

Smart Snack Standards

Available at Sam's Club in Plattsburgh, NY

The Smart Snacks in Schools Product Calculator can be found online at foodplanner.healthiergeneration.org

Please note that prices and selection may vary.

Item (Bars and Crackers)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Kellogg's Nutri Grain Breakfast Bar	\$9.98	\$0.28	36 ct (variety pack)	1 each (1.3)	130	3.5	0.5	110/115/130	12/11/11	Apple Cinn./Blue./Straw.
Nature Valley Crunchy Granola Bar	\$14.98	\$0.26	49 ct	1 each (1.5)	190	7	1	180	11	2 bars/pouch
Natures Bakery Fig Bar	\$15.84	\$0.49	32 ct (variety pack)	1 each (2)	200	5	0	75	19	Blueberry/Raspberry
Natures Bakery Oatmeal Crumble	\$11.48	\$0.57	20 ct	1 each (1.41)	150	3	0	105	13	Strawberry
belVita Snack Packs	\$14.48	\$0.40	36 ct	1 each (1)	130	4/4/4.5	0/0/1	75/60/85	7/6/7	Blue./Cinn Brown Sugar/Choc
Z Bar	\$22.68	\$0.63	36 ct	1 each	150/140/150	5/4/5	1	95/120/105	11/12/10	Choc Chip/Choc Brown/Oatmeal
Kodiak Chewy Granola Bar	\$12.98	\$0.65	20 ct	1 each (1.23)	140	3.5	1	95/100	8/9	Choc Chip/S'mores
Made Good Organic Granola Bites	\$11.98	\$0.49	24 ct	1 each (0.85)	100/110	3/4	0/1	5	6	Mixed Berry/Choc Chip
Kind Chewy Granola Bars	\$11.98	\$0.40	30 ct	1 each (0.81)	100	3.5	0.5	65	5	Choc Chip
Made Good Mornings	\$14.98	\$0.62	24 ct	1 each (1.06)	120	4/3.5	0.5	85/80	6/7	Cinnamon Bun/Blueberry
Cooper Street Granola Bakes	\$8.98	\$0.50	18 ct	1 each (1)	110	3.5/3/3	0/1/1	90/80/65	7/6/6	Banana Bread/Oat Cran/Choc Cherry
Made Good Chewy Granola Bars	\$13.98	\$0.47	30 ct	1 each (0.85)	100	3	1	5	6	Choc Chip
Nature Valley Chewy Granola Bar	\$14.98	\$0.31	48 ct	1 each (1.2)	140	4	1	80	8	Trail Mix
Item (Chips and Cookies)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Quaker Rice Crisps	\$15.78	\$0.44	36 ct (variety pack)	1 each (.67-.91)	100/90/80/100	5/3/3/5	0	90/180/200/7	8/<1/<1/7	Caramel/Cheddar/Ranch/Apple Cinn
Popchips	\$12.98	\$0.43	30 ct (variety pack)	1 each (.8)	100	3.5	0.5	25/170/160/18	0/1/2/<1	Sea Salt, Sour Cream, BBQ, Salt and Vin
Item (Nuts and dried fruit)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
The Only Bean Edamame	\$7.98	\$0.74	14 ct (variety pack)	1 each (.8)	90/100	4	1	170/130	1	Sea Salt/Ranch
Wonderful Pistachios	\$16.88	\$0.47	24 ct	1 each (1.5)	130	10	1.5	110	2	Sea Salt
Planters Salted Peanuts	\$8.98	\$0.19	48 ct	1 each (1)	170	14	2	100	1	
Wonderful Pistachios Variety Pack	\$16.48	\$0.78	21 ct (variety pack)	1 each (.75)	120/130/130	10	1	105/180/95	2/1/1	Sea Salt/Chili/Jalepeno Lime
Orchard Naturals Cherry Mixed Fruit	\$9.98	\$0.42	24 ct	1 each (4)	60	0	0	0	13	
Wonderful Pistachios	\$16.48	\$1.05	21 ct	1 each (.75)	120	10	1	105	2	Sea Salt
That's It Fiber Mini Fruit Bars	\$12.98	\$1.03	18 ct (variety pack)	1 each (.7)	60	0	0	0	12	Apple+Berries/Apple+Cinnamon
That's It Crunchables	\$11.48	\$0.64	18 ct (variety pack)	1 each (.35)	40	0	0	0	7	Apple/Apple+Mango/Apple+Blueberry

