

Competitive Foods Chart By State and USDA Guidelines

List of SSIS (Smart Snacks In Schools) compliant snack items

<p>A = On A list x = Compliant based on state guidelines</p>
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CT #	ITEM	Calories	Sodium	Sugar	Fat	Trans fat	Sat. Fat	Serving Size (grams)	Serving Amount	NY	USDA
5740	B&G Veggie Booty 24/1oz	130	90	1	5	0	0.5	28	1 each	x	x
6391	Chips Popchips BBQ 72/.8oz	120	190	3	4	0	0	28	1 each	x	x
7307	Chips Popchips Cheddar 72/.8oz	100	180	1	3.5	0	0.5	22.4	1 each	x	x
2786	Chips Popchips Original 72/.8oz	130	125	3	4	0	0	22.4	1 each	x	x
6199	Chips Popchips Sea Salt & Vinegar 72/.8oz	100	140	1	3	0	0	22.4	1 each	x	x
1912	Chips Popchips Sour Cream 72/.8oz	100	160	2	3.5	0	0	22.68	1 each	x	x
7184	CHORT Graham Crackers Mini WG Chocolate 1/100ct 00004	110	105	7	4	0	1	27	1 each	x	x
7152	CHORT Graham Crackers Mini WG Chocolate Chip 1/100ct 00003	110	65	6	4	0	1	25.76	1 each	x	x
5133	Crackers Oyster WG 300/0.4oz 30027	45	75	0	1.5	0	0	11	1 each	x	x
2799	DEPRIV Chips Baked Crisps Sea Salt 25/1oz	120	150	1	2	0	0	28	1 each	x	x
1269	DEPRIV Chips Kettle Sour Cream 24/2oz	140	130	1	8	0	1	28	1 each		
1918	DEPRIV Chips Kettle Cheddar 24/2oz	140	210	0	7	0	0.5	28	1 each		
5101	FRITO Chips Baked Potato BBQ 60/.875oz 32078	110	170	3	2.5	0	0	24.5	1 each	x	x
4792	FRITO Chips Baked Potato Original 60/.875oz 33625	100	115	2	1.5	0	0	24.5	1 each	x	x
2358	FRITO Chips Baked Potato Sour Cream Onion 60/.875oz 33627	100	140	3	2.5	0	0	24.5	1 each	x	x
2292	FRITO Chips Cheetos Chili Cheese Fantastixs 104/1oz 36098	130	200	1	5	0	1	28	1 each	x	x
3504	FRITO Chips Cheetos WG Flamin Hot 72/.7oz 21912	90	135	1	3.5	0	0	19.8	1 each	x	x
3490	FRITO Chips Cheetos Baked WG Flamin Hot Fantastixs 104/1oz 43578	130	200	1	5	0	1	28	1 each	x	x
6928	FRITO Chips Doritos Spicy Chili Red Fat 72/1oz 49093	130	180	1	5	0	0.5	28	1 each	x	x
4878	FRITO Chips Cheetos WG Mellow 72/.7oz 21910	90	135	1	3.5	0	0	19.8	1 each	x	x
3494	FRITO Chips Doritos Cool Ranch Red Fat 72/.875oz 36096	130	160	1	5	0	1	28	1 each	x	x
1094	FRITO Chips Doritos Nacho Red Fat 72/1oz 31748	130	200	0	5	0	0.5	28	1 each	x	x
2372	FRITO Chips Quaker Kids Snack Mix 104/.875oz 36308	110	160	2	3.5	0	0	24.8	1 each	x	x
1368	FRITO Popcorn Cheese Smartfood Delight 72/.5oz 25566	70	110	0	2.5	0	0	14	1 each	x	x
0106	FRITO Pretzel Hartzels 104/.7oz 15940	80	200	0	1.5	0	0	19.6	1 each	x	x
