

Urbandale Community School District

Smart Snacks List 2018-19



Urbandale CSD provides nutritious snacks that meet the "Smart Snacks in Schools" standards as part of the Healthy Kids Act. Families are welcome to order snacks online through RevTrak or purchase items at the grocery store. All orders (placed by phone, email, or online) will be delivered to your child's classroom, unless instructed otherwise. Please place your order at least one week in advance. Prior to placing an order or purchasing any snacks, please check with your child's classroom teacher to confirm the presence of any food allergies in your child's classroom (e.g. gluten, dairy, nuts, berries, etc.). We will be updating this list periodically when new items are available, so please check back often. If you have any questions, please contact Cathy Conklin, Director of Nutrition Services, conkline@urbandaleschools.com or (515) 457-6913. Thank you!

Snacks For Classroom	Cost Per Item	Description	Important: These items may contain nuts or are manufactured in a facility that also manufactures nuts on their equipment.
General Mills Cereal Bars	\$0.50	1.42 oz size - Flavors: Cinnamon Toast Crunch/Cocoa Puffs/Golden Grahams/Trix	
Kellogg's Nutri Grain Bars	\$0.50	1.55 oz size - Flavors: Cinnamon Apple/Blueberry/Strawberry	
Nature Valley Backpackers	\$0.75	1.24 oz. Chocolate Chip and Smores Chewy Oatmeal Bites	
Kellogg's Whole Grain Rice Krispie Treat	\$0.75	1.24 oz size - Flavors: Original and Chocolate Chip	
Fieldstone Delights Whole Grain Fruit Filled Pastry	\$0.50	1.41 oz size Flavors: Apple/Strawberry	
Good Source Solutions Cookies	\$0.75	1.5 oz. Whole Grain Sugar Cookies Frosted Pink or Yellow	
Grandma's Cookies	\$0.50	1.22 oz. Whole Grain Mini Chocolate Chip Cookies	May Contain Nuts
Richs Cookies	\$0.75	1.7 oz. Whole Grain Rich Triple Chocolate Filled Cookie with Fudge	May Contain Nuts
Richs Cookies	\$0.75	1.7 oz. Whole Grain Confetti Cake Cookie filled with Frosting	May Contain Nuts
Tio Pepe's Churros	\$0.50	5" Whole Grain Apple or Raspberry Filled with Cinnamon and Sugar on top.	
Mini Bagels - filled with Cream Cheese	\$1.00	2 oz. General Mills Strawberry or Cinnamon	
Otis Spunkmeyer Whole Grain Muffins	\$0.50	2 oz. Flavors: Wild Blueberry, Apple Cinnamon, Banana and Double Chocolate Chip	
Kellogg's Whole Grain Poptarts	\$0.75	1ct pkg - Flavors: Blueberry/Cinnamon/Fudge/Strawberry	
General Mills Cereal Bowls-Whole Grain-25% less sugar	\$0.75	1.00 oz size Flavors: Cinnamon Toast Crunch/Cocoa Puffs/Fruity Cheerios/Lucky Charms/Trix	
Kellogg's Cereal Bowls - Whole Grain - 25% less sugar	\$0.75	1.00 oz size Frosted Flakes Multigrain	
General Mills Chex Mix Whole Grain	\$0.50	.92 oz - 1.03 oz size pkg Cheddar/Chocolate Carmel/Strawberry/Hot and Spicy	
Kellogg's Austin Zoo Crackers (animal crackers)	\$0.50	1.00 oz size pkg	
Campbell's Baked Goldfish Whole Grain	\$0.75	.75 oz size pkg Flavors: Cheddar/Pretzel	
Lay's Kettle Chips, 40% less fat	\$0.75	1.38 oz size pkg Flavors: BBQ/Jalepeno Cheddar/Salt n Vinegar	
Lay's Baked Chips	\$0.75	.875 - 1.125 oz size pkg Flavors: BBQ/Plain/Sour Cream & Cheddar/Sour Cream & Onion	
Cheeto's Reduced Fat	\$0.75	.70 - .875 oz size pkg Flavors: Flaming Baked Crunchy/Puffs	
