

Creighton School District Allow Foods List

This list is not all inclusive, however if an item is not found on this list and you wish to sell it please contact the Food Service Office at (602) 381-6048 to have the nutritional label analyzed to determine if it meets the Arizona Nutrition Standards.

Alphabetically arranged by manufacturer

Manufacturer	Name/Description	Size	Wal-Mart	Fry's	Sam's
Adam & Eve	100% Juice – Apple Juice, Very Berry, Fruit Punch	6.75 fl. oz.			X
Austin	Zoo Animal Crackers	1 bag (60g)			X
Blue Bunny	Health Smart Fat Free No Added Sugar Bar-Fudge	1 bar (71g)	X	X	
Blue Bunny	Health Smart Fat Free No Added Sugar Bar-Vanilla Fudge	1 bar (71g)	X	X	
Blue Bunny	Health Smart Fat Free, No Sugar Added Bars – Raspberry & Orange Crème	1 bar (63g)		X	
Blue Bunny	Sweet Freedom No Sugar Added – Fudge Lites	2 bars (101g)		X	
Blue Bunny	Sweet Freedom No Sugar Added – Fudge Lites	1 bar (101g)		X	
Bryers	Love Fruit with Intense Fruit Puree-Mixed Berry	1 bar (76g)	X		
Bryers	Love Fruit with Intense Fruit Puree-Tropical Fruit	1 bar (76g)	X		
Campbell's	Tomato Juice Concentrate		X	X	
Campbell's	V-8 – Spicy Hot, Low Sodium or Regular		X	X	
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, Tropical Orange		X	X	
Campbell's	V-8 Splash – Mango Peach, Strawberry Kiwi, Fruit Medley, Tropical Blend, Berry Blend		X	X	
Capri Sun	100% Juice Pouches – Berry Breeze	1 pouch (6.75 fl oz)		X	
Capri Sun	Fruit Waves – 100% Juice – Apple Splash	1 pouch (6.75 fl. oz)		X	
Cascadian Farm	Organic Chewy Granola Bar-Chocolate Chip	1 bar (35g)	X	X	
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X	X	
Corn Nuts	Chile Picante	1 package (48g)			X
Corn Nuts	Original	1 package (48g)			X
Dannon	Danimals	1 bottle (3.1 fl oz)		X	
David	Original Sunflower Seeds	1 bag (1.75oz)			X
Del Monte	Fruit Chillers Frozen Fruit Sorbet – Glacial	1 cup (128g)			X

	Mango & Arctic Strawberry				
Del Monte	Fruit Chillers Frozen Fruit Sorbet (Freeze & Eat) – Arctic Strawberry	1 cup (128g)	X	X	
Del Monte	Fruit Chillers Frozen Fruit Sorbet (Freeze & Eat) – Glacial Mango	1 cup (128g)	X	X	
Del Monte	Fruit Chillers Frozen Fruit Sorbet (Freeze & Eat) – Polar Raspberry	1 cup (128g)	X	X	
Disney Magic	Lite String Cheese	1 stick (28g)		X	
Disney Magic	Low Fat Drinkables – Smoothies	5.5 fl. oz.		X	
Disney Magic	Low Fat Yogurt – Strawberry & Watermelon	1 container		X	
Disney Magic	Low Fat Yogurt – Strawberry Blue Raspberry	1 container		X	
Disney Magic	Mickey Pretzels	1 bag 1.5oz		X	
Dole	100% Pineapple Juice		X	X	
Dole	Apples & Caramel Crème Parfait	1 cup (123g)	X	X	
Dole	Cherry Mixed Fruit	1 cup (113g)	X	X	
Dole	Peaches in Strawberry Gel; Mixed Fruit in Black Cherry Gel; Pineapple in Lime Gel; Mandarines in Orange Gel	1 cup (123g)	X	X	
Dole	Variety Pack Mixed Fruit in Peach Gel & Mixed Fruit in Black Cherry Gel	1 cup (123g)			X
Donald Duck	100% Juice – Orange, Grapefruit		X	X	
Dryer's	Fruit Bars-Strawberry	1 bar (86g)	X		
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 bar (51g)	x		
Dryer's	Smoothie Real Fruit & Yogurt Bars-Strawberry Banana	1 bar (64g)	X		
Earth's Best	Organic Applesauce-Cinnamon	1 cup (113g)	X		
Earth's Best	Organic Applesauce-Original	1 cup (113g)	X		
Frigo	Light String Cheese	1 stick (28g)		X	
Fudgsicle	No Sugar Added Pops	1 bar	X	X	
Fudgsicle	No Sugar Added Pops	2 bars	X	X	
General Mills	Fiber One Oats & Chocolate Bar	1 bar (40g)		X	
General Mills	Fiber One Oats & Chocolate Chewy Bars	1 bar (40g)			X
General Mills	Fruit Ripples – Cinnamon Apple, Strawberry Apple	1 pouch (14g)	Xx		
Great Value	100% Apple Juice		X		
Great Value	Diced Peaches & Pears in Strawberry & Raspberry Light Syrup	1 cup (113g)	X		
Great Value	Dried Cherries, Dried Mixed Berries, Dried Apples, Dried Cranberries, Banana Chips	¼ cup (40g)	X		
Great Value	Pineapple Tidbits	1 cup (113g)	X		
Great Value	Tropical Fruit Mix	1 cup (113g)	X		
Great Value	Vegetable Juice from Concentrate		X		
Healthy Choice	Premium Caramel Swirl Sandwiches	1 sandwich (72g)		X	
Healthy Choice	Premium Fudge Sandwiches	1 sandwich (70g)		X	