8929	FRITO Chips Ruffles Baked Crisps Cheddar Sour Cream 60/.8oz 56882	100	200	2	3	0	0	22.7	1 each	x	x
3536	FRITO Sunchips Snack Mix Harvest Cheddar 104/0.875oz 30820	110	200	1	4	0	0	24.8	1 each	x	x
0344	FRITO Sunchips Snack Mix Harvest Garden Salsa 104/0.875oz 30821	110	170	1	4	0	0	24.8	1 each	x	x
2348	FRITO Tortilla Tostitos Baked Reduced Fat 104/.0875oz 18792	120	105	0	4.5	0	0.5	24.5	1 each	x	x
9070	FRITO Popcorn Sea Salt Caramel 72/.5oz 61654	70	115	0	2.5	0	0	14.17	1 each	x	x
4264	FRITO Tortilla Tostitos Baked Scoops 72/.875oz 42537	110	125	0	2.5	0	0	24.5	1 each	x	x
6173	KETB Potato Chips Baked Salt and Vinegar 72/.83oz	120	135	0	3	0	0.5	28	1 each	x	x
8961	GENML Betty Crocker Oatmeal Bar WG Chocolate Chip 144/1.24oz 45977	150	120	8	5	0	1	35	1 each	x	x
0200	GENML Cereal Bars Cinnamon Toast Crunch 96/1.42oz	150	115	8	3	0	0.5	40	1 each	x	x

CT #	ITEM	Calories	Sodium	Sugar	Fat	Trans fat	Sat. Fat	Serving Size (grams)	Serving Amount	NY	USDA
2655	GENML Cereal Bars Cocoa Puffs 96/1.5oz	150	110	9	3	0	0.5	39.76	1 each	x	x
0194	GENML Cereal Bars Strawberry Cheerios 96/1.42oz	150	90	9	3	0	0.5	40	1 each	x	x
3545	GENML Chex Mix Cheddar 60/0.92oz 31932	110	135	4	2.5	0	0.5	26	1 each	x	x
3526	GENML Chex Mix Strawberry 60/1.03oz 31937	120	55	6	3	0	1	28.84	1 each	x	x
8969	GENML Chex Mix Chocolate Caramel 60/1.03oz 31933	120	65	7	4	0	1	29	1 each	x	x
5111	GENML Granola Bars Assorted Lowfat 120/1oz 11591	90	55	6	2	0	0.5	25	1 each	x	x
8978	GENML Butterscotch Oatmeal Bar	150	120	8	5	0	1.5	35	1 each	x	x
9083	GENML Annie Organic Bunny Grahams Friends Assorted 100/1.25oz 00237	160	110	9	6	0	0.5	35	1 each	x	x
9084	GENML Annie Organic Bunny Grahams Honey 100/1.25oz 00236	160	6	8	6	0	0.5	35	1 each	x	x
8193	GENML Scooby Doo Fruit Snacks 96/0.9oz 115108	70	30	8	0	0	0	25	1 each	x	x
8570	INDI Popcorn Kettlecorn 48/1oz 00065	130	130	6	5	0	0	28	1 each	x	x
8764	J&J Belly Bears Graham Honey 200/1oz 05671	130	100	8	4	0	0	28	1 each	x	x
0091	J&J Jungle Crackers 200/1oz 39085	130	95	8	4	0	0	28	1 oz	x	x
7351	J&J WG Cinnamon Buns 180/2.5oz 01610	220	240	16	7	0	2	70.86	2.5 oz		
1610	JRAP Popcorn White Cheddar 80/.63oz 20292	80	120	1	3	0	0.5	18	1 each	x	x
4907	KEBLR Graham Cracker Scooby Doo 210/1oz 50689	120	115	8	3.5	0	1	28	1 each	x	x
0739	KEBLR Cookie Bulk Oatmeal 1/324ct 46046	140	90	9	6	0	2	28	2 each	x	
