

VISTARSM
Your Distributor
FOR SCHOOL APPROVED SNACKS.



ENCLOSED IS YOUR 2016 USDA APPROVED SNACK LIST AVAILABLE AT VISTAR. *UPDATED OCTOBER, 2016

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
MRB00005	180Snaks	Bar Bluebrry Pomegrnte Crunch	6/12	1.1 oz	Y	160	100	12	2	0	30	12	5	0	6	2
MRB00006	180Snaks	Bar Cranberry Pomegrnt Crunch	6/12	1.1 oz	Y	160	100	12	2	0	30	13	5	0	6	2
MRB00009	180Snaks	Bar Almond Cashew Pumpkin Seed	6/12	1.1 oz	Y	140	90	10	1.5	0	85	12	4	0	5	1
MRB01003	180Snaks	Bar Bluebrry Pomegrnte Crunch	6/12	1.1 oz	Y	160	100	12	2	0	30	12	5	0	6	2
MRB01005	180Snaks	Bar Cranberry Pomegrnt Crunch	6/12	1.1 oz		160	100	12	2	0	30	12	5	0	6	2
MRB01007	180Snaks	Bar Almond Cashew Pumpkin Seed	6/12	1.1 oz	Y	150	80	9	1.5	0	35	16	4	0	4	2
MRB09517	180Snaks	Clusters Blueberry Pomegrante	8	2 oz	Y	140	90	10	1.5	0	115	12	0	0	0	0
MRB09518	180Snaks	Clusters Cranberry Pomegrante	8	2 oz	Y	140	90	10	1.5	0	115	12	4	0	5	1
MRB09520	180Snaks	Clusters Almd Chw w/Pmpkn Seed	48	1 oz	Y	150	90	10	1.5	0	105	12	4	0	5	1
MRB09521	180Snaks	Clusters Blueberry Pomegranate	48	1 oz	Y	140	80	9	1.5	0	80	13	4	0	6	1
MRB09522	180Snaks	Clusters Cranberry Pomegrante	48	1 oz	Y	140	80	9	1.5	0	80	13	3	0	6	1
MRB09523	180Snaks	Clusters Almd Chw w/Pmpkn Seed	48	2 oz	Y	150	90	10	1.5	0	105	12	4	0	5	1
MRB09524	180Snaks	Clusters Blueberry Pomegrante	48	2 oz	Y	140	90	10	1.5	0	115	12	4	0	5	1
MRB09525	180Snaks	Clusters Cranberry Pomegrante	48	2 oz	Y	140	90	10	1.5	0	115	12	4	0	5	1
MRB12501-2	180Snaks	Trail Mix Crnch Blubry Pomgrnt	48	1.25 oz	Y	190	120	13	2.5	0	120	15	5	0	6	1
MRB12502-9	180Snaks	Trail Mix Crnch Crnbry Pomgrnt	48	1.25 oz	Y	190	120	13	2.5	0	120	15	5	0	6	1
MRB12503-6	180Snaks	Crunch Cashew	48	1.25 oz	Y	190	120	13	2.5	0	85	15	4	0	6	<1
TBD00400	2B	Drink Grape Bottle PET	24	12 oz	Y	10	0	0	0	0	50	5	0	0	3	0
TBD00403	2B	Drink Fruit Punch Bottle PET	24	12 oz	Y	10	0	0	0	0	50	5	0	0	3	0
TBD00404	2B	Drink Lemonade Bottle PET	24	12 oz	Y	10	0	0	0	0	50	5	0	0	3	0
TBD00410	2B	Soda Vanilla Cream Can	24	12	Y	0	0	0	0	0	0	0	0	0	0	0
TBD00411	2B	Soda Lemon Lime Fizz Slim Can	24	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
TBD00414	2B	Soda Double Cherry Fizz Can	24	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
228838	AcquaPan	Water Nat Spring Glass Tff	24	250 ml		0	0	0	0	0	0	0	0	0	0	0
883420	AcquaPan	Water Spring Glass Tff	15	750 ml		0	0	0	0	0	0	0	0	0	0	0
KEE20150	Animals	Crackers Grab N Go Animal	150	1 oz		130	35	6	1	0	110	21	2	0	8	2
GEM00236	AnnieBny	Crackers Bunny Grahams Honey	100	1.25 oz		140	40	4.5	0	0	125	23	2	0	7	2
GEM00237	AnnieBny	Crackers Bunny Grahams Friends	100	1.25 oz		130	40	4.5	0	0	90	22	2	0	7	2
PLD386	Appl2ThC	Apples Peeled	6/10	1.23 oz	Y	110	0	0	0	0	0	27	0	0	20	3
DFG70100	Appleway	Bar Oatmeal Apple	216	1.2 oz		140	40	4.5	1.5	0	80	24	2	0	9	1
DFG70120	Appleway	Bar Oatmeal Apple	4/18	1.2 oz		140	35	4	1.5	0	85	24	2	0	9	1
DFG70200	Appleway	Bar Oatmeal Blueberry Pomegran	216	1.2 oz		140	35	4	1.5	0	80	24	2	0	9	1
DFG70220	Appleway	Bar Oatmeal Blueberry Pomegran	4/18	1.2 oz		140	35	4	1.5	0	80	24	2	0	9	1
DFG70300	Appleway	Bar Oatmeal Choc Chip	216	1.2 oz		140	35	3.5	1	0	75	24	2	0	10	1
DFG70320	Appleway	Bar Oatmeal Choc Chip	4/18	1.2 oz		140	35	3.5	1	0	75	24	2	0	10	1
DFG70400	Appleway	Bar Oatmeal Strawberry	216	1.2 oz		140	35	4	1.5	5	85	24	2	0	9	1
DFG70420	Appleway	Bar Oatmeal Strawberry	4/18	1.2 oz		140	35	4	1.5	5	85	24	2	0	9	1
062944	Arrowhd	Water Pln Plas	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
481817	Arrowhd	Water Spring	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER00437	Arrowhd	Water Sparkling Lemon PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER00438	Arrowhd	Water Sparkling WtrmlnLime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER100317	Arrowhd	Water Spring PET	48	8 oz		0	0	0	0	0	0	0	0	0	0	0
PER100322	Arrowhd	Water Distilled	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER100952	Arrowhd	Water Sparkling PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER101948	Arrowhd	Water Spring PET Vnd	24	16 oz		0	0	0	0	0	0	0	0	0	0	0
PER11475023	Arrowhd	Water Spring PET EB	12	1.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER11475399	Arrowhd	Water Spring PET EB	18	1 ltr		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
PER11479630	Arrowhd	Water Spring PET EB	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER32653	Arrowhd	Water Sparkling Rasp Lime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER43346	Arrowhd	Water Sparkling Orange PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER81767	Arrowhd	Water Sparkling Blk Chrry PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER87253	Arrowhd	Water Spring PET SCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0
465438	AscendWt	Water Purified Drinking	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
465439	AscendWt	Water Purified Drinking Vend	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
465528	AscendWt	Water Spring	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
465529	AscendWt	Water Spring Vend	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
AMD61018	AugusWtr	Water Augustana PET	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
FRI33627	BakdLays	Chips Baked Sour Cream & Onion	60	.875 oz		100	25	2.5	0	0	140	18	2	0	3	1
BFR00191	BareFru	Chips Apple Granny Smith	48	.53 oz	Y	110	0	0	0	0	0	27	1	0	18	5
BFR00192	BareFru	Chips Fuji Apple	48	.53 oz	Y	60	0	0	0	0	0	14	0	0	10	2
BFR00193	BareFru	Chips Apple Cinnamon	24	.53 oz	Y	110	0	0	0	0	0	27	0	0	21	4
BFR01922	BareFru	Chips Fuji Apple Red	24	.53 oz	Y	60	0	0	0	0	0	14	0	0	10	2
BFRCNH15	BareFru	Chips Apple Cinnamon	48	.53 oz	Y	60	0	0	0	0	0	14	0	0	10	2
WVF00308	Barnana	Chewy Banana Bites Original	3/12	1.4 oz	Y	110	0	0	0	0	0	24	2	0	16	4
BIS20006	Basil's	Cookie Animal Snacker Choc	100	1 oz		110	30	3.5	1.5	0	40	18	2	0	7	1
BIS20012	Basil's	Cookie Animal Snacker Whl Grn	100	1 oz		110	30	3.5	1.5	0	40	18	2	0	7	1
BIS20020	Basil's	Cookie Choc Chip Mini	100	1.1 oz		120	25	2.5	1	0	35	22	2	0	10	1
BIS20044	Basil's	Cookie Cinnamon Toast Bites	100	1 oz		0	0	0	0	0	0	0	0	0	0	0
BIS50011	Basil's	Cookie Choc Chip Mini Bite NTF	60	1.5 oz		120	25	2.5	1	0	35	22	2	0	10	1
GEN03421	Belvita	Bread Soft Baked Banana	8/8	1.76 oz		190	60	7	1	0	150	32	3	0	9	5
MOZ03404	Belvita	Biscuit Breakfast Mixed Berry	8/8	1.76 oz		190	60	7	0.5	0	150	33	3	0	10	5

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
MOZ03406	Belvita	Biscuit Breakfast Oats & Choco	8/8	1.76 oz		200	60	7	1	0	150	32	3	0	10	5
326376	BettyCro	Snack Bar Oatmeal Choc Chip lw	144	.89 oz		0	0	0	0	0	0	0	0	0	0	0
327208	BettyCro	Snack Bar Oatmeal Btrsctch lw	144	.89 oz		0	0	0	0	0	0	0	0	0	0	0
362055	BettyCro	Bar Double Chocolate Oatmeal	144	1.24 oz		150	45	5	1	15	115	24	2	0	8	3
GEM45566	BettyCro	Bar Double Chocolate Oatmeal	144	1.24 oz		150	45	5	1	15	115	24	2	0	8	3
GEM45976	BettyCro	Bar Oatmeal Butterscotch	144	1.24 oz		150	45	5	1	0	110	24	2	0	8	2
FRI30993	BkdCheet	Cheetos Baked Crunchy Hot	104	.88 oz	Y	120	40	4.5	0.5	0	190	18	2	0	0	<1
WLD30441	BlueBunn	Ice Cream Chc Sndae Crunch Bar	2/24	3 oz		160	45	5	1.5	0	45	25	3	0	16	0
SRC00200	BodyArmr	Drink Lemon Lime PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
SRC00206	BodyArmr	Drink Strawberry Banana PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
SRC00208	BodyArmr	Drink Mixed Berry PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
SRC00213	BodyArmr	Drink Fruit Punch PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
SRC00217	BodyArmr	Drink Tropical Punch PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
SRC00218	BodyArmr	Drink Grape PET	12	16 oz		70	0	0	0	0	15	18	0	0	18	0
BHF01769	BoltHous	Smoothie Green Goodness	9	11 oz		130	0	0	0	0	20	30	2	0	26	1
BHF01770	BoltHous	Smoothie Strawberry Banana	9	11 oz	Y	130	0	0	0	0	15	32	1	0	22	2
BHF01773	BoltHous	Smoothie Berry Boost	9	11 oz	Y	240	0	0	0	0	30	50	1	0	21	0
BHF01775	BoltHous	Smoothie Blue Goodness	9	11 oz	Y	130	0	0	0	0	15	32	1	0	22	2
BHF01776	BoltHous	Smoothie Amazing Mango	9	11 oz	Y	130	0	0	0	0	20	31	1	0	28	1
PBR60151	Boulder	Fries Hot	72	1 oz		110	30	3.5	0.5	0	190	19	2	0	1	1
HEC91203	BrookFrt	Bar DkChoc Frt&Nut CranBlkbry	8/12	1.4 oz	Y	180	80	9	2	0	55	22	4	0	13	3
BINBAN-FA	BrothAll	Fruit Crisps Apple Fuji	2/12	.35 oz		40	0	0	0	0	0	9	0	0	3	2
BINBAN-SB	BrothAll	Fruit Crisps Strawberry/Banana	2/12	.42 oz	Y	45	0	0	0	0	0	10	1	0	6	2
BINFO-SB6	BrothAll	Fruit & Oats Strawberry/Banana	6	1.23 oz		150	25	3	0.5	0	0	26	4	0	6	4

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
OGC00201	BuddyFrt	Fruit Blended Mango/Pssn/Banan	18	3.4 oz	Y	50	0	0	0	0	10	12	0	0	11	1
OGC00216	BuddyFrt	Fruit Blended Apple Banana	18	3.4 oz	Y	50	0	0	0	0	10	13	0	0	12	1
OGC00217	BuddyFrt	Fruit Blended Multifruit	18	3.4 oz	Y	60	0	0	0	0	10	15	0	0	14	1
OGC00218	BuddyFrt	Fruit Blended Apple Strawberry	18	3.4 oz	Y	60	0	0	0	0	10	15	0	0	14	1
BVF70150	BuenaVst	Cookie Oatmeal Apple WG RF IW	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79015	BuenaVst	Cookie Chocolate Chip RF WG IW	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79020	BuenaVst	Cookies Chocolate Chip WG	90	2 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79215	BuenaVst	Cookie Checkerboard RF WG IW	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79615	BuenaVst	Cookie Snickerdoodle RF WG IW	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79815	BuenaVst	Cookie Sugar Whole Grain RF IW	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79915	BuenaVst	Cookie Red Velvet WG	120	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
BVF79920	BuenaVst	Cookies Red Velvet WG	90	1.9 oz		0	0	0	0	0	0	0	0	0	0	0
BVF82220	BuenaVst	Brownie Fudge Whole Grain IW	96	2 oz		0	0	0	0	0	0	0	0	0	0	0
TFC34118	BuzzStrg	Cookie Peanut Butter	60	2 oz		0	0	0	0	0	0	0	0	0	0	0
TFC34119	BuzzStrg	Cookie Chocolate Chip	60	2 oz		180	45	5	1.5	10	120	30	3	0	15	1
TFC54115	BuzzStrg	Cookie Mint Chocolate Chip WG	60	1.5 oz		180	45	5	1.5	10	120	30	3	0	15	1
TFC54116	BuzzStrg	Cookie Chocolate Cake WG	60	1.5 oz		180	40	4	1	0	190	31	3	0	10	8
TFC54117	BuzzStrg	Cookie Oatmeal Raisin Whl Grn	60	1.5 oz		160	35	3.5	0	15	125	29	3	0	13	2
TFC54119	BuzzStrg	Cookie Chocolate Chip Whl Grn	60	1.5 oz		180	45	5	1.5	10	120	30	3	0	15	1
BBD16087	C15/BBB	Cookies Santa Decorated	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
BBD16088	C15/BBB	Cookies Gngrbrd Boy Dcrted	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
BBD16089	C15/BBB	Cookies Christmas Tree Dcrted	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
BBD16090	C15/BBB	Cookies Snowman Decorated	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
BBD45299	C15/BBB	Cookies Chanukah Decorated	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
CAM00883	Campbell	Juice Tomato Can	8/6	5.5 oz		30	0	0	0	0	470	7	1	0	4	1
CAM05871	Campbell	Juice Tomato Can	24	11.5 oz		70	0	0	0	0	970	14	3	0	9	12
CAM17330	Campbell	Goldfish H&S Cheddar Blasted	300	.75 oz		100	35	4	0.5	0	170	14	2	0	0	1
GEN00142	CapriSun	CapriSun Drink Apple Splash	4/10	6 oz		80	0	0	0	0	25	20	0	0	20	0
GEN00144	CapriSun	CapriSun Drink Berry Breeze	4/10	6 oz		90	0	0	0	0	25	21	0	0	20	0
GEN00146	CapriSun	CapriSun Drink Fruit Dive	4/10	6 oz		80	0	0	0	0	25	21	0	0	20	0
GEM31911	Cheerios	Bar Cereal Apple Cinn Cheerios	96	1.42 oz	Y	150	30	3	0.5	0	95	30	2	0	9	3
GEM31914	Cheerios	Bar Cereal Team Cherrios Strwb	96	1.42 oz	Y	150	30	3.5	0.5	0	85	30	2	0	9	3
GEM41572	Cheerios	Cereal Cheerios Fruity Pch Pk	96	.88 oz	Y	90	10	1	0	0	120	20	1	0	8	2
GEN41572	Cheerios	Cheerios Fruity OTG Pouch Pk	96	.88 oz	Y	90	10	1	0	0	120	20	1	0	8	1
FRI21642	Cheetos	Cheetos Baked Crunchy	104	.875 oz	Y	120	40	4.5	0.5	0	200	17	2	0	<1	<1
FRI21910	Cheetos	Cheetos Puffs WG Reduced Fat	72	.7 oz		120	40	4.5	1	0	200	17	2	0	1	1
FRI21912	Cheetos	Cheetos Puffs Flamin Hot WG RF	72	.7 oz		120	40	4.5	0.5	0	200	17	2	0	<1	1
FRI62933	Cheetos	Cheetos Oven Baked Crunchy	104	.875 oz	Y	120	40	4.5	0.5	0	200	17	2	0	<1	<1
FRI62984	Cheetos	Cheetos Oven Baked Hot Crunchy	104	.875 oz	Y	120	40	4.5	0.5	0	190	18	2	0	0	<1
FRI43578	Cheetos	Cheetos Hot Fantastix	104	1 oz		130	45	5	1	0	200	20	2	0	0	2
369584	Cheez-It	Cracker Ched Whl Grain Grab N	175	.75 oz		100	30	5	1	<5	150	14	2	0	0	1
KEE10238	Cheez-It	Cheez-It Atomic Cheddar WG	175	.75 oz		100	30	5	1	0	200	14	2	0	0	1
KEE10480	Cheez-It	Crackers Cheez-It Whole Grain	60	1 oz		130	40	7	1	<5	200	19	3	0	0	2
GEM31932	ChexMix	Chex Mix Simply Cheddar	60	.92 oz		110	25	2.5	0.5	0	135	20	2	0	4	3
GEM31933	ChexMix	Chex Mix Simply Choc Caramel	60	1.03 oz		130	35	4	1	0	65	22	2	0	8	3
GEM31934	ChexMix	Chex Mix Hot N Spicy	60	.92 oz		110	30	3.5	0.5	0	160	19	2	0	2	2
GEM31937	ChexMix	Chex Mix Simply Strwbry Yogurt	60	1.03 oz		140	32	3.5	1	0	65	27	2	0	7	2
GEM46153	ChexMix	Chex Mix Simply Habanero Lime	60	.92 oz		110	25	2.5	0.5	0	170	20	2	0	3	2