Dorito's Reduced Fat Whole Grain	\$0.75	1.00 oz size pkg Flavors: Nacho Cheese/Ranch/Sweet Chili	
Frito Lay Funyuns Reduced Fat Whole Grain	\$0.75	.75 oz size pkg	
Chips and Salsa	\$1.50	1.40 oz. Frito Lay Whole Grain Reduced Fat Tostitos with 2 oz. Mrs. Clark's Salsa Cup	Salsa is made in a facility that handles coconut oil and cream.
Jack Link Beef Jerky	\$1.50	.85 oz. Flavors include Original, Peppered and Teriyaki	
Welches Fruit Snacks	\$0.50	1.55 oz size pkg Flavors: Berries & Cherries/Island Fruit/Mixed Fruit/Strawberry	
Betty Crocker Reduced Sugar Fruit Roll-Ups	\$0.50	.5 oz. Flavors are Crazy colors, Hot Colors and Strawberry	
National Raisin Co Raisels	\$0.50	Fruit flavored sour raisins - 1.5 oz box Flavors: Fruit Splash/ Lemon Splash /Orange/ Watermelon	
Ocean Spray Craisins(dried cranberries)	\$0.75	1.16 oz size pkg Flavors: Blueberry/ Orange/ Original/ Strawberry	May Contain Nuts
Thompson Raisins	\$0.50	1.3 oz size pkg	May Contain Nuts
National Food's Applesauce	\$0.50	4.5 oz cup Flavors: Cinnamon/Original/Strawberry	
Del Monte Fruit Cups - Extra Lite Syrup	\$0.50	4.4 oz size Flavors: Mixed Fruit/Peaches(diced)/Pears(diced)	
General Mills Trix Yogurt	\$0.50	4.0 oz cup Flavors: Strawberry Banana / Raspberry Rainbow	
Anderson Erickson Low Fat Yogurts	\$0.75	6.0 oz cup Flavors: Black Cherry/Blueberry/Cherry Vanilla/French Vanilla Bean/Key Lime Pie/Orange Cream / Peach/ Raspberry/ Raspberry Vanilla / Strawberry/Strawberry Banana/Strawberry Cheesecake/ Strawberry Raspberry/Strawberry Vanilla	
String Cheese	\$0.50	1.00 oz stick Bongard's Mozerrella & Land O'Lakes Colby Jack Reduced Fat	
Hunts Snack Pack Fat Free Pudding Cups	\$0.50	3.5 oz cup Flavors: Chocolate and Vanilla	
Blue Bunny Low Fat Ice Crean Novelties	\$0.75	Sizes vary from 1.73 - 4 oz. Varieties: Chocolate Crunch Bar/Chocolate & Vanilla Swirl Cup/Drumstick/Fudge Bar/ Ice Cream Sandwich/Orange Dream Bar/Strawberry Crunch Bar/ FrozFruit Bars(Pineapple or Strawberry)	May Contain Nuts
Jonny Pops - frozen yogurt and fruit pop	\$0.75	1.55 oz Flavors: Strawberry Banana and Triple Berryv(blueberries/raspberries/strawberries)	
Fresh Fruit & Vegetables			
Apples	\$0.50	1 whole - Numerous Varieties	
Apples pre-packed and sliced	\$0.50	2 oz bag sliced red apples	
Bananas	\$0.50	1 whole	
Oranges	\$0.50	1 whole	
Baby carrots with Hidden Valley Lite Ranch Dressing	\$0.75	1/4 cup Baby carrots with 1 oz cup with Hidden Valley Lite Ranch Dressing	

Drinks - For All Grade Levels

Anderson Erickson Skim Milks	\$0.50	8 oz Flavors: All Skim Chocolate/Strawberry/White
Deja Blue Water Bottles	\$1.00	16.9 oz
100% Orange juice	\$0.25	4 oz

Drinks - Middle & High School Students Only

Snapple 100% Juice Cans	\$1.00	11.5 oz can Flavors: Fruit Punch(apple, grape & pineapple)/Grape/Green Apple
Naked Juice	\$2.00	15.2 oz bottles Flavors: Blue Machine/Strawberry-Banana or Berry Blast

Drink - High School Students Only

Sparkling Ice	\$1.50	17 oz. bottle Flavors: Black Raspberry/Cherry Limeaid/Grape Raspberry/ Kiwi Strawberry/ Orange
Snapple Teas	\$1.50	16 oz bottle Flavors: Diet Peach/Diet Raspberry/Straight up Plain
Bai Waters	\$2.00	18 oz bottle Flavors: Blueberry/Clementine/Coconut/ Pomagrante

May Contain Nuts