Updated July 2026 *Prices Subject to Change**

Healthy Snack Guidelines

Calories: 200 or less; Sodium: 200 mg or less; Total Fat: 35% of calories or less; Saturated Fat: Less than 10% of total calories; Trans Fat: 0.0; Total Sugars: 35% by weight or less



Cornell Cooperative Extension
Essex County

Item (Whole Fruit)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
California Navel Oranges	\$8.73	\$1.09/lb	varies	1 medium orange	80	0.0	0	0	14	Price & weight may vary
Cuties Clementine Mandarins	\$7.97	\$1.59/lb	varies	2 clementines	90	0.5	0	0	18	Price & weight may vary
Plumbs, 3.5 lbs bag	\$6.96	\$1.99/lb	varies	2 plumbs	69	0.0	0	0	15	Price & weight may vary
Gold Kiwis, 2 lbs package	\$6.87	\$3.44/lb	varies	2 medium kiwis	100	0.0	0	0	20	Price & weight may vary
Cosmic Crisp Apples, 4 lbs bag	\$6.97	\$1.74/lb	varies	1 medium apple	100	0.0	0	0	15	Price & weight may vary
Yellow Peaches, 4 lbs box	\$10.87	\$2.72/lb	varies	1 medium peach	50	0.5	0	0	13	Price & weight may vary
Family Tree Yellow Nectarines, 4 lbs bag	\$8.77	\$2.19/lb	varies	1 nectarine	61	0.0	0	0	11	Price & weight may vary
White Peaches, 4lbs box	\$10.87	\$2.72/lb	varies	1 cup white peach	66	0.0	0	0	14	Price & weight may vary
Gala Apples, 4 lbs bag	\$6.65	\$1.33/lb	varies	1 medium apple	95	0.0	0	0	16	Price & weight may vary
Pink Lady Apples, 5 lbs bag	\$6.88	\$1.38/lb	varies	1 medium apple	95	0.0	0	0	13	Price & weight may vary
Fuji Apples, 5 lbs bag	\$6.17	\$1.23/lb	Varies	1 medium apple	90	0.0	0	0	19	Price & weight may vary
Family Tree White Nectarines, 4 lbs bag	\$8.77	\$2.19/lbs	varies	1 nectarine	61	0.0	0	0	11	Price & weight may vary
Honeycrisp Apples, 4lbs bag	\$8.76	\$2.19/lb	varies	1 medium apple	95	0.0	0	0	13	Price & weight may vary
Banana	varies	\$.52/lb	varies	1 medium banana	105	0.5	0	1	14	Price & weight may vary