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
MOJ00401	Chiquita	Juice Passion Fruit	12	12 oz	Y	200	0	0	0	0	0	49	1	0	46	0
MOJ00402	Chiquita	Juice Pineapple	12	12 oz	Y	180	0	0	0	0	0	11	1	0	40	0
MOJ00403	Chiquita	Juice Mango	12	12 oz		190	5	0	0	0	25	46	1	0	39	2
317346	Chobani	Yogurt Vanilla Greek 0% Fat	6	32 oz	Y	120	0	0	0	5	60	16	13	0	13	1
413497	Chobani	Yogurt Greek Vanilla FF	2	5 lb	Y	120	0	0	0	5	60	16	13	0	13	1
512630	Chobani	Yogurt Greek Strwbry Blnd	12	4 oz	Y	120	0	0	0	5	60	19	12	0	15	0
512843	Chobani	Yogurt Blubry Greek	12	4 oz	Y	130	0	0	0	5	60	19	12	0	15	0
513013	Chobani	Yogurt Greek Vanilla Blnd	12	4 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR001001	Chobani	Yogurt Plain Greek	12	5.3 oz	Y	90	0	0	0	10	70	7	15	0	4	0
AGR001002	Chobani	Yogurt Greek Vanilla	12	5.3 oz	Y	120	0	0	0	5	60	16	13	0	13	0
AGR001004	Chobani	Yogurt Strwbry Nf Greek	12	5.3 oz	Y	120	0	0	0	5	60	19	12	0	15	0
AGR001005	Chobani	Yogurt Blubry Nf Greek	12	5.3 oz	Y	130	0	0	0	5	60	19	12	0	15	<1g
AGR001006	Chobani	Yogurt Peach Greek	12	5.3 oz	Y	120	0	0	0	5	60	18	12	0	14	0
AGR001009	Chobani	Yogurt Lemon Greek	12	5.3 oz	Y	130	0	0	0	5	80	18	12	0	15	1
AGR001010	Chobani	Yogurt Greek Pineapple LF	12	5.3 oz	Y	140	20	2.5	1.5	15	60	18	11	0	15	0
AGR001012	Chobani	Yogurt Raspberry Greek	12	5.3 oz	Y	130	0	0	0	5	60	19	12	0	16	0
AGR001015	Chobani	Yogurt Greek Pomegranate	12	5.3 oz	Y	120	0	0	0	5	60	19	12	0	15	0
AGR001016	Chobani	Yogurt Black Cherry Greek	12	5.3 oz	Y	130	0	0	0	5	65	19	12	0	16	0
AGR001017	Chobani	Yogurt Apple/Cinnamon Greek	12	5.3 oz	Y	140	25	2.5	1.5	15	7	19	11	0	16	1
AGR001031	Chobani	Yogurt Plain Greek LF	12	5.3 oz	Y	90	0	0	0	10	70	7	15	0	4	0
AGR001032	Chobani	Yogurt Strawberry/Banana Greek	12	5.3 oz	Y	140	25	2.5	1.5	15	60	19	11	0	16	0
AGR001033	Chobani	Yogurt Mango Greek LF	12	5.3 oz	Y	140	25	2.5	1.5	15	110	19	11	0	15	0
AGR001034	Chobani	Yogurt Greek Blood Orange	12	5.3 oz	Y	120	0	0	0	5	80	19	12	0	15	0
AGR01202	Chobani	Yogurt Pear Greek	12	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

VISTAR: 800.880.9900 • WWW.VISTAR.COM

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
AGR01259	Chobani	Yogurt Blackberry 0% FOB	12	5.3 oz		120	0	0	0	5	60	19	12	0	15	1
AGR01287	Chobani	Yogurt Greek Strawberry/Peach	3/8	3.5 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR01288	Chobani	Yogurt Greek Strawberry/Blbry	3/8	3.5 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR01290	Chobani	Yogurt Greek Mango/Pineapple	3/8	3.5 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR01313	Chobani	Yogurt Simply 100 Strawberry	12	5.3 oz	Y	100	0	0	0	5	65	15	12	0	7	5
AGR01314	Chobani	Yogurt Simply 100 Blueberry	12	5.3 oz	Y	100	0	0	0	5	65	14	12	0	7	5
AGR01315	Chobani	Yogurt Simply 100 Peach	12	5.3 oz	Y	100	0	0	0	5	65	14	12	0	7	5
AGR01316	Chobani	Yogurt Simply 100 Vanilla	12	5.3 oz	Y	100	0	0	0	5	65	14	12	0	7	5
AGR01373	Chobani	Yogurt Vanilla Choc Kids Tube	8/8	2 oz	Y	100	15	2	1	10	40	12	8	0	10	0
AGR01375	Chobani	Yogurt Banana Kids Tube	8/8	2 oz	Y	50	10	1	0.05	5	25	7	5	0	6	0
AGR01385	Chobani	Yogurt Watermelon 2% Blended	12	5.3 oz	Y	140	25	3	1.5	15	65	15	12	0	13	0
AGR01386	Chobani	Yogurt Plum 2% Blended	12	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR01389	Chobani	Yogurt Pinapl Coconut Smply100	12	5.3 oz	Y	100	0	0	0	5	60	16	12	0	8	5
AGR01390	Chobani	Yogurt Key Lime Simply 100	12	5.3 oz	Y	100	0	0	0	5	90	16	12	0	8	5
AGR01392	Chobani	Yogurt Banana Maple Oats	12	5.3 oz	Y	170	20	2	1	10	45	27	10	0	16	3
AGR01394	Chobani	Yogurt Cranberry Oats	12	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR01396	Chobani	Yogurt Strawberry Kids Tube	8/8	2 oz	Y	50	10	1	0.5	5	25	7	5	0	6	0
AGR01399	Chobani	Yogurt Flip Sriracha Mango	12	5.3 oz		190	50	6	2	15	190	23	12	0	14	0
AGR01470	Chobani	Yogurt Flip Pumpkin Hrvst Crsp	12	5.3 oz		0	0	0	0	0	0	0	0	0	0	0
AGR01492	Chobani	Yogurt Greek Strawberry/Blbry	8	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR13856	Chobani	Yogurt Cinnamon Pear 2%Blended	12	5.3 oz		0	0	0	0	0	0	0	0	0	0	0
AGR13863	Chobani	Yogurt Pumpkin Spice 2% Blend	12	5.3 oz		0	0	0	0	0	0	0	0	0	0	0
AGR225	Chobani	Yogurt Tube Blubry/Strawberry	6/16	2.25 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR226	Chobani	Yogurt Flip Strwbry Field LF	12	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
AGR229	Chobani	Yogurt Flip Van Gldn Crnch LF	12	5.3 oz	Y	0	0	0	0	0	0	0	0	0	0	0
AGR240	Chobani	Yogurt Tube Cherry/Strwbry Ban	6/16	2.25 oz	Y	0	0	0	0	0	0	0	0	0	0	0
GEM17689	Cinnamon	Cinnamon Toast Crunch Crisps	100	1 oz		110	25	3	0.5	0	160	22	1	0	8	2
GEM17733	Cinnamon	Cereal Cinn Toast Crn Pch Pks	96	1 oz		110	27	3	0.5	0	160	22	1	0	8	2
GEM45576	Cinnamon	Bar Cereal Cinn Toast Crunch	96	1.42 oz		150	30	3	0.5	0	115	30	3	0	8	3
CIC61022	ClassicF	Cheese Balls LSS	72	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
CIC61023	ClassicF	Curls Cheese Hot & Crunchy	72	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
CCC10911	Clif	Bar ZBar Chocolate Chip	6/5	1.27 oz	Y	130	20	2.5	1	5	95	23	5	0	9	3
CCC11911	Clif	Bar ZBar Peanut Butter Choc	6/5	1.27 oz	Y	140	35	4	1.5	5	95	22	5	0	8	3
CCC180001	Clif	Bar Twisted Fruit Strawberry	12/18	0.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC180002	Clif	Bar Kid Mixed Berry ZFruit	12/18	0.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC180005	Clif	Bar Twisted Fruit Grape	12/18	0.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC181001	Clif	Bar Strawberry Twisted Fruit	6/6	.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC181002	Clif	Bar Mixed Berry Fruit	6/6	.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC181005	Clif	Bar Twisted Grape Fruit	6/6	.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
CCC19712	Clif	ZBar Iced Oatmeal Cookie	12/6	1.27 oz	Y	140	35	4	1	0	115	24	2	0	12	3
CCC19714	Clif	Bar Zbar Iced Lemon Cookie	12/6	1.27 oz	Y	140	35	4	1.5	0	90	24	2	0	12	3
CCC29116	Clif	Bar ZBar Protein Choco Mint	6/5	1.27 oz	Y	130	25	2.5	1	5	95	23	5	0	9	3
CCC58007	Clif	Bar Fruit Punch ZFruit	12/18	.7 oz	Y	70	0	0	0	0	5	17	0	0	15	1
GEM45577	CocoaPuf	Bar Cereal Cocoa Puffs	96	1.42 oz		150	30	3	0.5	0	110	30	3	0	9	3
MVB01162	CocoLibr	Water SpkIng Coconut Can	12	12 oz		20	0	0	0	0	0	0	0	0	0	0
MVB01163	CocoLibr	Water Sparkling Grapefruit Can	12	12 oz		20	0	0	0	0	0	0	0	0	0	0
MVB11616	CocoLibr	Water SpkIng Ccmbr/Lmngrrs Can	12	12 oz		20	0	0	0	0	0	0	0	0	0	0
KEE06356	CornPops	Corn Pops Cereal Cup	60	1.5 oz		160	5	1	0	0	150	38	2	0	13	4