1233	KELLG Cereal Bar Rice Krispies Apple 96/1.27oz 48396	140	105	9	3	0	0.5	36	1 each	x	x
1315	KELLG Cereal Bar Rice Krispies Berries 96/1.27oz 54937	140	105	9	3	0	0.5	36	1 each	x	x
8804	KELLG Granola Bar Cocoa Krispies 96/1.34oz 91612	150	140	10	4.5	0	1	38	1 each	x	x
0337	KELLG Cheez-It WG 175/.75oz 79263	100	150	0	3.5	0	1	21	1 each	x	x
7366	KELLG Cheez-it Cheddar Loco 175/.75oz 10671	100	160	0	3.5	0	1	21	1 each	x	x
5780	KELLG Graham Cracker Bug Bites 210/1.1oz 55644	120	115	8	3.5	0	1	28	1 each	x	x
9010	KELLG Kraves Smores 96/1oz 12586	110	95	9	3	0	0.5	28	1 each	x	x
3414	KELLG Nutri-Grain 1.3oz Blueberry 3/16ct 35745	120	110	12	3	0	0.5	36.4	1 each	x	x
3416	KELLG Nutri-Grain 1.3oz Raspberry 3/16ct 35845	120	110	12	3	0	0.5	36.4	1 each	x	x
5779	KELLG Nutri-Grain 1.55oz Apple Cinnamon 1/96ct 59779	160	130	14	4	0	0.5	44	1 each	x	x
3427	KELLG Nutri-Grain 1.55oz Strawberry 48ct 59772	160	150	14	4	0	0.5	44	1 each	x	x
5781	KELLG Nutri-Grain 1.3oz Assorted 48/1.3oz	120	110	12	3	0	0.5	37	1 each	x	x
8785	KELLG Popped Crisps Honey BBQ 60/.71oz 10292	100	170	2	2.5	0	0	22	1 each	x	x
8787	KELLG Popped Crisps Sour Cream Onion 60/.71oz 10296	100	150	1	2.5	0	0	22	1 each	x	x
2341	KELLG Pop Tarts SS WG Cinnamon 12/10ct 55122	180	190	15	2.5	0	1	50	1 each	x	x
2340	KELLG Pop Tarts SS WG Strawberry 12/10ct 55130	180	180	15	2.5	0	1	50	1 each	x	x
7785	KELLG Pop Tarts SS WG Fudge 12/10ct 12070	180	190	16	3	0	1	50	1 each		x
2342	KELLG Rice Krispy Treat WG 80/1.41oz 11052	160	150	11	4	0	1	40	1 each	x	x
3432	KELLG Rice Krispy Treat WG Mini Squares 600/.39oz 14540	50	45	3	1	0	0	12	1 each	x	x
9111	KELLG Rice Krispy Treat WG Chocolate Chip 80/1.41oz 14567	190	150	14	5	0	2	45	1 each	x	x
4557	NABIS Wheat Thins WG Salt 36/.8oz 01861	90	200	1	2	0	0	22	1 each	x	x
9092	NCHOICE Waffle Bites 72/1oz 3000	110	125	9	3	0	0.5	28	1 each	x	x
8323	NYP Pretzel Organic Frozen Whole Wheat 100/2.5oz 196	150	190	0	1	0	0	71	1 each	x	x
5691	PEPPR Goldfish Cheese Baked 300/.75oz 18105	100	170	0	3.5	0	1	21	1 each	x	x
5450	VIC Popcorn Light White 60/0.5oz	50	95	0	1.5	0	0	14	1 each	x	x
1486	GENML Fruit Roll Ups Crazy Colors 96/.5oz	45	55	4	1	0	0	14	1 each	x	x

CT #	ITEM	Calories	Sodium	Sugar	Fat	Trans fat	Sat. Fat	Serving Size (grams)	Serving Amount	NY	USDA
1316	WELCH Fruit Snack Island Fruit 150/1.55oz	130	20	15	0	0	0	44	1 each	x	x
1958	WELCH Fruit Snack Mixed Fruit 150/1.55oz	130	20	15	0	0	0	44	1 each	x	x
