

HEALTHY CELEBRATION SUGGESTIONS

List of SB 12 Compliant Healthy Foods

(* item may contain nuts)

Safeway

Snacks:

*Kashi TLC Granola Bars Honey Almond Flax \$4.19 for 6 servings, 35g per serving

*Kashi TLC Granola Bars Roasted Almond \$4.19 for 6 servings, 40g per serving

*Kashi TLC Granola Bars Trail Mix \$4.19 for 6 servings, 35g per serving

*Back to Nature Bakery Squares Banana Walnut \$4.49 for 5 servings, 30g per serving

*Nabisco Animal Crackers \$1.49 for 2 servings, 28g per serving

Rold Gold Pretzel Sticks \$2.49 for 16 servings, 28g per serving

Rold Gold Tiny Twist Pretzels \$2.49 for 16 servings, 28g per serving

Organics Popcorn Lightly Salted \$2.39 for 10 servings 1cup per serving

Tree of Life Mini Yogurt Pretzels \$3.69 for 11 servings 20g per serving

Honey Nut Cheerios \$3.79 for 17 servings 28g per serving

Honey Bunches of Oats \$4.99 for 14 servings 32g per serving

Breakfast/Snacks:

*Kashi 7 Whole Grain Honey Puffs \$4.49 for 10 servings, 30g per serving (about a cup)

*Kashi Heart to Heart Oat Flakes & Wild Blueberry Clusters \$4.29 for 7 servings, 55g per serving (about a cup)

Desserts:

Dreyers Frozen Fruit Bars \$4.95 for 12

Kedem Tea Biscuits \$.99 for 15 servings, 8g per serving

Trader Joe's

Snacks:

100 Calorie Multigrain or Cheese Crackers \$1.99 for four servings

French Village Nonfat Yogurt \$.69 each, 1 cup per serving

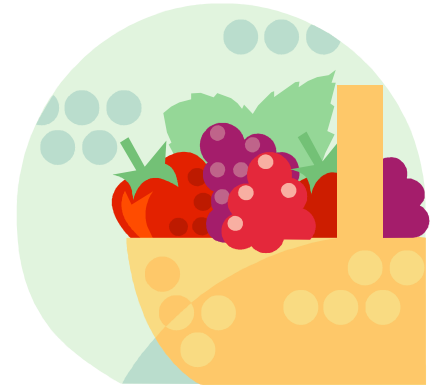
*Rainbow's End Trail Mix \$3.29 for 15 servings

Organic Applesauce \$1.79 for four servings

Whole wheat pita bread \$.89 for 6 servings

Mini plain pita \$1.49 for 12 pitas (2-3 pitas per serving)

*Clif Zbar \$.49 each, 1 bar per serving



New Healthy Snack and Beverage Guidelines:

- **Allowed drinks:**
Water, Fruit or Veggie drinks with at least 50% juice and no added sugar, 1% or fat-free milk or equivalent non-dairy beverage.

- **Allowed Snacks:**

- Less than 35% calories from fat.
- Less than 10% calories from saturated plus trans fat.
- Less than 35% of weight from added sugar.
- Less than 300mg sodium per serving.
- 250 calories or less (6-12th grade)
- 175 calories or less (K-6th grade)



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Trader Joe's Continued

Trader Joe's Parmesan, Garlic, and Herb Pita Chips \$1.99 for 6 servings
Trader Joe's Cinnamon & Sugar Pita Chips \$1.99 for 7 servings
Trader Joe's Sea Salt Pita Chips \$1.99 for 6 servings
Trader Joe's "This Fig walks into a Bar..." \$1.69 for 6 servings, 1 bar per serving
Trader Joe's Chewy Fruit Granola Bars Strawberry \$1.99 for 6 servings
Trader Joe's Sweet, Savory, and Tart Trail Mix Bars \$1.99 for 6 servings
Trader Joe's Lite Popcorn \$1.19 for 6 servings of about a cup.
Trader Joe's Whole Grain Pretzel Sticks \$1.69 for 12 servings (10 sticks)
Trader Joe's Honey Whole Wheat Pretzel Sticks 12 servings (10 sticks)
Trader Joe's Pretzel Slims 12 servings of about 23 pretzels
Trader Joe's Chipotle Ranch Fries (frozen) \$2.99 for 7 servings

Desserts:

Crunchy Crispy Chocolate Chip Cookies \$3.49 (serve 3-4 cookies)
Oatmeal Raisin Cookies (in a tub) \$2.99 (serving size 3-4 cookies)
Banana Bonanza Bread \$2.99 for 6 servings (one slice per serving)

Entrées:

Chicken, Bean and Rice Burrito (frozen) \$2.99 for 2
Trader Joe's Turkey Club Wrap \$3.99 for 2 servings
Trader Joe's Sliced BBQ Sliders \$4.99 for 2 servings
Trader Joe's Angus Cheese Burger Sliders \$4.99 for 2 servings
Trader Joe's Organic Microwaveable Tomato Bisque \$.99 for 2 servings
Trader Joe's Chicken Egg Rolls (frozen) \$3.29 for 4 servings
Trader Joe's Chicken Drumettes (frozen) \$2.99 for 5 servings
Trader Joe's Organic 3-Cheese Pizza (frozen) \$3.99 for 3 servings
Trader Joe's Pesto Pizza (frozen) \$4.29 for 3 servings
Trader Joe's Breaded Chickenless Nuggets (frozen) \$2.99 for 4 servings
Trader Joe's Marinated Chipotle Chicken Skewers (frozen) \$7.69 for 6 servings
Trader Joe's Beef Taquitos (frozen) \$3.69 for 10 servings
Trader Joe's Black Bean & Cheese Taquitos (frozen) \$3.49 for 3 servings

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Fresh Fruits, Veggies, Cheese, and Yogurt are always allowed!!

- Fresh Fruit
- Fresh Vegetables with low fat dip or hummus
- Salsa and chips
- Nonfat or Lowfat Yogurt
- Applesauce (no added sugar)
- Hummus and Whole Wheat Pita Bread
- Sunflower Seeds
- String Cheese
- Lowfat Cheese & Crackers
- Whole Grain Spaghetti
- Whole Grain Pasta Salad
- Bean Salad
- Whole wheat bread with peanut butter or cheese
- Ants on a log (celery with peanut butter and raisins)

Peanuts, peanut butter and other nuts may cause allergies in some students. Consult your school or teacher first.

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United Markets

Snacks:

- Jolly Time Yellow Popcorn \$1.88 serving size about a cup
- Newman's Own Light Butter Microwavable Popcorn \$3.28 box
- Motts Applesauce No Sugar Added \$2.98 for 6 cups, serving size one cup
- Brown Cow Nonfat Yogurt \$.68 per cup, serving size one cup
- *Sun Ridge Farms Hit the Trail Mix \$3.98 per pound, serving size about 1/2 cup.

Desserts:

- Sweetzel's Ginger Snaps \$1.88 for a bag
- Barbara's Snackimals \$3.88 bag
- Barbara's Fig Bars \$3.28 for 1 box of 18 bars, serving size 1 bar
- Breyer's Pure Fruit Frozen Bars \$4.28 for 12, , serving size 1 bar
- Dreyer's Fruit Bars \$4.28 for 12, , serving size 1 bar
- Hagan Daaz Sorbet \$3.68 1 pint, , serving size about 1/3 cup
- Whole Fruit Sorbet \$3.98 1 pint, serving size about 1/3 cup
- Hagan Daaz Low Fat Frozen Yogurt \$3.68 1 pint, serving size about 1/3 cup



Costco

Snacks:

- Snack Factory Pretzel Crisps \$5.89 for 24 servings
- Meza Organic Fire Roasted Salsa \$7.89 for 45 1-oz. servings
- Stonyfield Farm Lowfat Yogurt in strawberry and blueberry flavors \$8.69 for 12 6-oz cups

Entrées:

- *Maya Kaimal Indian Tikka Masala Sauce (\$6.99 for 8 1/2-C. servings) with Blue Ribbon
- Long Grain Enriched Rice (\$6.99 for 250 1/4-C. servings)
- Okami Sushi Variety Plate \$11.69 for 10 servings of 4 pieces
- Ling Ling Veggie Mini Spring Rolls \$8.69 15 servings of 3 rolls each
- Ling Ling Potstickers \$9.39 12 servings of 5 pieces each
- Crazy Cuisine Mandarin Orange Chicken \$8.99 9 servings
- Delimex Chicken Taquitos \$9.99 13 servings of 5 rolls each
- Amy's Organic Bean, Rice, and Cheese Burrito \$9.89 8 burritos

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