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
KEE12467	CornPops	Cereal Corn Pops Cup	10/6	1.5 oz		160	5	1	0	0	150	38	2	0	13	4
KEE39114	CornPops	Cereal Corn Pops	12	9.2 oz		120	0	0	0	0	105	27	1	0	9	3
CGR012118	CrystGey	Water Sparkling Spring PET	6/4	18 oz		0	0	0	0	0	35	0	0	0	0	0
CGR012218	CrystGey	Water Sparkling Spring Lemon	6/4	18 oz		0	0	0	0	0	35	0	0	0	0	0
CGR012318	CrystGey	Water Sparkling Spring Orange	6/4	18 oz		0	0	0	0	0	35	0	0	0	0	0
CGR012418	CrystGey	Water Sparkling Spring Lime	6/4	18 oz		0	0	0	0	0	35	0	0	0	0	0
CGR013118	CrystGey	Water Sparkling Spring Berry	6/4	18 oz		0	0	0	0	0	35	0	0	0	0	0
CGR18246	CrystGey	Water Sparkling Peach	6/4	18 oz		0	0	0	0	0	5	0	0	0	0	0
CGR18247	CrystGey	Water Sparkling PineappleMango	6/4	18 oz		0	0	0	0	0	5	0	0	0	0	0
JLE52118	Dannon	Yogurt Oikos Greek Honey	8	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
JLE52120	Dannon	Yogurt Oikos Greek Blueberry	8	16 oz	Y	130	0	0	0	5	50	20	12	0	19	0
JLE70041	Dannon	Yogurt Oikos Greek Peach Mango	8	16 oz	Y	130	0	0	0	0	60	19	13	0	19	0
257909	Darlingt	Cookie Bell Shape Bulk	160	.95 oz		120	35	4	1	5	50	19	1	0	6	2
258187	Darlingt	Cookie Gingerbread Boy 1w Fz	160	.95 oz		120	35	4	1	5	50	19	1	0	6	2
258583	Darlingt	Cookie Christmas Tree Bulk	160	.95 oz		120	35	4	1	5	50	19	1	0	6	2
439316	Darlingt	Cookie Sugar Christmas Tree 1w	160	.95 oz		120	35	4	1	5	50	19	1	0	6	2
DFG23788	Darlingt	Cookie Sugar Shamrock Shaped	160	.875oz		120	35	4	1	5	50	19	1	0	6	2
DFG73000	Darlingt	Cookie Oatmeal Raisin WG	160	1.4 oz		160	40	4.5	1	0	90	28	2	0	12	2
DRS00078	DeepRive	Chip Baked Crisp w/Sea Salt	24	1 oz	Y	120	20	2	0	0	150	22	1	0	1	1
PER00852	DeerPark	Water Spring PET	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER11475166	DeerPark	Water Spring Deer Park 1gal	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER11475168	DeerPark	Water Spring PET EcB	12	1.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER11475171	DeerPark	Water Distilled Deer Park 1gal	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER12128485	DeerPark	Water Sparkling Orange	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
PER12128488	DeerPark	Water Sparkling Watermln Lime	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19465	DeerPark	Water Sparkling Raspb Lime PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19468	DeerPark	Water Sparkling Lemon PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19527	DeerPark	Water Sparkling BlackCherryPET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER50406	DeerPark	Water Spring PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER50563	DeerPark	Water Spring PET ND	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER87254	DeerPark	Deer Park Water Spring PET SCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0
273297	Dnmls	Yogurt Strawberry Cup Danimals	48	4 oz		80	0	0	0	0	65	16	4	0	13	0
DOL00419	Dole	Fruit Pineapple in Jce Bowl	36	4 oz		60	0	0	0	0	0	15	<1	0	14	1
DOL03019	Dole	Fruit Pear Cup Diced	36	4 oz		90	0	0	0	0	5	22	<1	0	18	2
DOL03044	Dole	Fruit Bowl Mixed Fruit	12	4.2 oz		80	0	0	0	0	5	20	<1	0	19	1
DOL03065	Dole	Fruit Mixed Light Syrup	36	4 oz		80	0	0	0	0	5	19	<1	0	18	1
DOL03073	Dole	Fruit Diced Peaches Bowl	36	4 oz		80	0	0	0	0	5	19	<1	0	18	1
DOL03082	Dole	Mixations PeachApple Pineapple	12	7 oz		70	0	0	0	0	10	17	0	0	14	1
DOL03187	Dole	Fruit Fruitocracy Apple	36	3.2 oz		60	0	0	0	0	0	14	<1	0	13	1
DOL03195	Dole	Fruit Frtocracy Apple Mix Bry	36	3.2 oz		60	0	0	0	0	0	14	<1	0	13	1
DOL04226	Dole	Fruit Bowl Mandarin Orange	12	4.2 oz		80	0	0	0	0	10	20	<1	0	19	<1
DOL30505	Dole	Fruit Pineapple Wedge Can	24	8 oz		60	0	0	0	0	0	16	<1	0	15	1
DOL39088	Dole	Fruit Salad Tropical Can	24	8 oz		80	0	0	0	0	0	23	<1	0	20	1
DOL70211	Dole	Chips Freeze Dried Fruit Apple	24	.35 oz		0	0	0	0	0	0	0	0	0	0	0
DOL71924	Dole	Fruit Bowl Mixed Fruit	12	7 oz		140	0	0	0	0	10	34	1	0	32	2
DOL71941	Dole	Fruit Bowl Red Grapefruit	12	7 oz		140	0	0	0	0	10	34	1	0	32	2
DOL71966	Dole	Fruit Bowl Sliced Peaches	12	7 oz		150	0	0	0	0	10	34	2	0	32	2
DOL72975	Dole	Fruit Peach Slices Can	24	8 oz		90	0	0	0	0	0	22	0	0	21	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
DOL74206011	Dole	Fruit Bowl Mandarin Orange	12	7 oz		80	0	0	0	0	10	19	1	0	18	1
DOL79088	Dole	Fruit Tropical Salad	12	7 oz		90	0	0	0	0	0	21	0	0	20	1
DOL79088011	Dole	Fruit Bowl Tropical Fruit	12	7 oz		140	0	0	0	0	10	34	1	0	32	2
DOL03151	Dole	Fruit Fruitocracy Apple Banana	50	4.8 oz		90	0	0	0	0	5	22	0	0	20	2
DOL03153	Dole	Fruit Fruitocracy ApplePineapl	50	4.8 oz		90	0	0	0	0	5	22	0	0	20	2
DOL03189	Dole	Fruit Fruitocracy Apple	50	4.8 oz		90	0	0	0	0	5	22	0	0	20	2
FRI31748	Doritos	Doritos Nacho RedFat	72	1 oz		130	45	5	0.5	0	200	20	2	0	0	2
FRI36096	Doritos	Doritos Cool Ranch Reduced Fat	72	1 oz		130	45	5	1	0	160	19	2	0	1	2
FRI49093	Doritos	Doritos Chips Spcy Swt Chli RF	72	1 oz		140	45	5	0.5	0	200	20	2	0	0	1
FRI62829	Doritos	Doritos Flamas RedFat WG	72	1 oz		140	45	5	0.5	0	200	20	2	0	0	1
FGY08000	FAGE	Yogurt Greek Total 0% Plain	12	6 oz	Y	100	0	0	0	10	65	7	18	0	7	0
FGY08013	FAGE	Yogurt Greek Blueberry Acai	12	5.3 oz	Y	120	0	0	0	5	45	18	13	0	16	0
FGY08125	FAGE	Yogurt Greek Honey Total 0%	12	5.3 oz	Y	170	0	0	0	5	50	30	13	0	29	0
FGY08130	FAGE	Yogurt Greek Honey 2%	12	5.3 oz	Y	190	25	2.5	1.5	10	40	29	12	0	29	0
FGY08143	FAGE	Yogurt Greek Strawberry 0%	12	5.3 oz	Y	120	0	0	0	5	45	17	13	0	16	0
FGY08146	FAGE	Yogurt Greek Strawberry Tot 2%	12	5.3 oz	Y	140	25	2.5	1.5	10	40	17	12	0	16	0
FGY08156	FAGE	Yogurt Greek Cherry Tot 2%	12	5.3 oz	Y	140	25	2.5	1.5	10	40	17	12	0	16	0
FGY08163	FAGE	Yogurt Greek Blueberry Tot 0%	12	5.3 oz	Y	120	0	0	0	5	45	17	13	0	16	0
FGY08166	FAGE	Yogurt Greek Blueberry Tot 2%	12	5.3 oz	Y	140	25	2.5	1.5	10	40	18	12	0	16	0
FGY08173	FAGE	Yogurt Greek Raspberry Tot 0%	12	5.3 oz	Y	120	0	0	0	5	45	18	13	0	16	0
FGY08196	FAGE	Yogurt Greek Peach Tot 2%	12	5.3 oz	Y	140	25	2.5	1.5	10	40	17	12	0	16	0
MCK09776	Fieldsto	Bar Totally Banana Bread	12/16	1.21 oz		140	30	3.5	1	0	100	24	3	0	3	4
MCK09777	Fieldsto	Bar Totally Brown Sugar Cinn	12/16	1.21 oz		140	30	3.5	1	0	105	24	3	0	9	4
CFZ00217	Froozer	Fruit Snack Frozen Blue Aloha	12/6	2 oz	Y	35	0	0	0	0	0	9g	0	0	7g	1g

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
CFZ00218	Froozer	Fruit Snack Frozen StrawBanana	12/6	2 oz	Y	40	0	0	0	0	0	10g	0	0	7g	1g
CFZ00219	Froozer	Fruit Snack Frozen Tropical	12/6	2 oz	Y	35	0	0	0	0	0	9g	0	0	7g	1g
CFZ00230	Froozer	Fruit Snack Frozen Blue Aloha	48	2 oz	Y	35	0	0	0	0	0	9	0	0	7	1
CFZ00231	Froozer	Fruit Snack Frozen Strawbanana	48	2 oz	Y	40	0	0	0	0	0	10	0	0	7	1
CFZ00232	Froozer	Fruit Snack Frz TropicalSunset	48	2 oz	Y	35	0	0	0	0	0	9	0	0	7	1
KEE59653	FrostedF	Cereal Frosted Flakes	16	15 oz		110	0	0	0	0	150	26	1	0	10	<1
370885	Frty Chr	Bar Cereal Fruity Cherrios	96	1.42 oz		150	30	3	0.5	0	105	30	2	0	9	3
SDB00008	Fruit2O	Water Tropical Frt PET	24	16 oz		0	0	0	0	0	75	0	0	0	0	0
SDB23228	Fruit2O	Water Grape PET	24	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER00090	Fruit2O	Water Sparkling Strawberry PET	12	17 oz		0	0	0	0	0	0	0	0	0	0	0
VER00091	Fruit2O	Water Sparkling Mix Berry PET	12	17 oz		0	0	0	0	0	0	0	0	0	0	0
VER00092	Fruit2O	Water Sparkling Rasp Lemon PET	12	17 oz		0	0	0	0	0	0	0	0	0	0	0
VER00093	Fruit2O	Water Sparkling Grape PET	12	17 oz		0	0	0	0	0	0	0	0	0	0	0
VER23229	Fruit2O	Water Peach PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23240	Fruit2O	Water Orange PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23241	Fruit2O	Water Lemon PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23243	Fruit2O	Water Cherry PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23244	Fruit2O	Water Strawberry PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23245	Fruit2O	Water Raspberry PET	4/6	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23247	Fruit2O	Water Watermelon PET	24	16 oz		0	0	0	0	0	75	0	0	0	0	0
VER23248	Fruit2O	Water Cucumber Lemon PET	24	16 oz		0	0	0	0	0	75	0	0	0	0	0
GDF41856	Fruttata	Fruit Dried Apple Crisps	120	.36 oz	Y	35	0	0	0	0	0	8	0	0	6	1
GDF41857	Fruttata	Fruit Dried Pineapple Crisps	120	.36 oz	Y	39	0	0	0	0	0	9	1	0	8	1
QUA12007	Gatorade	Drink G2 Sport Glacier Freeze	24	12 oz	Y	30	0	0	0	0	160	7	0	0	7	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
QUA12202	Gatorade	Drink G2 Fruit Punch	24	12 oz	Y	30	0	0	0	0	160	7	0	0	7	0
QUA12203	Gatorade	Drink G2 Sport Grape	24	12 oz		30	0	0	0	0	160	7	0	0	7	0
QUA12204	Gatorade	Drink G2 Sport Orange	24	12 oz	Y	30	0	0	0	0	160	7	0	0	7	0
QUA13297	Gatorade	Drink G2 Clear Mixed Berry	24	12 oz	Y	30	0	0	0	0	160	7	0	0	7	0
GEM26348	GeneralM	Cocoa Puffs Pch Pks COTG	96	.88 oz		110	10	1	0	0	160	25	1	0	13	0
VER93814	GigaFrui	Juice 100% Twisted Cherry	24	11.5 oz		170	0	0	0	0	35	43	0	0	43	0
VER97414	GigaFrui	Juice 100% Krazy Kiwi	24	11.5 oz		170	0	0	0	0	25	43	0	0	43	0
MNA12000	Gogo Sqz	Applesauce Apple Apple 4Pk	12/4	3.2 oz	Y	60	0	0	0	0	0	15	0	0	12	1
GEM31913	GoldenGm	Bar Cereal Golden Grahams	96	1.42 oz		150	30	3	0.5	0	110	30	2	0	9	3
CAM15094	Goldfish	Goldfish Giant Grahams	300	.9 oz		100	35	4	0.5	0	170	14	2	0	0	1
CAM15263	Goldfish	GoldFish Chocolate Grahams	300	.9 oz		110	30	3.5	1	0	140	19	2	0	4	2
CAM16187	Goldfish	Goldfish Strawberry Physedibls	300	.9 oz		120	35	4	1	0	105	19	2	0	6	1
CAM16188	Goldfish	Goldfish Lemon Physedibles	300	.9 oz		120	35	4	1	0	105	19	2	0	6	1
CAM16999	Goldfish	Goldfish Vanilla Physedibles	300	.9 oz		120	35	4	1	0	90	19	2	0	7	1
CAM17331	Goldfish	Goldfish Crackers Rnch Fl Blst	300	.75 oz		90	30	3.5	0.5	0	200	14	2	0	0	1
CAM18432	Goldfish	Goldfish Giant Oats&Hony Grahm	300	.9 oz		120	35	4	1	0	70	19	2	0	5	1
HRR05600	GoodNtrd	Chips Natured Vegables	30	.5 oz	Y	70	0	0	0	0	75	0	0	0	0	0
HRR08327	GoodNtrd	Crisps Baked Sweet Potato	30	.875 oz		0	0	0	0	0	0	0	0	0	0	0
HRR08342	GoodNtrd	Crisps Original Vegetable	30	1 oz	Y	110	20	2	0	0	160	22	2	0	3	2
HRR08345	GoodNtrd	Crisps Ranch Vegetable	30	1 oz	Y	110	20	2	0	0	190	22	2	0	3	2
HRR8307	GoodNtrd	Crisps Baked Original	30	1 oz	Y	120	20	2	0	0	180	23	2	0	2	2
MAB70250	GreatEar	Cinnamon Roll Whole Wheat Chia	54	1.7 oz		0	0	0	0	0	0	0	0	0	0	0
EXP53158	GrmtTrea	Brownies Chocolate	75	2 oz		0	0	0	0	0	0	0	0	0	0	0
EXP54073	GrmtTrea	Cake Banana Creme	75	2.25 oz		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
EXP54164	GrmtTrea	Cake Chocolate Creme	75	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP54502	GrmtTrea	Cake Lemon Creme	75	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP54674	GrmtTrea	Cake Pound Butter Creme	75	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP55160	GrmtTrea	Cookie Chocolate Chip	94	1.75 oz		0	0	0	0	0	0	0	0	0	0	0
EXP55162	GrmtTrea	Cookie Chocolate Chocolate	94	1.75 oz		0	0	0	0	0	0	0	0	0	0	0
EXP55619	GrmtTrea	Cookie Oatmeal Raisin	94	1.75 oz		0	0	0	0	0	0	0	0	0	0	0
EXP56871	GrmtTrea	Krispies N Cream Vanilla	75	1.3 oz		0	0	0	0	0	0	0	0	0	0	0
EXP57071	GrmtTrea	Muffin Banana	60	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP57075	GrmtTrea	Muffin Blueberry	60	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP57163	GrmtTrea	Mufin Chocolate Fudge	60	2.25 oz		0	0	0	0	0	0	0	0	0	0	0
EXP57501	GrmtTrea	Muffin Lemon	60	2.25oz		0	0	0	0	0	0	0	0	0	0	0
BBD16065	H15/BBB	Cookies Classic Skull Decorate	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
BBD74423	H15/BBB	Cookies Frankie Pumpkin Dcrted	24	1.8 oz		0	0	0	0	0	0	0	0	0	0	0
MEC43495	h2aloe	Drink Aloe Original PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43496	h2aloe	Drink Aloe Blueberry PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43498	h2aloe	Drink Aloe Coconut Lychee PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43499	h2aloe	Drink Aloe Kiwi Strawberry PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43500	h2aloe	Drink Aloe Pomegranate PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43502	h2aloe	Drink Aloe Pineapple PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MEC43504	h2aloe	Drink Aloe Mango PET	20	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HWR00304	HealthWa	Bar Acai Berry Chia	4/15	.88 oz	Y	100	45	5	0.5	0	45	14	3	0	5	4
HWR00305	HealthWa	Bar Choc Pnut Butter Chia	4/15	.88 oz	Y	100	50	6	1	0	40	13	3	0	5	4
HWR00308	HealthWa	Bar Coconut Chia	4/15	.88 oz	Y	110	60	6	2.5	0	45	13	3	0	4	4
HWR00312	HealthWa	Bar Banana Nut Chia	4/15	.88 oz	Y	100	45	5	0.5	0	45	14	3	0	5	4