8961	GENML Betty Crocker Oatmeal Bar WG 144/1.24oz	150	120	8	5	0	1	35	1 each	x	x
7019	DIANA Donut Apple Cinnamon 90/2.25oz F5909	220	190	13	8	0	3.5	64	1 each		
8967	Philly Pretzel Whole Grain 2.5 oz	190	125	3	1	0	0	71	1 each	x	x
	COOKIES										
6045	DAVID Cookie Whole Grain Chocolate Brownie 324/1oz 33704	100	90	8	3.5	0	1	28	1 each	x	x
4726	DAVID Cookie Whole Grain Chocolate Chip 324/1oz 33701	100	85	8	3.5	0	1	28	1 each	x	x
4727	DAVID Cookie Whole Grain Confetti 324/1oz 33705	100	85	8	3.5	0	1	28	1 each	x	x
4651	DAVID Cookie Whole Grain Oatmeal Raisin 324/1oz 33702	100	65	8	3	0	1	28	1 each	x	x
6749	DAVID Cookie Whole Grain Sugar 324/1oz 33703	100	90	8	3.5	0	1	28	1 each	x	x
5145	LINDEN Cookie 2PK Butter Crunch 9/24ct 30022	140	119	10.7	5.3	0	1.56	31.2	1 each	x	x
2825	LINDEN Cookie 2PK Chocolate Chip 1/24ct	140	70	10.9	5.2	0		31.2	1 each	x	x
5152	LINDEN Cookie 2PK Fudge Chip 9/24ct 30032	136.3	70	10.8	5.2	0	1.3	31.2	1 each	x	x
5118	LINDEN Cookie 2PK Oatmeal Raisin 1/24ct	133.4	87	10.5	5.1	0	1.3	31.2	1 each	x	x
770	LINDEN Cookie 1PK Chocolate Chip 1/200ct 30015	70	35	5.4	2.6	0	0.75	15.6	1 each	x	x
3546	LINDEN Chippies Buttercrunch 63/1.1oz 30091	140.8	119	10.7	5.3	0	1.56	31.2	1 each	x	x
5153	LINDEN Chippies Chocolate Chip 63/1.1oz 30090	145.1	89.9	10.5	5.5	0	1.5	31.2	1 each	x	x
	ICE CREAM										
4394	ALLST Ice Cream Cones Vanilla Low Fat 24/3.5oz W24134	110	80	16	1.5	0	1	60	1 each		x
4392	ALLST Ice Cream Cones Chocolate Low Fat 24/3.5oz W240271	120	75	15	1.5	0	1	60	1 each	x	x
4401	ALLST Ice Cream Vanilla Dixie Cups 24/3oz W24035	60	45	12	1	0	0.5	48	1 each	x	x
4398	Ice Cream Vanilla and Chocolate Dixie Cups 24/3oz	70	40	11	1	0	0.5	48	1 each	x	x
7088	CDAZE Ice Cream Cup Birthday Cake 48/3oz 837711 (NEIC)	70	40	8	1	0	0.5	48	1 each		x
7639	CDAZE Ice Cream Sundae Strawberry Crunch Bar 24/3oz	160	70	16	5	0	1	73	1 each		x
4586	CHLOE Frozen Yogurt Banana Fruit Bar 24/2.75oz	60	0	14	0	0	0	74	1 each	x	x
4587	CHLOE Frozen Yogurt Strawberry Fruit Bar 24/2.75oz	60	0	15	0	0	0	74	1 each	x	x
8865	EDY Frozen Yogurt NF Chocolate 6/.5gal	70	55	3	0	0	0	113.4	4 oz	x	x
7125	DDOT Ice Cream Redberry Sherbert 24/3oz 01067	70	10	16	0	0	0	78	1 each		x
7563	DDOT Ice Cream Cookie Dough 24/3oz 01065										
8815	EDY Frozen Yogurt NF Vanilla 6/.5gal	111.2	77.3	5.1	0.3	0	0	111.2	4 oz	x	x
