

Institute of Medicine Standards for Tier I Snacks during the School Day

General Product/Specifications
100% Fruit Juice 4oz (Elementary & Middle Schools) 8 oz (High School Only)
100% Fruit Juice Smoothie 4oz (Elementary & Middle Schools) 8 oz (High School Only)
Whole Fruit, Fruit Cups in 100% juice or water
Apple Sauce in cup or pouch
Whole Vegetables and 100% Vegetable Juices
Milk with ≤22 g of sugar per 8oz
Yogurt with ≤30 g of sugar per 8oz

Product per Individual Serving	Vendors
Popcorners WG BBQ/Sweet Cinnamon, 1oz	BJ's, Mar's Supermarket, Wegman's, Magruder's
Barefruit, Granny Smith Apple, Cinnamon Apple and Fuji Red Apple Chips, 0.53oz	Target, Food Lion, Costco, Shop Rite, Safeway, Walmart, Whole Foods, Wegman's

Products for School Celebrations (Large Quantities)	Vendors
Lundberg Rice Chips, 6oz	Whole Foods, TPSS Co-op, The Fresh Market
Crunchmaster 7 ancient grains, 3.5 oz	Harris Teeter, Safeway, Roots Market, David's Natural Market, Giant, Walmart
Mary's Gone Crackers, 6.5 oz	David's Natural Market, Food Lion, Roots, Columbia Natural Foods, Costco, Mom's Organic
Back To Nature Crackers, 5.5 oz	Giant, Good Life Organic Market, Costco roots, Shoppers, Whole Foods, Safeway