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

VISTAR: 800.880.9900 • WWW.VISTAR.COM

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
HWR00314	HealthWa	Bar Coffee Chia	4/15	.88 oz	Y	100	50	5	1	0	45	13	3	0	5	3
HWR00316	HealthWa	Bar Apple Cinnamon Chia	4/15	.88 oz	Y	100	45	5	0.5	0	45	14	3	0	5	4
HWR00324	HealthWa	Bar Mango Chia	4/15	.88 oz	Y	100	45	5	1	0	45	14	3	0	5	4
HWR00326	HealthWa	Bar Dark Choc Cherry Chia	4/15	.88 oz	Y	100	45	5	1	0	45	14	3	0	5	4
HRR00346	Herrs	Chips Sea Salt Popped	48	.875 oz		70	15	2	0	0	140	12	1	0	0	1
HRR0349	Herrs	Chips BBQ Popped	48	.875 oz		70	15	2	0	0	170	13	1	0	2	1
HRR04212	Herrs	Popcorn Go Lite	30	.625 oz		130	35	3.5	1	0	50	21	3	0	0	4
HRR09812	Herrs	Chips Chptle Mngo Cassava Popd	48	.875 oz		100	20	2.5	0	0	190	19	0	0	3	1
HRR09815	Herrs	Chips Maui Onion Cassava Popd	48	.875 oz		100	20	2.5	0	0	160	20	0	0	3	1
HRR257	Herrs	Chips Baked Original	30	1 oz		120	20	2	0	0	180	23	2	0	2	2
HRR346	Herrs	Chips Sea Salt Popped	60	.6 oz		70	15	2	0	0	140	12	1	0	0	1
HRR8302	Herrs	Chips Baked Ripple	30	1 oz		120	20	2	0	0	190	22	2	0	2	1
HBI00035	Hiball	Water Sparkling Energy Grapfrt	6/4	8.4 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HBI00045	Hiball	Water Sparkling Energy LemLime	6/4	8.4 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HBI00055	Hiball	Water Sparkling Energy Wld Bry	6/4	8.4 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HBI00083	Hiball	Water Energy SSparkling Peach	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HBI00085	Hiball	Water Sparkling Energy Peach	6/4	8.4 oz	Y	0	0	0	0	0	0	0	0	0	0	0
339964	Hiball	Water Energy Lemon Lime	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
339965	Hiball	Water Energy Wild Berry	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
339971	Hiball	Water Energy Vanilla	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
339972	Hiball	Water Energy Grapefruit	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00004	Hint	Water RspbrryLm Unswtnd NtrlEs	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00013	Hint	Water Pear Unsweet	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00017	Hint	Water Pmgrnte Unswtnd Ntrl Ess	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
HNT00022	Hint	Water Raspberry UnswtNtrlEssnc	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00027	Hint	Wtr MngoGrpfrt Unswtnd NtrlEss	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00033	Hint	Water Hneydew Unswtnd NtrlEss	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00034	Hint	Water Blckbrry Unswtnd NtrlEss	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00035	Hint	Water Wtrmlon Unswtnd Ntrl Ess	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00101	Hint	Water Blood Orange Unswtn	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00104	Hint	Water Crsp Appl Unswtnd NtrlEs	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00107	Hint	Water Peach Unsweetnd	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00113	Hint	Water Sparkling Peach Unswtnd	12	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00117	Hint	Water Sparkling Blckbrry Unswt	12	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00118	Hint	Water Strawberry Kiwi	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00119	Hint	Water Strawbry Kiwi Fizz	12	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00120	Hint	Water Sprklng Watermelon Fizz	12	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00129	Hint	Water Pineapple Unswt Ntrl Ess	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00130	Hint	Water Sparkling Cherry Unswt	12	16.9 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00144	Hint	Wtr Black Raspberry W/Caf Kick	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00145	Hint	Wtr Apple Pear w/Caff Kick	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00146	Hint	Wtr Lemon Cayenne w/Caff Kick	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HNT00149	Hint	Water 4 Flavor Variety Pack	12	16 oz	Y	0	0	0	0	0	0	0	0	0	0	0
HMF00194	Homefree	Cookie Dbl Choc Chip Mini GF	30	.95 oz	Y	130	45	5	1	0	120	19	2	0	9	2
HMF00435	Homefree	Cookie Choc Mint Mini GF	30	.95 oz	Y	130	45	5	0.5	0	125	19	2	0	9	2
MOZ001932000166	HoneyMai	Crackers Lil Squares	72	1.06 oz		130	25	3	0.5	0	170	23	2	0	8	2
NFG013680	HoneyMai	Crackers Honey Grahams 2pk	200	.49 oz		0	0	0	0	0	0	0	0	0	0	0
HOS02087	Hostess	Muffins Mini Birthday 4ct FOA	6/5	1.61 oz		170	60	7	1	20	120	25	2	0	15	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
HOS02088	Hostess	Muffins Mini Bluberry 4CT FOA	6/5	1.61 oz		150	50	6	1	30	130	22	3	0	14	1
HOS02089	Hostess	Muffins Mini Banana FOA	6/5	1.61 oz		160	50	6	1	35	120	24	3	0	16	1
HOS11118	Hostess	Muffins Mini Birthday Cake 4ct	6/5	1.61 oz		170	60	7	1	20	120	25	2	0	15	1
HOS13129	Hostess	Muffins Mini Blueberry 4ct	6/5	1.61 oz		150	50	6	1	30	130	22	3	0	14	1
O35039	IceMount	Water Distilled	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER101715	IceMount	Water Spring PET Vend	24	16 oz		0	0	0	0	0	0	0	0	0	0	0
PER11475400	IceMount	Water Spring PET EcoBottle	18	1 ltr		0	0	0	0	0	0	0	0	0	0	0
PER11479627	IceMount	Water Spring PET	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER15552	IceMount	Water Sparkling Blk Cherry PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19513	IceMount	Water Sparkling Rasp Lime PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19516	IceMount	Water Sparkling Lemon PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19519	IceMount	Water Sparkling WtmIn Lime PET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER19522	IceMount	Water Sparkling Mand OrangePET	4/6	.5 lt		0	0	0	0	0	0	0	0	0	0	0
PER66557	IceMount	Water Spring PET	6	3 ltr		0	0	0	0	0	0	0	0	0	0	0
PER8300510	IceMount	Water Spring PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER87255	IceMount	IceMount Water Spring PET SpCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0
IHC004222	Inbalanc	Bar Chocolate Fudge	12/12	2 oz	Y	173	45	5	0.5	0	30	21	11	0	7	10
IEI00082	ITO EN	Tea Oolong Golden Unsweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI00180	ITO EN	Tea Green Jasmine	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IZZ01504	Izze	Juice Sprkl Grapefruit Can	24	8.4 oz	Y	90	0	0	0	0	15	22	0	0	20	0
IZZ11056	Izze	Water Sprkl Clementne Can	24	8.4 oz	Y	90	0	0	0	0	15	21	0	0	19	0
IZZ15078	Izze	Water Sprkl Apple Can	24	8.4 oz	Y	90	0	0	0	0	15	24	0	0	21	0
QUA01502	Izze	Izze Blackberry Sparkling Juic	24	8.4 oz		90	0	0	0	0	20	22	0	0	20	0
QUA01505	Izze	Izze Clementine Sparkling Juic	24	8.4 oz		90	0	0	0	0	15	21	0	0	19	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
JLB87649	JackLink	Jerky Beef Teriyaki USDA	48	.85 oz		70	10	1	0	25	200	6	10	0	6	0
JLB87650	JackLink	Jerky Beef Peppered USDA	48	.85 oz		70	10	1	0	25	190	7	10	0	6	0
JLB87651	JackLink	Jerky Beef Original USDA	48	.85 oz		70	10	1	0	25	200	6	10	0	6	0
RHF00500	Jamba	Fruit Bites Strawberry	12	1.50 oz	Y	140	0	0	0	0	0	15	0	0	29	1
RHF00520	Jamba	Fruit Bites Blueberry Acai	12	1.50 oz	Y	140	0	0	0	0	0	15	0	0	29	1
RHF00522	Jamba	Fruit Bites Raspberry Bluebrry	12	1.50 oz	Y	140	0	0	0	0	0	15	0	0	29	1
RHF00523	Jamba	Fruit Bites Mango Pineapple	12	1.50 oz	Y	140	0	0	0	0	0	15	0	0	29	1
JHOIM01568	Julie's	Bar Blackberry Organic	12	3 ct		60	0	0	0	0	20	16	0	0	14	1
493368	Justins	Butter Classic Almond Squeeze	60	1.15 oz	Y	190	160	18	2.5	0	0	6	7	0	1	3
SNU00028	Justins	Squeeze Almond Classic Butter	6/10	1.15 oz	Y	190	160	18	2.5	0	0	6	7	0	1	3
SNU00029	Justins	Squeeze Pk Honey Almond Butter	6/10	1.15 oz		190	150	16	3	0	65	8	6	0	4	3
SNU00030	Justins	Squeeze Pack Maple Almond Btr	6/10	1.15 oz	Y	190	150	16	2	0	65	8	6	0	3	2
SNU00058	Justins	Squeeze Pack Choc Hazelnut Btr	6/10	1.15 oz		180	130	14	2.5	0	65	12	4	0	7	3
SNU00307	Justins	Squeeze Pack Classic Pnut Btr	6/10	1.15 oz		190	140	16	3	0	25	7	8	0	2	2
SNU00309	Justins	Squeeze Honey Peanut Butter	6/10	1.15 oz	Y	190	140	16	3	0	65	8	7	0	4	2
SNU00311	Justins	Squeeze Pack Vanilla Almnd Btr	6/10	1.15 oz		180	130	14	3	0	65	11	5	0	6	2
KAR8961	KarNut	Snack Mix Crnbrry Almnd Dlght	100	1.25 oz		150	90	10	1.5	0	65	11	5	0	7	2
KAR8963	KarNut	Trail Mix Original	100	1.5 oz		200	120	13	1.5	0	0	18	7	0	10	3
KAR89640	KarNut	Trail Mix Mango Pineapple Unsl	72	1.5 oz		200	110	12	1.5	0	15	21	6	0	13	2
KAR8971	KarNut	Nuts Almonds Salted	100	1 oz		170	140	16	1	0	95	5	6	0	1	3
KAR8976	KarNut	Raisins	100	1 oz		80	0	0	0	0	0	22	0	0	17	1
KAR978	KarNut	Peanuts Salted	100	1 oz		170	130	15	2.5	0	90	4	8	0	1	3
KAR980	KarNut	Cashews Salted	100	1 oz		160	120	14	2.5	0	80	9	5	0	1	1
KEE03000	Kashi	Bar Chewy Trail Mix	12/6	1.23 oz		140	45	8	0	0	55	21	5	0	7	3

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
KEE03001	Kashi	Bar Chewy Honey Almond Flx TLC	12/6	1.23 oz		140	45	8	0	0	60	20	6	0	6	3
KEE03002	Kashi	Bar Granola Peanut Butter	12/6	1.12 oz		140	45	8	0.5	0	45	20	6	0	5	3
KEE37945	Kashi	Peanut Peanut Butter	6/12	1.23 oz		140	45	5	0.5	0	85	19	3	0	5	3
KEE37947	Kashi	Bar Trail Mix Granola	6/12	1.2 oz		140	45	8	0	0	55	21	5	0	7	3
KEE482785	Kashi	Bar Granola Honey Almond Flax	6/12	1.2 oz		140	45	8	0	0	60	20	6	0	6	3
KEE91420	Kashi	Crisps Hummus Caramelized Onion	36	.81 oz		90	25	5	0	0	150	16	3	0	1	3
KEE91423	Kashi	Crisps Hummus Sundried Tomato	36	.81 oz		90	25	4	0	0	150	16	3	0	<1	3
298113	Keebler	Cracker Graham Bug Bite	210	1 oz		120	35	5	1	0	115	21	2	0	8	1
369603	Keebler	Crackers Graham Choc Chip	150	.95 OZ		120	30	5	1.5	0	80	20	2	0	6	3
803320	Keebler	Cookie Graham Elf Original	150	1 oz		120	35	6	1	0	105	21	2	0	8	1
KEE40239	Keebler	Crackers Elf Grahams Chocolate	150	1 oz		120	35	6	1	0	125	20	2	0	7	2
KEE45682	Keebler	Cracker Cinnamon Gripz	150	.9 oz		100	30	5	1	0	80	19	2	0	5	3
KEE55644	Keebler	Cracker Graham Cinnamon BugBte	210	1 oz		120	35	5	1	0	115	21	2	0	8	1
505054	Kellogg	Cereal Raisin Bran	70	1.52 oz		140	5	2	0	0	150	34	3	0	13	5
505740	Kellogg	Cereal Corn Flakes Bulk Pack	4	26 oz		100	0	0	0	0	200	24	2	0	3	1
974446	Kellogg	Cereal All-Bran 1.76oz Ind Tff	70	1.76 oz		130	15	2	0	0	130	37	6	0	9	16
KEE00696	Kellogg	Cereal All Bran Flakes	96	.875 oz		80	5	1	0	0	180	20	3	0	5	4
KEE11465	Kellogg	Cereal Frosted Flakes Pouch	96	1 oz		100	0	0	0	0	160	24	2	0	7	3
KEE11467	Kellogg	Cereal Froot Loops Pouch	96	1 oz		110	10	2	0.5	0	170	24	2	0	8	3
KEE11469	Kellogg	Cereal Apple Jacks Pouch	96	1 oz		110	10	2	0.5	0	160	24	2	0	8	3
KEE14633	Kellogg	Cereal Disney Frozen Pouch	96	1 oz		100	9	1	0	0	125	24	2	0	9	3
KEE48396	Kellogg	Bar Cereal Apple Cinnamon	4/24	1.27 oz		140	25	5	0.5	0	105	27	2	0	9	3
KEE54937	Kellogg	Bar Cereal Mixed Berry Krispie	4/24	1.27 oz		140	25	5	0.5	0	105	27	2	0	9	3
KEE54998	Kellogg	Cereal Frst Flk MultiGrn 1/3Sg	96	1 oz		100	0	0	0	0	160	24	2	0	7	3

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
KEE59640	Kellogg	Cereal Frosted Flakes	14	10.5 oz		110	0	0	0	0	150	26	1	0	10	<1
KEE78788	Kellogg	Cereal Froot Loop Reduced Sgr	96	1 oz		110	10	2	0.5	0	170	24	2	0	8	3
KEE91612	Kellogg	Bar Cocoa Krispies Chewy Granl	4/24	1.34 oz		150	40	7	1	0	140	27	2	0	10	3
KEL4996	Kellogg	Frosted Mini Wheats Bt Sz Bowl	96	1 oz		100	0	0	0	0	0	24	3	0	6	3
KEL78787	Kellogg	Cereal Apple Jacks Reduced Sgr	96	1 oz		110	10	2	0.5	0	160	24	2	0	8	3
KEY04154	Keystone	Chips Real Veggie Sriracha	36	.833 oz	Y	110	20	2.5	0	0	70	19	3	0	1	2
KEY04802	Keystone	Chips Real Veggie White Ched	36	.833 oz	Y	120	25	2.5	0	0	160	20	4	0	1	1
PHW18080	KindBar	Bar Oats&Honey w/Tstd Coconut	6/12	1.2 oz	Y	150	45	5	1.5	0	100	23	2	0	6	2.5
PHW18083	KindBar	Bar Peanut Butter Dk Chocolate	6/12	1.2 oz	Y	150	50	5	1	0	75	23	3	0	7	2.5
PHW18084	KindBar	Bar Vanilla Blueberry	6/12	1.2 oz	Y	140	35	4	0	0	75	24	2	0	7	2.5
PHW19991	KindBar	Bar Black Truffle Almond SSalt	6/12	1.4 oz	Y	200	130	15	2	0	135	15	6	0	4	5
PHW24062	KindBar	Bar Pineapple Coconut Chia	6/12	1.2 oz	Y	130	30	3.5	2.5	0	45	25	1	0	16	3
PHW24063	KindBar	Bar Mango Apple Chia	6/12	1.2 oz	Y	130	5	0.5	0	0	70	31	1	0	21	3
PHW24064	KindBar	Bar Cherry Apple Chia	6/12	1.2 oz	Y	130	5	0.5	0	0	65	29	1	0	17	3
PHW24065	KindBar	Bar Pinappl Banana Kale Spinch	6/12	1.2 oz	Y	110	0	0	0	0	45	27	1	0	18	2.5
PHW24066	KindBar	Bar Apricot Pear Carrot Beet	6/12	1.2 oz	Y	110	10	1	0	0	55	26	1	0	11	4
KEE125867	KraveTrt	Cereal S' mores Pouch	96	1 oz		110	30	5	0.5	0	95	21	2	0	9	3
BVC15091236	LaCroix	Water Sparkling Berry Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
BVC15091239	LaCroix	Water Sparkling Lemon Can	2/12	12 oz		0	0	0	0	0	0	0	0	0	0	0
BVC15091242	LaCroix	Water Sparkling Pure Can	2/12	12 oz		0	0	0	0	0	0	0	0	0	0	0
NAV11205	LaCroix	Water Sparkling Passionfruit	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV12002	LaCroix	Water Sparkling Peach Pear Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV1299312002	LaCroix	Water Sparkling Peach Pear Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV15062236	LaCroix	Water Sprkling Berry Cn w/oTray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
NAV15062238	LaCroix	Water Sparkling Cran/Rasp	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV15062240	LaCroix	Water Sprkng Lime Cn w/o Tray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV15062241	LaCroix	Water Sparkling Orange Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV15062445	LaCroix	Water Sparkling Coconut Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV15109445	LaCroix	Water Sparkling Coconut Can	24	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV151520	LaCroix	Water Sparkling Grapefruit Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV20030	LaCroix	Water Sparkling Mango	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV40120	LaCroix	Water Sprkng Grpft Cn w/oTray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV40125	LaCroix	Water Sprkng Lime Cn w/o Tray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV40130	LaCroix	Water Sprkng Lemon Cn w/oTray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV40133	LaCroix	Water Sparkling Pure Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV40156	LaCroix	Water Sprkng Berry Cn w/oTray	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV51532	LaCroix	Water Sparkling Cran Raspberry	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV58706	LaCroix	Water Sparkling Tangerine Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
WNT65433	LaCroix	Water Sparkling Lemon Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
WNT65434	LaCroix	Water Sparkling Lime Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
WNT80301	LaCroix	Water Sparkling Orange Can	2/12	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77301	LaCrxCrt	Water Sparkling Apple Berry	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77302	LaCrxCrt	Water Sparkling Cherry Lime	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77304	LaCrxCrt	Water Sparkling Pinapl Strwbry	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77305	LaCrxCrt	Water Sparkling Kiwi Watermln	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77306	LaCrxCrt	Water Sparkling Can Pnk Grpft	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NAV77307	LaCrxCrt	Water Sparkling Bckbry Cucumb	3/8	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
FRI32078	Lay's	Lays Chips Baked KC BBQ	60	.875 oz		110	25	2.5	0	0	170	19	2	0	3	2