4594	FROGURT Frozen Yogurt Best Banana 4/1gal	100	40	21	0	0	0	86	4 oz		x
5255	FROGURT Frozen Yogurt Cool Strawberry 4/1gal	100	70	21	0	0	0	86	4 oz		x
5309	FROGURT Frozen Yogurt Dutch Chocolate 4/1gal	100	45	20	0	0	0	86	4 oz		x
5308	FROGURT Frozen Yogurt Vanilla 4/1gal	100	50	20	0	0	0	86	4 oz		x
5244	FROZ Fruit Mango 24/4oz	140	15	26	0	0	0	126	1 each		x
5183	FROZ Fruit Strawberry 24/4oz 301803	130	15	26	0	0	0	120	1 each		x
5249	FROZ Fruit Watermelon 24/4oz	70	10	13	0	0	0	118	4 oz	x	x
5306	Frozen Yogurt Foam Cup Chocolate 24/4oz	90	55	15	0	0	0	113	4 oz	x	x
5307	Frozen Yogurt Foam Cup Raspberry 24/4oz	90	65	13	0	0	0	65	4 oz	x	x
5305	Frozen Yogurt Foam Cup Vanilla 24/4oz	90	55	14	0	0	0	113	4 oz	x	x
5228	GENML Frozen Yogurt LF Chocolate 6/64oz 21279 (Choose Sensibly Compliant Serving)	90	63.8	12.8	1.5	0	0.75	66	3 oz	x	x

CT #	ITEM	Calories	Sodium	Sugar	Fat	Trans fat	Sat. Fat	Serving Size (grams)	Serving Amount	NY	USDA
5220	GENML Frozen Yogurt LF Simply Vanilla 6/64oz 21142 (Choose Sensibly Compliant Ser	82.5	56.3	12.8	1.5	0	0.75	66	3 oz	x	x
5208	GENML Frozen Yogurt NF Double Dutch Chocolate 6/64oz 22279 (Choose Sensibly Cor	75	71.3	12.8	0	0	0	66	3 oz	x	x
5225	GENML Frozen Yogurt NF French Vanilla 6/64oz 22165 (Choose Sensibly Compliant Ser	75	60	13.5	0	0	0	66	3 oz	x	x
5229	GENML Frozen Yogurt NF Passion Peach 6/64oz 22388 (Choose Sensibly Compliant Ser	75	60	13.5	0	0	0	66	3 oz	x	x
5222	GENML Frozen Yogurt NF Simply Vanilla 6/64oz 22142 (Choose Sensibly Compliant Ser	75	60	13.5	0	0	0	66	3 oz	x	x
5224	GENML Frozen Yogurt NF Strawberry Alpine 6/64oz 22491 (Choose Sensibly Compliar	75	60	13.5	0	0	0	66	3 oz	x	x
5228	GENML Frozen Yogurt LF Chocolate 6/64oz 21279	120	85	17	2	0	1	88	4 oz		x
5220	GENML Frozen Yogurt LF Simply Vanilla 6/64oz 21142	110	75	17	2	0	1	88	4 oz		x
5208	GENML Frozen Yogurt NF Double Dutch Chocolate 6/64oz 22279	100	95	17	0	0	0	88	4 oz		x
5225	GENML Frozen Yogurt NF French Vanilla 6/64oz 22165	100	80	18	0	0	0	88	4 oz		x
5229	GENML Frozen Yogurt NF Passion Peach 6/64oz 22388	100	80	18	0	0	0	88	4 oz		x
5222	GENML Frozen Yogurt NF Simply Vanilla 6/64oz 22142	100	80	18	0	0	0	88	4 oz		x
5224	GENML Frozen Yogurt NF Strawberry Alpine 6/64oz 22491	100	80	18	0	0	0	88	4 oz		x
5185	GOOD Creamsicle Bar 24/2.7oz 2066	100	30	12	2	0	0.5	85	1 each	x	x
4411	GOOD Ice Cream Popsicle Orange 24/2.75oz	90	20	10	1	0	1	60	1 each	x	x