** All Fresh Fruit, with no added ingredients except for water, are smart snacks compliant **

Item (Processed Fruit)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Member's Mark Mandarin Oranges in 100% Fruit Juice	\$11.48	\$0.12	24 ct	1 each (4)	70	0.0	0	0	17	Cups, all natural sugars
Dole No Sugar Added Mixed Fruit Variety Pack	\$9.98	\$0.62	16 ct (variety pack)	1 each (4)	25/35/35	0.0	0	0	5g/6g/6g	Peaches/Mixed Fruit/Oranges
Dole No Sugar Added Mixed Fruit Variety Pack	\$11.98	\$0.60	20 ct (variety pack)	1 each (4)	25/35/35	0.0	0	0	5g/6g/6g	Peaches/Mixed Fruit/Oranges
Dole Mandarins in Juice Fruit Cups	\$12.98	\$0.65	20 ct (variety pack)	1 each (4)	70	0.0	0	0	1/14/1900	Cups, all natural sugars
Members Mark Freeze Dried Fruit	\$9.98	\$0.67	15 ct	1 each (varies)	40/40/35	0.0	0	0	6/6/7	Strawberries/Bananas/Apples
Materne GoGo Squeez Toy Story Variety Pack Pouches	\$12.98	\$0.54	24 ct	1 each (3.2)	60	0.0	0	0	12	AppleApple/AppleMango/AppleBanana
Materne GoGo Squeez Organic Applesauce Pouches, Variety Pack	\$17.48	\$0.73	24 ct	1 each (3.2)	70	0.0	0	0	13/11/13/12	AppleApple/AppleBanana/AppleCinnamon/AppleStrawberry
Materne GoGo Squeez Applesauce Pouches, Variety Pack	\$15.98	\$0.50	32 ct	1 each (3.2)	70	0.0	0	0	13/13/12/12	AppleApple/AppleCinnamon/AppleStrawberry/Gimme Five!
Materne GoGo Squeez Fruit & Veggies Applesauce Pouches, Variety Pack	\$13.98	\$0.16	28 ct	1 each (3.2)	60	0.0	0	15/0	11	Apple Pear Carrot/Apple Strawberry Zucchini
Materne GoGo Squeez Applesauce Pouches	\$15.98	\$0.50	32 ct	1 each (3.2)	70	0.0	0	0	13	AppleApple
Item (Yogurt)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Oikos Triple Zero Nonfat Blended Greek Yogurt Variety Pack	\$13.86	\$0.77	18 ct (variety pack)	1 each (5.3)	90/90/80	0.0	0	55	5	Strawberry/Mixed Berry/Vanilla
Chobain Nonfat Greek Yogurt Fruit on the Bottom Variety Pack	\$13.87	\$0.87	16 ct (variety pack)	1 each (5.3)	110	0.0	0	60/60/55/50	14/13/14/14	Strawberry/Blueberry/Peach/Black Cherry
Yoplait Original Lowfat Yogurt Variety Pack	\$7.98	\$0.44	18 ct (variety pack)	1 each (4)	140	1.5	1	85/80/85	18/20/20	Peach/Strawberry/Mixed Berry
Item (Cheese)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Member's Mark Light String Cheese	\$7.27	\$0.20	36 ct	1 each (.85)	50	2.5	1.5	200	<1	Part-skim Mozzarella
Item (Beverage)	Price	Price/Item	Amount Per Box	Serving Size(oz)	Calories	Fat(g)	Sat Fat(g)	Sodium(mg)	Sugar(g)	Notes
Capri Sun 100% Juice Variety Pack, No Added Sugars	\$13.98	\$0.35	40 ct (variety pack)	1 each (6)	80/90	0.0	0	25	20	Apple/Fruit Punch/Berry
Welch's 100% Juice	\$16.88	\$0.70	24 ct (variety pack)	1 each (10)	130/180/140	0.0	0	15	33/44/32	Orange Pineapple Apple/Apple/Grape NOT ELEMENTARY SCHOOL COMPLIANT Only approved for MS/HS**
Apple & Eve 100% Juice Variety Pack, Juice Boxes	\$11.98	\$0.33	36 ct (variety pack)	1 each (6.75)	90	0.0	0	5	20/21	Apple/Fruit Punch/Very Berry
Dole 100% Pineapple Juice	\$14.98	\$0.62	24 ct	1 each (8)	130	0.0	0	15	32	
Mott's 100% Apple Juice	\$12.98	\$54.00	24 ct	1 each (8)	120	0.0	0	30	28	
Horizon Organic Lactose Free Lowfat Chocolate Milk	\$19.98	\$1.11	18 ct	1 each (8)	120	2.5	1.5	160	13	
Horizon Organic Lowfat Chocolate Milk	\$19.98	\$1.11	18 ct	1 each (8)	150	2.5	1.5	180	22	

Plain Water or Plain Carbonated Water (not flavored) is Smart Snacks Compliant

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Healthy Snack Guidelines Per Serving

Calories: 200 or less; Sodium: 200 mg or less; Total Fat: 35% of calories or less; Saturated Fat: Less than 10% of total calories; Trans Fat: 0.0; Total Sugars: 35% by weight or less

**Elementary school servings of 100% juice must be 8 oz or less to be Smart Snacks compliant, middle/high school servings must be 12 oz or less