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
FRI33625	Lay's	Lays Chips Baked Regular	60	.875 oz		100	15	1.5	0	0	115	20	2	0	2	2
FRI44396	Lay's	Lays Crisps Baked Regular LSS	64	1.125 oz		130	20	2	0	0	150	26	2	0	2	2
FRI44398	Lay's	Lays Crisps Baked SrCrn & Onn	64	1.125 oz		130	30	3.5	0.5	0	190	24	2	0	3	1
FRI502008	Lay's	Lays Crisps Baked Potato XL	8	2.125 oz		120	20	2	0	0	135	23	2	0	2	2
BVF81210	Linda's	Brownie Chocolate Fudge IW	96	2 oz		0	0	0	0	0	0	0	0	0	0	0
UCY00131	Lucy's	Cookie Ginger Snap Grab n Go	2/12	1.25 oz	Y	120	40	4.5	1	0	170	18	2	0	9	1
CCC210009	Luna	Bar Toast Nut & Cranberry	16/15	1.69 oz	Y	170	40	4.5	0.5	0	180	26	9	0	11	3
CCC270001	Luna	Bar Blueberry Bliss	16/15	1.69 oz	Y	190	60	6	2.5	0	105	27	8	0	10	3
MMC00209	MammaChi	Squeeze Chia Blackberry Bliss	2/8	3.5 oz	Y	70	20	2	0	0	10	10	2	0	7	4
MMC00211	MammaChi	Squeeze Chia Green Magic	2/8	3.5 oz	Y	70	20	2	0	0	10	10	2	0	7	4
MMC00212	MammaChi	Squeeze Chia Strawberry Banana	2/8	3.5 oz	Y	70	20	2	0	0	10	10	2	0	7	4
IEI01104	MatchaLv	Tea Matcha Unsweetened Can	20	16.9 oz	Y	0	0	0	0	0	15	0	0	0	0	0
MED26	MedoraSn	Popcorners Sea Salt	8	1.1 oz		140	30	3.5	0	0	190	24	3	0	0	0
GEM47953	Motts	Fruit Snacks Mixed Berry	144	1.6 oz		80	0	0	0	0	30	19	0	0	10	0
GEM47954	Motts	Fruit Snacks Assorted Fruit	144	1.6 oz		80	0	0	0	0	30	19	0	0	10	0
301329	Motts	Juice Apple 100%	4/8	6.75 oz		50	0	0	0	0	5	13	0	0	12	0
MRN00002	MrNature	Granola Blue Sky	72	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
MRN02007	MrNature	Dried Fruit Mix	60	2 oz		175	20	2	0	0	53	40	0	0	26	2
MRN02013	MrNature	Trail Mix Unsalted	100	1.1 oz		130	60	7	1	0	10	14	5	0	5	2
MRN11290	MrNature	Cashews Salted	100	1 oz		165	100	11	4	0	94	9	6	0	1	3
MRN1204	MrNature	Rice Cracker Mix	60	1.5 oz		110	0	0	0	0	160	25	2	0	1	0
MRN50200	MrNature	Seedless Raisins	100	1 oz		90	0	0	0	0	7	20	1	0	20	2
MRN50215	MrNature	Salted Peanuts	100	1 oz		170	130	14	2	0	130	6	8	0	0	3
MRN50285	MrNature	Almonds Salted	100	1 oz		170	110	12	1	0	40	7	7	0	1	3

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
FLO86772	MrsFresh	Bar Cookie OatmlRaisn FOA USDA	18/6	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
FLO88710	MrsFresh	Bar Cookie Chocolate Chip USDA	18/6	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
FLO88712	MrsFresh	Bar Cookie Choc Chip FOA USDA	18/6	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
FLO88712NC	MrsFresh	Bar Cookie Chocolate Chip	18/6	1.5 oz		0	0	0	0	0	0	0	0	0	0	0
43491	Nabisco	Cracker Graham	150	3 ct		130	25	3.5	1	0	180	24	2	0	8	1
QUA01037	NakedJce	Juice Blue Machine	8	10 oz		210	0	0	0	0	15	50	1	0	36	4
QUA63071	NakedJce	Juice Strawberry Banana	8	10 oz		250	0	0	0	0	10	59	2	0	44	0
QUA63072	NakedJce	Juice Mighty Mango	8	10 oz		180	0	0	0	0	10	43	1	0	35	0
QUA63076	NakedJce	Juice Green Machine	8	10 oz		170	0	0	0	0	20	41	2	0	35	0
QUA63117	NakedJce	Juice Berry Blast	8	10 oz		160	0	0	0	0	10	37	2	0	32	0
QUA63395	NakedJce	Juice Strawberry Banana	12	10 oz		250	0	0	0	0	10	59	2	0	44	0
QUA63397	NakedJce	Juice Green Machine	12	10 oz		270	0	0	0	0	25	63	4	0	53	0
QUA63398	NakedJce	Juice Mighty Mango	12	10 oz		290	0	0	0	0	20	68	2	0	57	0
QUA63399	NakedJce	Juice Berry Blast	12	10 oz		160	0	0	0	0	10	37	2	0	32	0
BRE00500	NaturesA	Fruit Raspberry Sticks	3/10	1.06 oz		100	0	0	0	0	10	24	0	0	19	1
BRE00501	NaturesA	Fruit Passion Mango Sticks	3/10	1.06 oz		100	0	0	0	0	15	25	0	0	19	2
BFB11802	NaturesB	Bar Fig Lemon Whole Wheat	7/12	2 oz		110	0	2.5	0	0	35	20	2	0	10	2
BFB75102	NaturesB	Brownie Double Chocolate WW	7/12	2 oz		90	0	2.5	0	0	45	17	2	0	9	2
BFB75202	NaturesB	Brownie Double Choc Mint WW	7/12	2 oz		90	0	2.5	0	0	45	17	2	0	9	2
BFB75302	NaturesB	Brownie Dbl Choc Raspberry WW	7/12	2 oz		90	0	2.5	0	0	45	17	2	0	9	2
BFB75402	NaturesB	Brownie Dbl Choc Blueberry WW	7/12	2 oz		90	0	2.5	0	0	45	17	2	0	9	2
073633	NatureVa	Bar Granola Oat & Honey	144	.74 oz		190	60	7	1	0	180	29	3	0	11	2
083667	NatureVa	Bar Granola Chewy Variety Pack	120	.89 oz		90	15	1.5	0	0	50	19	1	0	6	1
GEM11590	NatureVa	Bar Chewy Chocolate Chunk	120	1 oz		90	15	2	0.5	0	55	19	1	0	6	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
GEM1512	NatureVa	Bar Chewy Granola Fruit & Nut	8/16	1.2 oz		140	35	4	0.5	0	65	25	3	0	7	2
GEM2382	NatureVa	Bar Granola Oat & Honey	6/28	1.5 oz		190	60	7	1	0	180	29	3	0	11	2
GEM2384	NatureVa	Bar Granola Peanut Butter	6/28	1.5 oz		190	80	8	1	0	180	27	4	0	11	2
GEM33530	NatureVa	Bar Granola Oat & Honey Retail	6/18	1.5 oz		190	60	7	1	0	180	29	3	0	11	2
GEM33550	NatureVa	Bar Granola Peanut Butter	6/18	1.5 oz		190	80	8	1	0	180	27	4	0	11	2
GEM47295	NatureVa	Backpacker Otml Bites Chc Chip	6/6	1.24 oz		150	50	6	1	0	130	24	2	0	9	2
GEM47296	NatureVa	Backpacker OatmealBite S'mores	6/6	1.24 oz		150	50	6	1.5	0	125	24	2	0	9	2
GEM48255	NatureVa	Crisps Chocolate Chip	120	1.2 oz		150	45	5	1	0	135	25	3	0	9	2
GEM48256	NatureVa	Crisps Cinnamon	120	1.2 oz		150	45	5	0.5	0	140	25	3	0	9	2
NDW00022	Niagara	Water Purified	15	1.5 ltr		0	0	0	0	0	0	0	0	0	0	0
NDW00123	Niagara	Water Purified Purge Bottle	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
NDW00124	Niagara	Water Purified	15	1 ltr		0	0	0	0	0	0	0	0	0	0	0
NDW00901	Niagara	Water Spring Purge Bottle	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
NDW00932	Niagara	Water Purified SptCp Tray	24	24oz		0	0	0	0	0	0	0	0	0	0	0
UHN00123	Niagara	Water Purified Drinking	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
UHN00982	Niagara	Water Purified Drinking Vend	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
NOK00603	Noka	Superfood Blend Blueberry Beet	2/6	4.22 oz	Y	110	10	1	0	0	10	19	3	0	17	2
NOK00604	Noka	Superfood Blend Mango Coconut	2/6	4.22 oz	Y	110	20	2	0	0	0	19	3	0	15	2
NOK00605	Noka	Superfood Blend Swt Potato Goj	2/6	4.22 oz	Y	110	20	2	0	0	30	19	4	0	14	2
NSI00533	Nourish	Granola Bts CocoNilla Crunch	10/10	1.4 oz	Y	150	45	5	1.5	0	0	24	3	0	8	3
499265	Nstlvltt	Water Pineapple Ginger 5+1 Con	6	60 oz	Y	0	0	0	0	0	0	0	0	0	0	0
499277	Nstlvltt	Water Cucumber Mint 5+1 Conc	6	60 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NUH18135	NuHealth	Mandarin Orange In Pear Juice	4/6	120z	Y	150	0	0	0	0	0	32	2	0	27	1
NUH18136	NuHealth	Pineapple In Pinapple Juice	4/6	12oz	Y	160	0	0	0	0	0	32	0	0	28	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
NUH18137	NuHealth	Peach in Pear Juice	4/6	12oz	Y	150	0	0	0	0	0	32	2	0	27	1
NUH18138	NuHealth	Pineapple,Mandarin,Apple In Jc	4/6	12 oz	Y	160	0	0	0	0	0	32	2	0	28	1
NUH18139	NuHealth	Peach,Pineapple,Pear In PearJc	4/6	12oz	Y	160	0	0	0	0	0	32	2	0	28	1
NUH18146	NuHealth	Fruit Multi Pack Mix In Juice	4/6	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NUH18147	NuHealth	Mango,Pineapple,Apple In Juice	4/6	12 oz	Y	160	0	0	0	0	0	32	2	0	28	1
NUH18155	NuHealth	Fruit Cocktail Pch Pear Mandrn	24	12 oz	Y	0	0	0	0	0	0	0	0	0	0	0
NUH18156	NuHealth	Fruit Cocktail Pch Pear Pnappl	24	12 oz	Y	160	0	0	0	0	0	32	2	0	28	1
NUH18157	NuHealth	Fruit Cocktail Mandrn Org/PrJc	24	12 oz	Y	160	0	0	0	0	0	32	2	0	28	1
NUH18158	NuHealth	Fruit Cocktail Pineapple	24	12 oz	Y	160	0	0	0	0	0	32	0	0	28	1
NUH18159	NuHealth	Fruit Cocktail Peaches/Pear Jc	24	12 oz	Y	150	0	0	0	0	0	32	2	0	27	1
511370	NutriGrn	Bar Nutri Grain Apple Cinnamon	3/16	1.3 oz		120	30	3	0.5	0	110	24	2	0	12	3
511372	NutriGrn	Bar Blueberry	3/16	1.3 oz		120	30	5	0.5	0	110	24	2	0	12	3
511382	NutriGrn	Bar Raspberry	3/16	1.3 oz		120	30	5	0.5	0	110	24	2	0	12	3
511386	NutriGrn	Bar Nutri Grain Strawberry	3/16	1.3 oz		120	30	5	0.5	0	125	24	2	0	11	3
KEE35602	NutriGrn	Bar Nutri Grain Apple Cinnamon	12/8	1.3 oz		120	30	5	0.5	0	110	24	2	0	12	3
KEE35702	NutriGrn	Bar Nutri Grain Blueberry	12/8	1.3 oz		120	30	5	0.5	0	110	24	2	0	12	3
KEE35802	NutriGrn	Bar Nutri Grain Raspberry	12/8	1.3 oz		120	30	5	0.5	0	110	24	2	0	12	3
KEE35902	NutriGrn	Bar Nutri Grain Strawberry	12/8	1.3 oz		120	30	3	0.5	0	125	24	2	0	11	3
KEE59772	NutriGrn	Bar Bread Cereal Strawberry	96	1.55 oz		120	30	3	0.5	0	125	24	2	0	11	3
OCE20454	OceanSpr	Juice Pineapple 100% Can	48	5.5 oz		80	0	0	0	0	10	21	0	0	18	0
IEI00139	Oi Ocha	Tea Green Oi Ocha	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
OVC00541	OrganicV	Milk Choc 1% Single Shlf Stbl	12	11 oz	Y	200	35	4	2	20	300	30	11	0	29	1
OVC00542	OrganicV	Milk White 1% Single Shlf Stbl	12	11 oz	Y	150	30	3.5	2	20	170	17	11	0	17	0
OTI10143	OtisSpun	Muffin Blueberry Whole Grain	72	2 oz		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
OTI10144	OtisSpun	Muffin Banana Whole Grain	72	2 oz		0	0	0	0	0	0	0	0	0	0	0
OTI55670	OtisSpun	Cookie Dough Chocolate Chip RF	1	24 lb		0	0	0	0	0	0	0	0	0	0	0
OTI55673	OtisSpun	Cookie Dough Oatmeal Raisin RF	1	24 lb		0	0	0	0	0	0	0	0	0	0	0
OTI55674	OtisSpun	Cookie Dough Butter Sugar RF	1	24 lb		0	0	0	0	0	0	0	0	0	0	0
OTI55678	OtisSpun	Cookie Dough Carnival 51% WG	1	24 lb		0	0	0	0	0	0	0	0	0	0	0
031549	Ozarka	Water Distilled Bulk	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
EXP05301	Ozarka	Water Spring PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER100232	Ozarka	Ozarka Water Spring Bulk	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER101719	Ozarka	Water Spring Vend Bulk	24	16 oz		0	0	0	0	0	0	0	0	0	0	0
PER11479628	Ozarka	Water Spring PET EcoBtl	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER12128709	Ozarka	Water Sparkling Plain PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER12128771	Ozarka	Water Sparkling Lime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER12128774	Ozarka	Water Sparkling Lemon	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER12128791	Ozarka	Water Sparkling MandOrange PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER12128801	Ozarka	Water Sparkling Rasp Lime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER48111	Ozarka	Water Spring PET	48	8 oz		0	0	0	0	0	0	0	0	0	0	0
PER87256	Ozarka	Water Spring PET SprtCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0
OGC00203	P14/B&N	Fruit Bites Pure Orange	1/18	1 oz	Y	100	0	0	0	0	45	24	0	0	20	0
OGC00204	P14/B&N	Fruit Bites Pure Raspberry	1/18	1 oz	Y	100	0	0	0	0	45	24	0	0	20	0
OGC00251	P14/B&N	Fruit Bites Pure Banana	1/18	1 oz	Y	100	0	0	0	0	45	24	0	0	20	0
SMC21812	P14/OFMX	Chips Potato Variety	12	4.8 oz	Y	0	0	0	0	0	0	0	0	0	0	0
MAB35005	P15/HOM2	Donut Pumpkin Old Fashion Glzd	4/24	2.5 oz		0	0	0	0	0	0	0	0	0	0	0
PLD126	PeeledOr	Much-ado-about-Mango	6/10	1.4 oz	Y	120	0	0	0	0	0	28	2	0	20	2
511058	Pepperid	Goldfish Pretzels	300	.75 oz		90	15	1.5	0	0	200	16	2	0	0	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
516729	Pepperid	Goldfish Grahams Vanilla	300	.9 oz		120	35	6	1	0	95	19	2	0	6	1
CAM18105	Pepperid	Goldfish Crackers Chdr Whl Grn	300	.75 oz		100	35	4	0.5	0	170	14	2	5	3	1
CAM18197	Pepperid	Goldfish Crackers Whl Grn 100%	100	.75 oz		100	35	4	0.5	0	170	14	2	0	0	1
CAM19246	Pepperid	Goldfish Grahams Vanilla	300	.9 oz		120	35	6	1	0	95	19	2	0	6	1
CAM22188	Pepperid	Goldfish Puffs Mega Cheese	120	.75 oz		100	35	4	0	0	200	14	2	0	1	1
CAM23088	Pepperid	Goldfish Xtra Chdr WG Baked	300	.75 oz		90	30	3.5	0.5	0	200	14	2	0	0	1
PER00210	Perrier	Water Sparkling Glass	6/4	11 oz		0	0	0	0	0	0	0	0	0	0	0
PER00212	Perrier	Water Sparkling Lime Glass	6/4	11 oz		0	0	0	0	0	0	0	0	0	0	0
PER11479662	Perrier	Water Sparkling Lemon Glass	6/4	11 oz		0	0	0	0	0	0	0	0	0	0	0
PER11645421	Perrier	Water Sparkling PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER33358	Perrier	Water Sparkling Slim Can	35	8.45 oz		0	0	0	0	0	0	0	0	0	0	0
PER77735	Perrier	Water Pink Grapefruit PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER00418	PolandSp	Water Sprk Raspberry Lime PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER08264	PolandSp	Water Spring PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER100965	PolandSp	Water Sprk Lmn PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER100966	PolandSp	Water Sprkl Lm PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER100967	PolandSp	Water Sprk Org PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER101718	PolandSp	Water Sprg Vnd PET BD	24	16 oz		0	0	0	0	0	0	0	0	0	0	0
PER12127739	PolandSp	Water Spring PET	12	1.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER17403	PolandSp	Water Spring PET SpCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0
PER17404	PolandSp	Water Spring PET ND	48	8 oz		0	0	0	0	0	0	0	0	0	0	0
PER27559	PolandSp	Water Spring PET EcBt	18	1 ltr		0	0	0	0	0	0	0	0	0	0	0
PER27779	PolandSp	Water Spring PET Eco ND	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER35039	PolandSp	Water Distilled	6	1 gal		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

