cinnamon Crackers                   | 30 g                  | 3.1 g                  | 130     | 150         | 18           |
| Thomas English Muffin Original                   | 57 g                  | 0.8 g                  | 120     | 200         | 24           |
| Tostitos Baked Tortilla Chips                    | 28 g                  | 0.9 g                  | 110     | 200         | 24           |
| Welch's Grape Juice                              | 10 oz                 | 0 g                    | 170     | 25          | 2            |
| Welch's Grapefruit Juice 100%                    | 10 oz                 | 0 g                    | 130     | 25          | 3            |
| Yoplait Yogurt (ALL FLAVORS)                     | 6 oz                  | 0-1.6 g                | 100-190 | 85-95       | 6            |
| Nutty Banana Gourmet Muffin                      | 1.8 oz                | 3.2 g                  | 140     | 180         | 12           |
| Blueberry Gourmet Muffin                         | 1.8 oz                | 2.7 g                  | 130     | 190         | 13           |
| Apple Cinnamon Gourmet Muffin                    | 1.8 oz                | 2.35 g                 | 140     | 200         | 13           |
| Cranberry Crush Gourmet Muffin                   | 1.8 oz                | 2.7 g                  | 130     | 180         | 13           |
| Orange Cranberry Gourmet Muffin                  | 1.8 oz                | 2.7 g                  | 130     | 170         | 12           |
| Cherry Chip Gourmet Muffin                       | 1.8 oz                | 2.88 g                 | 150     | 160         | 13           |
| Bran Gourmet Muffin                              | 1.8 oz                | 3 g                    | 130     | 300         | 12           |
| Orange Gourmet Muffin                            | 1.8 oz                | 2.88 g                 | 140     | 190         | 13           |
| Low Fat Chocolate Chip Muffin                    | 1.8 oz                | 1.54 g                 | 130     | 70          | 15           |
| Breadible – Apple Cinnamon                       | 2 oz                  | 2.9 g                  | 170     | 240         | 15           |
| Kellogg's Peaches & Cream Yogurt Nutri-Grain Bar | 1 bar                 | 2.1 g                  | 140     | 110         | 12           |
| Kellogg's Strawberry Yogurt Nutri-Grain Bar      | 1 oz                  | 2.1 g                  | 140     | 110         | 13           |
| Sugar Cookie – 2 pack                            | 1.5 oz                | 1.8 g                  | 280     | 190         | 14           |
| Lemon Cookie – 2 pack                            | 1.5 oz                | 2.1 g                  |         | 122         | 10           |
| Snickerdoodle Cookie – 2 pack                    | 1.5 oz                | 1.8 g                  | 280     | 190         | 14           |
| Oatmeal Raisin Cookie – 2 pack                   | 1.5 oz                | 1.8 g                  | 280     | 180         | 12           |
| Chocolate Chip Cookie – 2 pack                   | 1.5 oz                | 2.1 g                  |         | 170         | 10           |

SECTION I – INTERNAL OPERATIONS  
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| Item                                    | Serving Size (weight) | Grams fat per 100 kcal | Kcal | Sodium (mg) | Complex Carb |
|---|-----------------------|------------------------|------|-------------|--------------|
| Fudge Brownie Cookie – 2 pack           | 1.5 oz                | 2.1 g                  |      | 170         | 10           |
| Mini Pretzel Packets                    | .75 oz                | 0-1 g                  |      | 292         | 16           |
| Fruit & Grain Bar – Raspberry           | 1.3 oz                | 2.2 g                  | 140  | 65          | 14           |
| Fruit & Grain Bar – Strawberry          | 1.3 oz                | 2.2. g                 | 140  | 65          | 14           |
| Fruit & Grain Bar – Blueberry           | 1.3 oz                | 2.2 g                  | 140  | 65          | 14           |
| Fruit & Grain Bar – Apple               | 1.3 oz                | 2.5 g                  | 140  | 50          | 14           |
| J & J Jungle Crackers                   | 1 oz                  | 2.5 g                  | 120  | 55          | 15           |
| Austin Zoo Animal Cookie                | 1 oz                  | 1.5 g                  | 130  | 90          | 18           |
| Animal Cookie – Cinnamon/Sugar          | .9 oz                 | 1.1 g                  | 92   | 92          | 12           |
| Animal Cookie – Chocolate               | 1 oz                  | 2.5 g                  | 121  | 159         | 14           |
| Animal Cookie – Iced Pink & White       | .9 oz                 | 2.5 g                  | 99   | 50          | 14           |
| Animal Cookie – Plain                   | 1 oz                  | 1.4 g                  | 110  | 95          | 16           |
| Carnival Crunch                         | .75 oz                | 1.9 g                  | 80   | 180         | 13           |
| Giant Chocolate Goldfish Grahams        | .9 oz                 | 1.2 g                  | 120  | 300         | 15           |
| Pretzel Goldfish                        | .75 oz                | 2.9 g                  | 80   | 105         | 13           |
| Super Pretzel Softstix (2 stix/serving) | .75 oz                | 2.5 g                  | 90   | 260         | 22           |
| Super Pretzel Bites (3 bites/serving)   | .75 oz                | 0 g                    | 100  | 70          | 19           |
| Tools for Schools Mini Pretzels         | .75 oz                | 1 g                    | 85   | 292         | 13           |
| Chocolate Chip Power Alley Bar          | 1.8 oz                | 2 g                    | 200  | 55          | 20           |