5166	GOOD Popsicle Assorted Twin 24/4oz 2076	70	0	16	0	0	0	91	1 each		x
4592	HERSH Chocolate Scooter Crunch Bar 1/36ct 1150	140	100	17	5	0	1.5	68	1 each		x
4390	HERSH Strawberry Scooter Crunch Bar 1/36ct 1151	140	50	17	5	0	1.5	68	1 each		x
4481	HERSH Frozen Yogurt Cup Birthday Cake 18/4oz	60	65	12	0	0	0	51	1 each	x	x
5197	HERSH Frozen Yogurt Cup Cotton Candy 18/4oz	80	95	15	0	0	0	66.47	1 each	x	x
5205	HERSH Ice Cream Cones Cookies and Cream 1/24ct 1306	120	100	14	1.5	0	1	62	1 each	x	x
5200	HERSH Ice Cream Fudge-O Bar 1/36ct	110	90	19	2.5	0	1	85	1 each		x
8711	HERSH Ice Cream Twister Cup Blue Raspberry 1/18ct	80	10	14	0	0	0	87.8	1 each	x	x
8710	HERSH Ice Cream Twister Cup Sour Apple 1/18ct	80	10	14	0	0	0	87.8	1 each	x	x
8198	Ice Sidekick Strawberry Mango 84/4.4oz	90	35	19	0	0	0	127	1 each		x
8199	Ice Sidekick Sour Cherry Lemon 84/4.4oz	90	25	19	0	0	0	127	1 each		x
6797	Ice Cream Low Fat Strawberry Shortcake Bar 24/3oz	130	45	15	3.5	0	1	70	1 each	x	x
6797	Ice Cream Low Fat Strawberry Shortcake Bar 24/3oz (Gillette/Perry's)	140	65	15	5	0	1.5	60	1 each	x	x
6804	Ice Cream Orange Bar 24/3oz (American Classic, Gillette)	90	65	15	1.5	0	1	59	1 each	x	x
6804	Ice Cream Orange Bar 24/3oz (NEIC)	100	50	16	1.5	0	1	72	1 each		x
4412	Ice Cream Sandwiches 24/3oz	160	135	15	4	0	2	85.05	1 each	x	
5190	Ice Cream Turbo Red White Blue 1/12ct	90	0	16	0	0	0	103	1 each		x
3680	J&J Whole Fruit Ice Bar Wild Cherry 100/2oz 50205	40	5	7	0	0	0	56	1 each	x	x
7680	J&J Whole Fruit Juice Cups Mixed Berry Lemon Swirl 96/4.4oz 60025	70	5	16	0	0	0	124.74	1 each		x
7116	J&J Whole Fruit Juice Cups Orange Pineapple Cherry Swirl 96/4.4oz 60020	70	10	16	0	0	0	124.74	1 each		x
7575	J&J Whole Fruit Juice Cups Strawberry Pomegranate 96/4.4oz 60005	70	5	16	0	0	0	124.74	1 each		x
7117	J&J Whole Fruit Juice Cups Watermelon 96/4.4oz 60015	90	10	21	0	0	0	124.74	1 each		x
7123	J&J 100% Juice Sorbet Blue Raspberry 96/4.4oz	120	35	25	1.5	0	1	118	1 each		x
7115	LUIGI 100% Juice Sorbet Grape 96/4oz (NEIC)	70	5	15	0	0	0	124.74	1 each	NA	x
7670	LUIGI 100% Juice Sorbet Lime 96/4oz (NEIC)	60	5	14	0	0	0	124.74	1 each	NA	x
7189	LUIGI 100% Juice Sorbet Orange 96/4.4oz (NEIC)	70	5	15	0	0	0	124.74	1 each	NA	x
5634	Ice Cream Chocolate Eclair 24/4oz	140	60	15	3.5	0	1	70	1 each	x	x
5634	Ice Cream Chocolate Eclair 24/4oz (Gillette/Perry's)	140	90	15	5	0	1.5	60	1 each	x	x