VISTAR: 800.880.9900 • WWW.VISTAR.COM

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
PER90401	PolandSp	Water Sprk Black Cherry PET	4/6	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
POL00504	PolandSp	Water Spring	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
504484	Pop Tart	Pop-Tart Frstd Strawberry Sgl	80	1.75 oz		200	45	8	1.5	0	170	38	2	0	16	<1
KEE12707	Pop Tart	Pop-Tart Frosted Fudge WG	12/10	1.76 oz		200	45	8	2	0	240	36	2	0	18	<1
KEE55122	Pop Tart	Pop-Tart Cinnamon Whlgrn Sgl	12/10	1.76 oz		180	25	4	1	0	190	37	2	0	15	3
KEE55130	Pop Tart	Pop-Tart Strawberry Whlgrn Sgl	12/10	1.76 oz		180	20	4	1	0	180	38	2	0	15	3
SMC01095	Popchip	Chips Ridges Cheddar Sour Crm	24	.8 oz	Y	100	35	4	0.5	0	170	14	2	0	1	1
SMC01125	Popchip	Chips Ridges Tangy BBQ Potato	24	.8 oz	Y	100	35	4	0	0	180	15	1	0	2	1
SMC01132	Popchip	Chips Ridges Salted Potato	24	.8 oz	Y	100	35	4	0	0	160	15	1	0	0	1
SMC40026	Popchip	Chips Veggie Hint of Olive Oil	24	.8 oz	Y	120	30	3.5	0	0	200	20	3	0	1	3
SMC40032	Popchip	Chips Potato Sea Salt Original	8/6	1 oz	Y	120	35	4	0	0	190	19	1	0	0	1
SMC40034	Popchip	Chips Potato BBQ	8/6	1 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC40036	Popchip	Chips Potato Sr Cream & Onion	8/6	1 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC40043	Popchip	Chips Kettle Corn Organic	24	.8 oz	Y	110	30	3.5	0	0	160	17	1	0	3	0
SMC40047	Popchip	Chips Ridges Perfectly Salted	8/6	.8 oz	Y	100	35	4	0	0	160	15	1	0	0	1
SMC40049	Popchip	Chips Ridges Tangy BBQ	8/6	.8 oz	Y	100	35	4	0	0	160	15	1	0	0	1
SMC40053	Popchip	Chips Ridges Chili Chs Sleeve	8/6	.8 oz	Y	100	35	3.5	0	0	160	15	1	0	0	1
SMC40057	Popchip	Chips Crazy Hot Sleeve	8/6	.8 oz	Y	80	25	3	0	0	190	15	1	0	0	1
SMC40059	Popchip	Chips BBQ Sleeve	8/6	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC40065	Popchip	Chips Sea Salt Sleeve	8/6	.8 oz	Y	120	35	4	0	0	190	19	1	0	0	1
SMC40067	Popchip	Chips Ridges Cheddar&Sour Crm	8/6	.8 oz	Y	100	35	4	0.5	0	170	14	3	0	1	1
SMC70109	Popchip	Chips Ridges Cheddar Sour Crm	72	.8 oz	Y	100	35	4	0.5	0	170	14	3	0	1	1
SMC70111	Popchip	Chips Potato Sea Salt Original	12	.8 oz	Y	120	35	4	0	0	190	19	1	0	0	1
SMC70112	Popchip	Chips Ridges Tangy BBQ	72	.8 oz	Y	100	35	4	0	0	160	15	1	0	0	1

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
SMC70113	Popchip	Chips Ridges Salted	72	.8 oz	Y	100	35	4	0	0	160	15	1	0	0	1
SMC70114	Popchip	Chips Ridges Chili Cheese	72	.8 oz	Y	100	35	3.5	0	0	160	15	1	0	0	1
SMC70120	Popchip	Chips Crazy Hot	72	.7 oz		80	25	3	0	0	190	15	1	0	0	1
SMC70222	Popchip	Chips Potato BBQ	12	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC70777	Popchip	Chips Potato Sr Cream & Onion	12	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC70888	Popchip	Chips Potato Cheddar & Sr Crm	12	.8 oz	Y	120	40	4	0.5	0	190	18	2	0	1	1
SMC71100	Popchip	Chips Sea Salt Potato	24	.8 oz	Y	120	35	4	0	0	190	19	1	0	0	1
SMC711005	Popchip	Chips Original Potato Sea Salt	72	.8 oz	Y	120	35	4	0	0	190	19	1	0	0	1
SMC72200	Popchip	Chips Potato BBQ	24	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC722001	Popchip	Chips Potato BBQ	72	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC74400	Popchip	Chips Salt & Pepper	24	.8 oz	Y	120	35	4	0	0	200	18	2	0	1	1
SMC744003	Popchip	Chips Salt & Pepper	72	.8 oz	Y	120	35	4	0	0	200	18	2	0	1	1
SMC75500	Popchip	Chips Sea Salt & Vinegar	24	.8 oz	Y	120	35	3.5	0	0	150	19	1	0	1	1
SMC755009	Popchip	Chips Sea Salt & Vinegar	72	.8 oz	Y	120	35	3.5	0	0	150	19	1	0	1	1
SMC76601	Popchip	Chips Potato Jalapeno	24	.8 oz	Y	120	35	4	0	0	190	19	2	0	1	1
SMC777001	Popchip	Chips Sour Cream & Onion	72	.8 oz	Y	120	40	4	0	0	200	18	2	0	3	1
SMC78800	Popchip	Chips Cheddar & Sour Cream	24	.8 oz	Y	120	40	4	0.5	0	190	18	2	0	3	1
SMC788007	Popchip	Chips Potato Cheddar & Sr Crm	72	.8 oz	Y	120	40	4	0.5	0	190	18	2	0	1	1
MED00206	Popcorne	Popcorners Salt Of The Earth	40	1 oz	Y	130	30	3	0	0	170	22	2	0	0	0
MED002063	Popcorne	Chips Popped Corn Sea Salt	40	1.1 oz	Y	130	30	3	0	0	170	22	2	0	0	0
MED00264	Popcorne	Chips Popped Corn SaltedCarmel	40	1 oz	Y	130	30	3	0	0	170	22	2	0	0	0
CIC81051	Poptilla	Chips Tortilla Nacho Cheese	24	1 oz		0	0	0	0	0	0	0	0	0	0	0
CIC81052	Poptilla	Chips Tortilla Chili Lime	24	1 oz		0	0	0	0	0	0	0	0	0	0	0
DTP01048	PpcrnInd	Popcorn Kettlecorn School Aprv	48	1 oz	Y	130	45	5	0	0	130	21	1	0	9	2

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
QUA00167	Propel	Water Fitness Lemon PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
QUA00169	Propel	Water Fitness Berry PET	24	16.9 oz		0	0	0	0	0	115	0	0	0	0	0
QUA00171	Propel	Water Fitness KiwiStraw	24	16.9 oz		0	0	0	0	0	115	0	0	0	0	0
QUA00173	Propel	Water Fitness Grape PET	24	16.9 oz		0	0	0	0	0	115	0	0	0	0	0
QUA00179	Propel	Water Fitness Black Cherry	24	16.9 oz		0	0	0	0	0	80	0	0	0	0	0
QUA70779	Propel	Water Fitness Berry PET	24	20 oz		0	0	0	0	0	115	0	0	0	0	0
287139	PureLife	Water Purified PET	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER101264	PureLife	Water Purified Pure Life PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER101369	PureLife	Water	18	1 ltr		0	0	0	0	0	0	0	0	0	0	0
PER101943	PureLife	Pure Life Water Lemon PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER11475053	PureLife	Water Purified Eco PET	35	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER11476283	PureLife	Water Orange PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
PER11476721	PureLife	Water Purified SptCp Pure Life	24	700 ml		0	0	0	0	0	0	0	0	0	0	0
PER19531	PureLife	Water SprkIng StrwbY/Dragn Frt	3/8	12 oz		0	0	0	0	0	0	0	0	0	0	0
PER19535	PureLife	Water Sparkling Key Lime	3/8	12 oz		0	0	0	0	0	0	0	0	0	0	0
PER19539	PureLife	Water Sparkling Tangerine	3/8	12 oz		0	0	0	0	0	0	0	0	0	0	0
PER19543	PureLife	Water SprkIng Mango/Pch/Pnappl	3/8	12 oz		0	0	0	0	0	0	0	0	0	0	0
PER32228	PureLife	Water Purified PET	48	8 oz		0	0	0	0	0	0	0	0	0	0	0
PER34216	PureLife	Water Splash Wild Berry PET ND	4/6	.5 Lt		0	0	0	0	0	0	0	0	0	0	0
PER46333	PureLife	Water Purified	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
NRN13352	PurePrtn	Bar Chocolate Chip	8/6	50 gm	Y	0	0	0	0	0	0	0	0	0	0	0
NRN13353	PurePrtn	Bar Chocolate Chip	8/6	50 gm	Y	0	0	0	0	0	0	0	0	0	0	0
505758	QuakOats	Oats Quick TFF	12	42 oz		150	25	3	0.5	0	0	27	5	0	1	4
505772	QuakOats	Oats Old Fshnd TFF	12	42 oz		150	25	3	0.5	0	0	27	5	0	1	4

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
FRI36308	QuakOats	Snack Mix Kids	104	.875 oz		100	30	3	0	0	150	17	3	0	2	2
QUA05509	QuakOats	Quaker Reduced Sugar PB Choc	12/12	.84 oz		100	25	3	1	0	100	17	2	0	5	3
QUA31175	QuakOats	Bar Granola Rdc'd Sug Choc Chip	12/8	6.72 oz		100	30	3.5	1	0	75	17	1	0	5	3
QUA31176	QuakOats	Bar Granola Rdc'd Sug PB ChcChp	12/8	.6.72 oz		100	25	3	1	0	200	17	2	0	5	3
QUA31180	QuakOats	Bar Oatmeal Raisin Gran 90Cal	12/8	.84 oz		90	15	1.5	0	0	80	19	1	0	7	<1
QUA31181	QuakOats	Bar Granola Low Fat Smores	12/8	1 oz		100	20	2	0.5	0	75	19	1	0	8	<1
QUA31184	QuakOats	Bar Granola PB Choc Chip	12/8	.84 oz		100	25	3	1	0	95	17	2	0	7	1
QUA31185	QuakOats	Quaker Peanut Butter Gran 90Ca	12/8	.84 oz		90	20	2	0	0	120	18	2	0	7	<1
QUA31186	QuakOats	Bar Granola WF Choc Chnk 90Cal	12/8	.84 oz		90	20	2	0	0	80	19	1	0	7	<1
QUA31187	QuakOats	Bar Granola Chwy Cookies&Cream	12/8	.84 oz		90	25	2.5	0.5	0	80	18	1	0	5	3
QUA31441	QuakOats	Bar Granola Chewy Maple BrwSgr	125	1.27 oz		140	25	2.5	1	0	120	28	2	0	9	1
QUA43661	QuakOats	Oatmeal Regular Instant	48	1 oz		100	20	2	0.5	0	75	19	4	0	0	3
KEL00896	RaisinBr	Cereal Raisin Bran Bowl	96	1.25 oz		110	5	1	0	0	125	27	3	0	10	4
RPC23089	ReadyPac	Snax Apple Yogurt Trail Mix	6	4 oz		150	45	5	1.5	5	40	24	3	0	19	2
RPC24790	ReadyPac	Watermelon Chunks	6	10 oz		80	5	0	0	0	0	21	2	0	17	1
RPC24793	ReadyPac	Fruit Burst	6	10 oz		60	5	0	0	0	10	16	1	0	13	2
RMS50013	RhythmSu	Chips Beet Sea Salt	12	1.4 oz	Y	130	35	4	0	0	200	20	3	0	12	5
RMS50071	RhythmSu	Chips Beet Cinnamon&Coconut Sg	12	1.4 oz	Y	130	35	4	0	0	80	20	3	0	13	5
RMS50073	RhythmSu	Chips Naked Beet	12	1.4 oz	Y	100	5	0	0	0	90	22	3	0	13	5
KEE11052	RiceKrsp	Rice Krispie Treat Whole Grain	4/20	1.41 oz		160	35	6	1	0	140	30	2	0	11	<1
KEE14567	RiceKrsp	Rice Krispie Trt Choc Chip WG	4/20	1.59 oz		190	45	5	2	0	0	150	2	0	14	1
SFO00407	RocknOla	Granola Chocolate	72	1.1 oz		130	30	3	0	0	45	22	3	0	8	2
SFO00408	RocknOla	Granola Strawberry	72	1.1 oz		130	30	3	0	0	0	22	3	0	8	2
SFO00409	RocknOla	Granola Strawberry S Serve Pch	250	1 oz		130	30	3	0	0	0	22	3	0	8	2

