

Suggested/Acceptable Snacks for Cafeterias and Canteens:
(list is not all inclusive and will be updated periodically)

Pastry/Snacks (limited to 3 ounce)

Kellogg's Nutrigrain Bars (Apple, Blueberry, & Strawberry)
General Mills Oat & Honey Granola Bars
Quaker Oats Chewy Granola (Butterfinger, Baby Ruth & Nestle Crunch)
Snackwell's Chocolate Crème Sandwich Crackers
Snackwell's Vanilla Crème Sandwich Crackers
Famous Amos Lowfat Ginger Snaps
Famous Amos Lowfat Lemon Snaps
Fat Free Fig Newtons
Gardetto Reduced Fat Snack-Ems
Gardetto Low Fat Mustard Flavor Pretzel Mix
Austin Zoo Animal Crackers
Kellogg's Rice Krispies Treat Squares-
Kar Nut Nut Trail Mix
Kar Nut Nut 'N Yogurt Mix
Kellogg's Nutrigrain Twist (Strawberry & Crème, Apple Cinnamon & Brown Sugar)
Fruit Gushers- fruit snacks (.9 ounce)

Bagels / Muffins (no larger than 3 ounce)

Otis Spunkmeyer Thaw and Serve Bagel (3 ounce)
Blueberry
Cinnamon Raisin
Onion
Plain
Otis Spunkmeyer Low Fat Muffins (2.25 ounce)
Apple cinnamon
Banana Nut
Wild Berry
Chocolate Chocolate Chip
Otis Spunkmeyer Delicious Essential Muffins- (1.8 ounce)
Blueberry
Banana
Chocolate Chocolate Chip
Apple Cinnamon
Strawberry Starbar Breakfast Bar (1.3 ounce)
Apple Cinnamon Starbar Breakfast Bar (1.3 ounce)

Cookies- (no larger than 2 ounces)

Otis Spunkmeyer- Sweet Discovery Reduced Fat Cookies- (1.33 ounce)
Carnival
Butter Sugar
Oatmeal Raisin
Chocolate Chocolate Chip

Chips- (Not to exceed 1.25 oz package)

Baked Lays
Ruffles Potato Chips
Sour Cream & Onion Potato Chips

BBQ Potato Chips
Regular Potato Chips
WOW Lays
Regular Potato Chips
Doritos Nacho Cheese Tortilla
Baked Doritos Nacho Cheese
Baked Bugles
Rold Gold Fat Free Pretzel Twists
Regular Doritos Nacho Cheese Tortilla
Lays Smartfood Cheese Popcorn
Reduced Fat Cheetos

Crackers

Toastchee
Peanut Butter
Nip Cheese- reduced fat
Toasty
Malt
Reduced Fat Toastchee
Nekot
Grilled Cheese on Captain Wafers
Smokehouse Cheddar
Smores on Nekot

Beverages-(not to exceed 12 ounces)

Any 100% fruit juice drink
Dole 100% juices (11.5 ounce)
Apple
Cranberry
Grape
Orange
Pineapple Peach Mango
Ruby Red Grapefruit
Strawberry Kiwi
Snapple- 100% Juices- (11.5 ounce)
Fruit Punch
Orange Mango
Green Apple
Grape

Water – (no limit on size)

Any variety of water
Aquafina- plain water
Aquafina FlavaSplash
Citrus Blend
Grape
Original
Wild Berry

Milk- (no limit on size)

Any variety of - skim, low-fat, fat-free, 1% or 2%
Nesquik Low-fat Chocolate
Nesquik- Low fat Strawberry

Nesquik Low fat Double Chocolate
Nesquik Low Fat Very Vanilla
Nesquik Low Fat White Milk
Nesquik Fat Free Chocolate

Examples of Foods Low in Saturated Fat (not all inclusive)

Canned Fruit- (in light syrup or natural juices)
Fresh Fruit (e.g., apples, oranges)
Fresh Vegetables (e.g., carrots)
Fruit juice and vegetable juice
Low-fat crackers and cookies, such as fig bars and gingersnaps
Pretzels
Bread products (e.g., bread sticks, roll, bagel and pita bread)
Ready-to-eat low –sugar cereals
Granola bars made with unsaturated fat
Low-fat or nonfat yogurt
Snack mixes of cereal and dried fruit with nuts and seeds
Raisins and other dried fruit
Peanut butter and low fat crackers
Ice cream products- (not to exceed 4oz)
Pop Corn- air- popped
Chips- baked
Water

Hot Dogs

Oscar Mayer Fat free hotdogs
Chicken or Turkey Dogs
Ball Park Fat Free Franks (made with Beef, Pork, Turkey)
Ball Park Fat Free Beef Franks
Ball Park Bun Size Smoked White Turkey Franks

Suggestions from Outside Vendors

Pizza Hut

No pizzas meet requirements except the Fit and Delicious Veggie Pizza 12” or 14”

Papa Johns

To date, no selections meet nutrition guidelines

Chik-fil-a

Char grilled chicken sandwich only

Subway

6 grams or less Sandwich Line- include only 6” sandwiches made of Italian or wheat bread, lettuce, tomato, pickles, onions, green peppers and olives only- adding condiments and other fixings will alter nutrition values.

Bourban Chicken
Ham
Veggie Delite

Sweet Onion Chicken Teriyaki
Turkey Breast
Turkey Breast and Ham

Roast Beef
Subway Club

Turkey Breast with Honey Mustard and Cucumbers
Oven Roasted Chicken Breast