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
SFO00410	RocknOla	Granola Chocolate SServe Pouch	250	1 oz		130	30	3	0	0	0	22	3	0	8	2
SFO00420	RocknOla	Granola Cinnamon SServe Pouch	250	1 oz		130	30	3	0	0	0	22	3	0	8	2
FRI15940	Rold Gld	Heartzels Whole Grain	104	.7 oz		80	10	1.5	0	0	200	15	2	0	0	2
FRI56882	Ruffles	Ruffles Baked Cheddar&SC Ridge	60	.8 oz		100	20	3	0	0	200	17	1	0	1	2
RUN00238	Runa	Drink Guava Guayusa Unswt Gl	12	14 oz	Y	0	0	0	0	0	0	1	0	0	0	0
RUN00239	Runa	Drink Lime Unswtd Guayusa Gl	12	14 oz	Y	0	0	0	0	0	0	1	0	0	0	0
RUN00277	Runa	Drink Guayasa Orange NRG Can	12	12 oz	Y	10	0	0	0	0	0	2	0	0	1	0
RUN00278	Runa	Drink Guayusa Orig NRG Can	12	12 oz	Y	5	0	0	0	0	0	1	0	0	0	0
BOF22913	Salveo	Tater Pops Sea Salt	60	.8 oz	Y	130	35	4	0	0	180	21	2	0	1	1
BOF23018	Salveo	Tater Pops Sweet Potato	60	.8 oz	Y	130	35	4	0	0	200	22	1	0	4	1
BOF23019	Salveo	Tater Pops Sweet Potato CinSgr	60	.8 oz	Y	130	35	4	0	0	120	22	1	0	5	1
BOF23253	Salveo	Tater Pops Peppercorn Ranch	60	.8 oz	Y	120	35	4	0	0	200	20	2	0	1	1
BOF23268	Salveo	Crisps Baked Orig Sea Salt	48	1.125 oz	Y	140	60	7	0.5	0	80	17	3	0	0	1
BOF23270	Salveo	Crisps Baked Potato SW Ranch	48	1.125 oz	Y	120	30	3	0.5	0	200	21	1	0	1	1
BOF23685	Salveo	Snackin Puffs Buttery Caramel	60	.5 oz		130	35	4	0	0	190	21	2	0	5	1
BOF25062	Salveo	Fries Hot	90	1 oz		120	40.5	4.5	0	0	200	20	2	0	1	2
UHN09633	SamsChoc	Water Purified	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
307888	SanPelle	Water SprkIng Loose Glass	15	750 ml		0	0	0	0	0	0	0	0	0	0	0
PER100685	SanPelle	Water Sparkling	4/6	8.45 oz		0	0	0	0	0	0	0	0	0	0	0
PER73466	SanPelle	Water Sparkling PET	24	.5 Ltr		0	0	0	0	0	0	0	0	0	0	0
SMU12218	SantaCrz	Applesauce Organic Apple/Peach	12	4 oz		70	0	0	0	0	10	17	0	0	14	2
KEE50689	ScoobyDo	Cracker Cinnn Grhm Stck Scooby	210	1 oz		120	35	5	1	0	115	21	2	0	8	1
407444	Seapoint	Edamame Dry Rstd Light Salt	200	22.5 gm	Y	100	30	3	0.5	0	115	8	10	0	1	6
476667	Seapoint	Edamame Dry Rstd Lightly Sltd	96	1.08	Y	120	35	4	0.5	0	140	10	12	0	1	8

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
FZR00730	Seapoint	Nut Energy Blend	200	1 oz		130	41	5.5	0.5	0	80	14	7	0	7	4
FZR00784	Seapoint	Nut Energy Blend	50	1 oz		130	41	5.5	0.5	0	80	14	7	0	7	4
FZR00785	Seapoint	Edamame Dry Rstd Spicy Wasabi	200	1 oz	Y	120	35	4	0.5	0	140	9	12	0	1	7
FZR07857	Seapoint	Edamame Dry Rstd Spicy Wasabi	50	1 oz	Y	120	30	3.5	0.5	0	100	9	13	0	1	7
FZR07874	Seapoint	Edamame Dry Roasted Light Salt	50	1 oz	Y	120	35	4	0.5	0	140	10	12	0	1	8
FZR71130	Seapoint	Edamame Dry Roasted Light Salt	12/12	1.58 oz	Y	100	30	3	0.5	0	115	8	11	0	1	6
FZR71200	Seapoint	Edamame Dry Roasted Spcy Wasbi	12/12	1.58 oz	Y	100	30	3	0.5	0	100	7	11	0	1	5
SFD00211	Sensible	Crunch Snack Dried Sweet Corn	48	.35 oz	Y	40	5	0.5	0	0	75	9	1	0	2	1
SFD00215	Sensible	Crunch Snack Roasted Edamane	48	.75 oz	Y	80	20	2	0	0	70	7	7	0	1	5
SFD00222	Sensible	Fruit Dried Tropical Blend	48	.35 oz	Y	35	0	0	0	0	20	8	0	0	5	1
SFD00224	Sensible	Fruit Dried Fuji Apple	48	.35 oz	Y	35	0	0	0	0	30	8	0	0	5	1
SFD20022	Sensible	Tropical Blend Dried Fruit	12/12	.75 oz		35	0	0	0	0	20	8	0	0	5	1
SFD20106	Sensible	Fruit Dried Tropical Blend	48	.32 oz	Y	35	0	0	0	0	20	8	0	0	5	1
SFD20127	Sensible	Fruit Dried Fuji Apple	48	.32 oz	Y	35	0	0	0	0	30	8	0	0	5	1
SFD20134	Sensible	Edamame Roasted	48	.65 oz	Y	80	20	2	0	0	70	7	7	0	1	5
SFD20189	Sensible	Crunch Dried Snack Sweet Corn	48	.42oz	Y	40	5	0.5	0	0	75	9	1	0	2	1
SFD81125	Sensible	Fruit Dried Strawberry Banana	48	.35 oz	Y	40	0	0	0	0	25	9	0	0	6	1
SRK201213	Shamrock	Milk White FatFr CalEnr 0%	12	12 oz		150	0	0	0	5	220	22	14	0	20	0
DIX86641	Skippy	Peanut Butter Cup	100	.75 oz		140	100	11	0	0	105	4	5	0	2	1
DIX86824	Skippy	Peanut Butter Foil Pouch	200	1.12 oz		200	150	16	3	0	160	6	7	0	3	2
SBF60034	SkyBlue	Cinnamon Swirl Whole Grain	72	2 oz		0	0	0	0	0	0	0	0	0	0	0
FRI25566	SmartFd	Popcorn White Cheddar Delight	72	.5 oz	Y	70	20	2.5	0	0	110	9	2	0	0	2
BNF01935	Snackwel	Cookie Bites Chocolate Chip	80	1.06 oz		120	40	5	1	0	95	20	2	0	8	2
SKG39922	SnakKing	Pops Applewood BBQ	200	.88 oz		100	0	0	0	0	190	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
SKG39923	SnakKing	Zesty Ranch Waves	200	.78 oz		100	0	0	0	0	140	0	0	0	0	0
SKG39924	SnakKing	Sea Salt Waves Original	200	.67 oz		80	0	0	0	0	100	0	0	0	0	0
SKG39925	SnakKing	Sweet Cinnamon Waves	200	.78 oz		100	0	0	0	0	5	0	0	0	0	0
SKG39926	SnakKing	Puffs Jalapeno Cheddar	200	.78 oz		90	0	0	0	0	200	0	0	0	0	0
SKD01787	Snikiddy	Fries Baked Cheddar	48	1 oz	Y	130	0	4.5	0.5	0	180	20	2	0	2	1
SNY09234	Snyders	Pretzel Mini Whole Grain	88	.92 oz		100	5	0.5	0	0	200	20	3	0	0	2
KEE10371	SpecialK	Cereal Hot Maple BrwSug Cup	6/6	1.83 oz		190	45	8	0.5	0	140	32	8	0	11	5
KEE10372	SpecialK	Cereal Hot Crnbry Almnd Cup	6/6	1.83 oz		190	40	7	0.5	0	150	33	8	0	12	5
KEE12413	SpecialK	Bar Snack Blueberry Bliss	12/6	.88 oz		100	15	3	1	0	30	19	2	0	7	1
KEE12419	SpecialK	Bar Snack Berry Medley	12/6	.88 oz		100	15	3	1	0	30	19	2	0	7	1
KEE12517	SpecialK	Bar Snack Salted Pretzel Choc	8/12	.88 oz		100	20	3	1	0	80	19	2	0	6	1
KEE12519	SpecialK	Bar Snack Berry Medley	8/12	.88 oz		100	15	3	1	0	30	19	2	0	7	1
KEE31806	SpecialK	Bar Honey Nut Cereal Bar	12/6	.77 oz		90	20	2	0	0	100	16	1	0	6	3
KEE46619	SpecialK	Bar Chocolatey Pretzel	12/6	.77 oz		100	20	3	1	0	80	19	2	0	6	1
KEE56923	SpecialK	Bar Pastry Crisps Strawberry	9/9	.88 oz		100	20	3	1	0	80	20	1	0	7	<1
KEE56925	SpecialK	Bar Pastry Crisps Blueberry	9/9	.88 oz		100	20	3	1	0	80	20	1	0	7	<1
KEE72239	SpecialK	Chips Popcorn Sweet & Salty	36	.77 oz		0	0	0	0	0	0	0	0	0	0	0
KEE72442	SpecialK	Bar Pastry Crisps Brown SgrCin	9/9	.88 oz		100	20	3	1	0	80	20	1	0	7	0
KEE75519	SpecialK	Chips Cracker Sea Salt	36	.87 oz		100	30	5	0	0	180	18	1	0	1	2
KEE75520	SpecialK	Chips Cracker Sour Cream&Onion	36	.87 oz		100	30	5	0	0	190	18	1	0	2	2
KEE75704	SpecialK	Chips Cracker Cheddar	36	.87 oz		100	30	5	0.5	0	180	18	1	0	2	2
KEE76590	SpecialK	Cracker Chips Honey BBQ 90 Cal	36	.87 oz		100	30	5	0	0	190	18	1	0	2	2
KEE91866	SpecialK	Bar Nourish Cranberry Almond	6/10	1.58 oz		150	60	6	1	0	60	21	3	0	12	2
KEE91872	SpecialK	Bar Nourish Bar Lemon Twist	6/10	1.58 oz		0	0	0	0	0	0	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
SDR00207	SpinDrft	Water Sparkling Raspberry Lime	6/4	12 oz	Y	10	0	0	0		0	2	0	0	2	0
SDR00217	SpinDrft	Water Sparkling Grapefruit	6/4	12 oz	Y	15	0	0	0	0	0	3	0	0	3	0
SDR00218	SpinDrft	Water Sparkling Cucumber	6/4	12 oz	Y	2	0	0	0	0	0	0	0	0	0	0
SDR00219	SpinDrft	Water Sparkling Lemon	6/4	12 oz	Y	1	0	0	0	0	0	0	0	0	0	0
SDR00224	SpinDrft	Water Sparkling Blackberry	6/4	12 oz	Y	15	0	0	0	0	0	3	0	0	1	0
PER66559	Springti	Spring Water PET Box	6	3 ltr		0	0	0	0	0	0	0	0	0	0	0
LRR16150	Steaz	Iced Teaz Green Peach	12	12 oz	Y	60	0	0	0	0	15	14	0	0	14	0
LRR16151	Steaz	Iced Teaz Green Superfruit	12	12 oz	Y	60	0	0	0	0	15	14	0	0	14	0
LRR16152	Steaz	Iced Teaz Green Half & Half	12	12 oz	Y	60	0	0	0	0	15	14	0	0	14	0
861589	Stonyfld	Yogurt Pln Organic Ff	6	32 oz	Y	130	0	0	0	0	95	9	23	0	9	0
SOY05000	Stonyfld	Yogurt Plain Organic Low Fat	6	32 oz	Y	130	0	0	0	0	95	9	23	0	9	0
SOY53101	Stonyfld	Yogurt Grk 0%Fat Vanilla Orgnc	12	5.3 oz	Y	130	0	0	0	0	50	20	12	0	19	0
SOY53103	Stonyfld	Yogurt Grk 0%Fat Bluebrr Orgnc	12	5.3 oz	Y	120	0	0	0	0	60	17	12	0	15	0
FRI30820	Sunchips	Snack Mix Harvest Cheddar	104	.875 oz		110	40	4	0	0	200	15	2	0	1	2
FRI30821	Sunchips	Sunchips Snk Mix Garden Salsa	104	.875 oz		110	40	4	0	0	170	15	2	0	1	2
474787	SVF	Oatmeal Reg Inst	12	12 ct		150	20	0	0.5	0	120	26	4	0	1	3
IEI00018	Teas'Tea	Tea Rose Green Unsweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI00080	Teas'Tea	Tea Green Pure Unsweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI00084	Teas'Tea	Tea Unsweetened Green White	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI00244	Teas'Tea	Tea Black Latte Sweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI00020	Teas'Tea	Tea Green Mint Unsweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI01086	Teas'Tea	Tea Herbal Cammomile Unsweeten	12	16.9 oz	Y	0	0	0	0	0	15	0	0	0	0	0
IEI01098	Teas'Tea	Tea Organic Green Pure	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0
IEI01100	Teas'Tea	Tea Organic Black Unsweetened	12	16.9 oz	Y	0	0	0	0	0	30	0	0	0	0	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
GEN00093	TeddyGrm	Teddy Grahams Cinnamon TrayPck	48	1 oz		130	35	4	0.5	0	100	23	2	0	7	2
CGR04901	Tejava	Tea Tejava	24	12 oz		0	0	0	0	0	0	0	0	0	0	0
CGR52400	Tejava	Tea Iced Premium PET	24	16.9 oz		0	0	0	0	0	0	0	0	0	0	0
THN00403	ThatsIt	Fruit Bar Apple Cherry	12/12	1.2 oz	Y	100	0	0	0	0	20	26	1	0	22	3
THN00404	ThatsIt	Fruit Bar Apple Pear	12/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	24	3
THN00405	ThatsIt	Fruit Bar Apple Apricot	12/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	23	3
THN00408	ThatsIt	Fruit Bar Apple Mango	12/12	1.2 oz	Y	100	0	0	0	0	25	27	0	0	23	3
THN00412	ThatsIt	Fruit Bar Apple Banana	12/12	1.2 oz	Y	100	0	0	0	0	30	28	1	0	22	4
THN00414	ThatsIt	Fruit Bar Apple Blueberry	12/12	1.2 oz	Y	100	0	0	0	0	25	26	1	0	19	4
THN00422	ThatsIt	Fruit Bar Apple Strawberry	12/12	1.2 oz	Y	100	0	0	0	0	30	22	1	0	17	4
THN00424	ThatsIt	Fruit Bar Apple Pineapple	12/12	1.2 oz	Y	100	0	0	0	0	20	24	0	0	18	5
THN00466	ThatsIt	Fruit Bar Apple Cinnamon	12/12	1.2 oz	Y	100	0	0	0	0	35	27	0	0	24	4
THN00468	ThatsIt	Fruit Bar Apple Mango Chili	12/12	1.2 oz	Y	100	0	0	0	0	25	27	0	0	23	3
THN00470	ThatsIt	Fruit Bar Apple Pear Ginger	12/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	24	3
THN04037	ThatsIt	Fruit Bar Apple Cherry	6/12	1.2 oz	Y	100	0	0	0	0	20	26	1	0	22	3
THN04044	ThatsIt	Fruit Bar Apple Pear	6/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	24	3
THN04051	ThatsIt	Fruit Bar Apple Apricot	6/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	23	3
THN04089	ThatsIt	Fruit Bar Apple Mango	6/12	1.2 oz	Y	100	0	0	0	0	25	27	0	0	23	3
THN04129	ThatsIt	Fruit Bar Apple Banana	6/12	1.2 oz	Y	100	0	0	0	0	30	28	1	0	22	4
THN04140	ThatsIt	Fruit Bar Apple Blueberry	6/12	1.2 oz	Y	100	0	0	0	0	25	26	1	0	19	4
THN04228	ThatsIt	Fruit Bar Apple Strawberry	6/12	1.2 oz	Y	100	0	0	0	0	30	22	1	0	17	4
THN04242	ThatsIt	Fruit Bar Apple Pineapple	6/12	1.2 oz	Y	100	0	0	0	0	20	24	0	0	18	5
THN04662	ThatsIt	Fruit Bar Apple Cinnamon	6/12	1.2 oz	Y	100	0	0	0	0	35	27	0	0	24	4
THN04686	ThatsIt	Fruit Bar Apple Mango Chili	6/12	1.2 oz	Y	100	0	0	0	0	25	27	0	0	23	3

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
THN04689	ThatsIt	Bar Fruit Apple Mango Chili	12/12	1.2 oz	Y	100	0	0	0	0	25	27	0	0	23	3
THN04709	ThatsIt	Fruit Bar Apple Pear Ginger	6/12	1.2 oz	Y	100	0	0	0	0	15	27	1	0	24	3
TRE01417	TreeTop	Juice Apple 100%	9/3	6.75 oz		10	0	0	0	0	10	25	0	0	22	0
GEM31915	Trix	Bar Cereal Trix	96	1.42 oz		150	30	3	0.5	0	105	30	2	0	9	3
054061	Tropicana	Juice Orange Pure Prem No Pulp	12	12 oz		110	0	0	0	0	0	26	2	0	22	0
054062	Tropicana	Apple Juice Pure Premium	12	12 oz		80	0	0	0	0	10	20	0	0	19	0
QUA01782	Tropicana	Juice Grape Pure Premium	12	12 oz		240	0	0	0	0	25	60	1	0	57	0
QUA01795	Tropicana	Juice Ruby Red Grapefruit PP	12	12 oz		0	0	0	0	0	0	34	1	0	27	0
QUA01953	Tropicana	Juice Pomegranate Blueberry	12	12 oz		50	0	0	0	0	10	14	0	0	11	0
QUA075715	Tropicana	Juice Orange	24	10 oz		210	0	0	0	0	30	51	3	0	42	0
QUA20104	Tropicana	Juice Farmstand Tropical Green	12	12 oz		180	0	0	0	0	85	41	2	0	39	0
TRO00029	Tropicana	Juice 100% Apple	24	10 oz		210	0	0	0	0	20	51	1	0	48	0
TRO00175	Tropicana	Juice Ruby Rd Grpfrt	24	10 oz		250	0	0	0	0	30	59	2	0	55	0
TRO00281	Tropicana	Juice Orange 100% Premium Crtn	48	10 oz		110	0	0	0	0	0	26	2	0	22	0
TRO01904	Tropicana	Orange Juice & Calcium	12	12 oz		210	0	0	0	0	30	51	4	0	42	0
SKG274209	TWHLrth	Chips Spicy Nacho	60	1.25 oz		160	5	0	0	0	150	0	0	0	1	0
SKG274235	TWHLrth	Chips Sea Salt Multigrain	60	1.25 oz		0	0	0	0	0	0	0	0	0	0	0
CAM00004	V8	V8 Juice Veg Spicy Hot	8/6	5.5 oz	Y	30	0	0	0	0	450	7	1	0	5	1
CAM04285	V8	V8 Juice Veg Spicy Hot Can	24	11.5 oz	Y	70	0	0	0	0	980	14	3	0	10	3
CAM0882	V8	V8 Juice Vegetable Can	48	5.5 oz	Y	30	0	0	0	0	450	7	1	0	5	1
CAM13802	V8	V8 Juice Veg Spicy Hot PET	12	12 oz	Y	70	0	0	0	0	980	14	3	0	11	3
CAM13804	V8	V8 Juice Vegetable PET	12	12 oz	Y	70	0	0	0	0	920	14	2	0	9	3
CAM15316	V8	V8 Juice Vegetable Can Bulk	24	11.5 oz	Y	30	0	0	0	0	450	7	1	0	5	1
CAM15855	V8	V8 Fusion Juice Straw Banana	12	12 oz	Y	160	0	0	0	0	105	40	1	0	35	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
CAM16982	V8	V8 Fusion Juice Pomgrt Bluebry	12	12 oz	Y	150	0	0	0	0	100	38	0	0	33	0
CAM18866	V8	V8 Fusion S'Berry/Banana	24	8 oz	Y	110	0	0	0	0	70	28	0	0	22	0
CAM18867	V8	V8 Fusion Pom/Blbry Can	24	8 oz	Y	100	0	0	0	0	65	25	0	0	22	0
CAM19280	V8	V8 Fusion Concord Grape Rasp	24	8 oz	Y	120	0	0	0	0	100	30	0	0	28	0
CAM21796	V8	V8 Juice Veg Blnd Healthy Grns	12	12 oz	Y	90	0	0	0	0	300	21	2	0	17	1
CAM22806	V8	V8 Energy Blackberry Cranberry	12	12 oz	Y	50	0	0	0	0	60	12	0	0	10	0
CAM22807	V8	V8 Energy WhiteGrape/Raspberry	12	12 oz	Y	50	0	0	0	0	60	13	0	0	10	0
CAM22808	V8	V8 Energy Orange/Pineapple	12	12 oz	Y	50	0	0	0	0	50	12	0	0	10	0
CAM5562	V8	V8 Fusion Juice Cran Blckberry	12	12 oz	Y	100	0	0	0	0	90	26	0	0	23	0
VSC02012	Veri	Soda Organic Cola	4/6	12 oz	Y	57	0	0	0	0	0	15	0	0	15	0
VSC02013	Veri	Soda Organic Lemon Lime	4/6	12 oz	Y	57	0	0	0	0	0	15	0	0	15	0
VSC02014	Veri	Soda Organic Ginger Ale	4/6	12 oz	Y	57	0	0	0	0	0	15	0	0	15	0
VSC02015	Veri	Soda Organic Orange	4/6	12 oz	Y	57	0	0	0	0	0	15	0	0	15	0
VER11004	Veryfine	Juice Apple 100%	24	11.5 oz		170	0	0	0	0	35	41	0	0	41	0
VER81000	Veryfine	Juice 100% Apple PET	24	8 oz		120	0	0	0	0	35	30	0	0	29	0
VER81814	Veryfine	Juice 100% Apple Strawberry	24	11.5 oz		170	0	0	0	0	35	43	0	0	43	0
VER82000	Veryfine	Juice Orange 100% PET	24	8 oz		120	0	0	0	0	20	30	0	0	30	0
VER83000	Veryfine	Juice 100% Fruit Punch PET	24	8 oz		120	0	0	0	0	40	31	0	0	30	0
VER84000	Veryfine	Juice 100% Twisted Cherry	24	8 oz		120	0	0	0	0	30	31	0	0	30	0
VER85000	Veryfine	Juice 100% Grape	24	8 oz		140	0	0	0	0	35	35	0	0	34	0
VER985041	Veryfine	Juice 100% Fruit Punch Calcium	24	11.5 oz		170	0	0	0	0	35	44	0	0	44	0
VERAJ10	Veryfine	Juice 100% Apple	24	10 oz		140	0	0	0	0	45	36	0	0	36	0
VERFP10	Veryfine	Drink Fruit Punch	24	10 oz		150	0	0	0	0	50	38	0	0	37	0
VERGJ10	Veryfine	Juice 100% Grape	24	10 oz		170	0	0	0	0	45	43	0	0	42	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
VERGJ115	Veryfine	Juice Grape 100%	24	11.5 oz		170	0	0	0	0	35	43	0	0	43	0
VEROJ10	Veryfine	Juice Orange 100%	24	10 oz		150	0	0	0	0	25	37	0	0	37	0
VEROJ115	Veryfine	Juice Orange 100%	24	11.5 oz		170	0	0	0	0	35	43	0	0	43	0
PEP90002	VitaCoco	Water Coconut Pure	12	11.1 oz	Y	45	0	0	0	0	25	11	0	0	11	0
SNL00004	VitaCoco	Water Coconut Pure	12	11.2 oz	Y	60	0	0	0	0	45	15	0	0	15	0
SNL00021	VitaCoco	Water Coconut w/Pineapple	12	11.1 oz	Y	60	0	0	0	0	40	15	0	0	15	0
VTC00021	VitaCoco	Water Coconut w/Pineapple	12	11.1 oz	Y	80	0	0	0	0	60	20	0	0	20	0
VTC00031	VitaCoco	Water Coconut Peach Mango	12	11.1 oz	Y	80	0	0	0	0	60	20	0	0	20	0
VTC00041	VitaCoco	Water Coconut Orange	12	11.1 oz	Y	80	0	0	0	0	36	20	0	0	20	0
VTC00070	VitaCoco	Water Coconut Lemonade	12	16.9 oz	Y	95	0	0	0	0	40	23	1	0	21	0
VCL00681	Voortman	Cookie Original Flax Seed	8/18	1.23 oz		80	0	4	0.5	0	85	12	1	0	0	1
VCL00687	Voortman	Cookie Cranberry Orang Oatmeal	8/12	1.23 oz		90	0	3	0.5	0	80	12	1	0	6	1
VCL00695	Voortman	Cookie Dbl Strwbry Trmover WG	6/12	1.62 oz		110	0	3.5	1	0	50	18	1	0	9	0
VCL00699	Voortman	Cookie Dbl Chocolate Chip WG	6/12	1.62 oz		100	0	4.5	1	0	40	14	1	0	7	1
VCL00709	Voortman	Cookie Cranberry Orang Oatmeal	8/12	1.23 oz		90	0	3	0.5	0	80	12	1	0	6	1
WLS81913	Wai Lana	Chips Sea Salt	24	.8 oz	Y	0	0	0	0	0	0	0	0	0	0	0
WLS81914	Wai Lana	Chips Luau BBQ	24	.8 oz	Y	0	0	0	0	0	0	0	0	0	0	0
PIM00198	Welchs	Fruit Snack Mixed Rdc'd Sugar	144	1.5 oz		160	0	0	0	0	20	39	1	0	1	0
PIM14491	Welchs	Fruit Snack Island Fruits USDA	144	1.55 oz		80	0	0	0	0	10	20	0	0	11	0
PIM14492	Welchs	FruitSnk Berries&Cherries USDA	144	1.55 oz		160	0	0	0	0	20	39	1	0	22	0
PIM14496	Welchs	Fruit Snack Strwbry Fruit USDA	144	1.55 oz		80	0	0	0	0	10	20	0	0	11	0
PIM14498	Welchs	Fruit Snack Mixed Fruit USDA	144	1.55 oz		160	0	0	0	0	20	39	1	0	1	22
WEL20600	Welchs	Juice Grape 100% Can	48	5.5 oz		160	0	0	0	0	0	41	0	0	39	0
WEL28100	Welchs	Juice Orange 100% Can	48	5.5 oz		160	0	0	0	0	0	41	0	0	39	0

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
WEL28300	Welchs	Juice Apple 100% Can	48	5.5 oz		160	0	0	0	0	0	41	0	0	39	0
WEL30221	Welchs	Juice Fruit Punch 100% Can	24	11.5 oz		160	0	0	0	0	0	41	0	0	39	0
WEL30235	Welchs	Juice Grape 100% FruitShot Can	4/6	5.5 oz		90	0	0	0	0	10	22	0	0	22	0
WEL30237	Welchs	Juice Strw Mng 100% FrtSht Can	4/6	5.5 oz		90	0	0	0	0	15	22	0	0	21	0
WEL30238	Welchs	Juice WhtGrp 100% Frt Sht Can	4/6	5.5 oz		80	0	0	0	0	15	21	0	0	19	0
WEL30239	Welchs	Juice RaspLm 100% Frt Sht Can	4/6	5.5 oz		90	0	0	0	0	15	22	0	0	21	0
WEL31600	Welchs	Juice Apple 100% PET	24	10 oz		160	0	0	0	0	0	41	0	0	39	0
WEL34400	Welchs	Juice Orange 100% PET	24	10 oz		160	0	0	0	0	0	41	0	0	39	0
WEL35400	Welchs	Juice Grape 100% PET	24	10 oz		160	0	0	0	0	0	41	0	0	39	0
WEL37900	Welchs	Juice Orange 100% Can	24	11.5 oz		160	0	0	0	0	0	41	0	0	39	0
WEL38000	Welchs	Juice Grape 100% Can	24	11.5 oz		160	0	0	0	0	0	41	0	0	39	0
WEL38200	Welchs	Juice Apple 100% Can	24	11.5 oz		160	0	0	0	0	0	41	0	0	39	0
MOZ01860	WheatThi	Cracker Popped Wht Thin SeaSlt	36	.8 oz		90	20	2	0	0	160	17	2	0	1	2
MOZ01870	WheatThi	Cracker Popped Wht Thin SC&On	36	.8 oz		90	20	2	0	0	170	17	2	0	2	1
476574	WhlRthBk	Muffin Loaf Mini Var IW Fz	1	96 ct		0	0	0	0	0	0	0	0	0	0	0
YOG00292	YogaVive	Chips Apple Original	6	1.41 oz	Y	35	0	0	0	0	0	9	0	0	7	<1
YOG00293	YogaVive	Chips Apple Cinnamon	6	1.41 oz	Y	35	0	0	0	0	0	9	0	0	7	<1
YOU00010	YouLovFr	Fruit Mango Leather Snack	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00011	YouLovFr	Fruit Mango Coconut Leathr Snk	6/12	1 oz	Y	50	0	1	0	0	2.5	9	1	0	6	2
YOU00012	YouLovFr	Fruit Key Lime Leather Snack	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00013	YouLovFr	Fruit Pomberry Acai	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00014	YouLovFr	Veggie Carrot & Chia Leathr Sk	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00015	YouLovFr	Fruit Apple Leather Snack	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00016	YouLovFr	Fruit Passion Punch	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2

USDA SCHOOL APPROVED SNACK LIST FOR 2016 (UPDATED OCTOBER 2016)

VISTAR: 800.880.9900 • WWW.VISTAR.COM

** USDA guidelines are subject to change at any time. Information is provided by suppliers. Vistar is not responsible for misinformation. For additional assistance visit: www.fitpick.org

*not all items available in all locations

ITEM ID	BRAND	ITEM DESC	PK	SIZE	GLUTEN FREE	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	CHLST.	SOD.	TOTAL CARBS.	PRO.	TRANS FAT	SUG.	DIETARY FIBER
YOU00017	YouLovFr	Fruit Peach Leather Snack	6/12	1 oz	Y	45	0	0	0	0	2.5	10	1	0	7	2
YOU00018	YouLovFr	Veggie Beet Root Leather Snack	6/12	1 oz	Y	50	0	1	0	0	2.5	9	1	0	6	2
PER100391	Zephrrhil	Water Distilled	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER11475403	Zephrrhil	Zephyrhil Water Spring ECO	18	1 ltr		0	0	0	0	0	0	0	0	0	0	0
PER11476144	Zephrrhil	Zephyrhil Water Spring PET Vnd	24	16 oz		0	0	0	0	0	0	0	0	0	0	0
PER11479631	Zephrrhil	Water Spring PET	24	20 oz		0	0	0	0	0	0	0	0	0	0	0
PER12148492	Zephrrhil	Water Sparkling Raspb Lime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER12148493	Zephrrhil	Water Sparkling Orange PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER55908	Zephrrhil	Water Sparkling Lemon PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER55910	Zephrrhil	Water Sparkling WtrmInLime PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER7300014	Zephrrhil	Zephyrhills Water Spring Jug	6	1 gal		0	0	0	0	0	0	0	0	0	0	0
PER77812	Zephrrhil	Water Sparkling Black Chry PET	4/6	.5 ltr		0	0	0	0	0	0	0	0	0	0	0
PER87258	Zephrrhil	Zephyrhil Water Spring PET SCp	28	700 ml		0	0	0	0	0	0	0	0	0	0	0