Healthy Choice	Premium Vanilla Sandwiches	1 sandwich (67g)		X	
Hostess	100 Calorie Packs-Carrot Cake w/ Cream Cheese Icing and Creamy Filling	3 cakes (34g)	X		
Hostess	100 Calorie Packs-Golden Cake w/ Creamy Filling	3 cakes (34g)	X		
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape		X	X	
Kashi	TLC Chewy Granola Bars		X		
Kashi	TLC Chewy Granola Bars – Honey Almond Flax, Trail Mix & Peanut Peanut Butter	1 bar (35g)			X
Kellogg's	All Bran – Honey Oat Bars	1 bar (35g)		X	
Kellogg's	All Bran – Oatmeal Raisin Bars	1 bar (35g)		X	
Kellogg's	Nutri Grain Fruit & Nut Bar – Berry & Almond	1 bar (32g)		X	
Kellogg's	Nutri Grain Fruit & Nut Bars – Cranberry	1 bar (32g)	X	X	
Kellogg's	Nutri Grain Fruit & Nut Bars – Raisin & Peanut	1 bar (32g)	X	X	
Kellogg's	Smart Start Health Bars-Cinnamon	1 bar (40g)	X		
Kellogg's	Smart Start Health Bars-Strawberry Vanilla	1 bar (40g)	X		
Klondike	Slim a Bear 100 calorie sandwiches-Chocolate	1 sandwich (46g)	X	X	
Klondike	Slim a Bear 100 calorie sandwiches-Vanilla	1 sandwich (46g)	X	X	
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)		X	
Kraft	South Beach Diet Whole Wheat Snack Crackers	1 package (23g)	X	X	
Kroger	100% Extreme 100% Juice – Apple	1 pouch (6.75 fl oz)		X	
Kroger	100% Extreme 100% Juice – Fruit Punch	1 pouch (6.75 fl oz)		X	
Kroger	100% Extreme 100% Juice – Grape	1 pouch (6.75 fl oz)		X	
Langers	100% Apple Juice	8 fl. oz.		X	
Lays	Smart Mix (Baked Lays, Baked Lays K. C. Masterpiece BBQ), Baked Doritos, Baked Ruffles-Cheddar & Sour Cream and Pretzels)	1 bag (1oz)			X
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White Grape		X	X	
Motts	100% Apple Juice		X	X	
Motts	Applesauce Variety Pack – Original & Apple Cinnamon	1 cup (123g)			X
Motts	Hawaiian Punch Applesauce	1 cup (113g)	X	X	
Motts	Scooby Doo Applesauce-Mummy Berry	1 cup (113g)	X	X	
Motts	Scooby Doo Applesauce-Pirates Punch	1 cup (113g)	X	X	
Motts	Scooby Doo Applesauce-Raspberry Kiwi	1 cup (113g)		X	
Nabisco	100 Calorie Chewy Granola Bar – Nutter	1 bar (28g)	X	X	

	Butter				
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)	X	X	
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)	X	X	
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate	1 pouch (35g)	X	X	
Nabisco	Teddy Grahams 150 Calorie Pouches-Cinnamon	1 pouch (35g)	X	X	
Nabisco	Teddy Grahams 150 Calorie Pouches-Honey	1 pouch (35g)	X	X	
Nature Valley	Crunch Granola Bar – Oats N Honey	2 bars (42g)		X	
Nature Valley	Crunchy Granola Bar – Oats N Honey	2 bars (42g)			X
Nature Valley	Crunchy Granola Bars-Roasted Almond, Vanilla Nut	2 bars (42g)	X	X	
Nature Valley	Fruit Crisps (Dried Apples) – Original, Cinnamon	1 pouch	X		
Nature Valley	Granola Bites 100 Calorie – Oats N Honey	1 pouch (19g)			X
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate		X	X	
Odwalla	Odwalla Bar Variety Pack – Berries GoOmega, Peanut Crunch, Chocolate Chip Peanut	1 bar (62g)			X
Pepperidge Farm	100 Calorie Pouches Baked Snack Crackers-Goldfish	1 package (0.75oz)	X		
Philly Swirl	Sugar Free Swirl Pops	1 pop (45g)			X
Planters	1oz Single Serve Salted Cashews	1 bag (1oz)			X
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)			X
Pop Secret	100 Calorie Popcorn – Butter – Snack Size	1 bag (31g)			X
Post	Grape Nuts Granola Bar-Apple Cinnamon	1 bar (28g)	X	X	
Post	Grape Nuts Granola Bar-Trail Mix Crunch	1 bar (28g)	X	X	
Precious	Reduced Fat String Cheese	1 stick (28g)		X	
Quaker	25% less Sugar Chewy Granola Bar-Chocolate Chip	1 bar (24g)	X	X	
Quaker	25% less Sugar Chewy Granola Bar-Cookies & Cream	1 bar (24g)	X	X	
Quaker	25% less Sugar Chewy Granola Bar-Peanut Butter Chocolate Chip	1 bar (24g)	X	X	
Quaker	90 Calorie Chewy Granola Bar – Chocolate Chunk	1 bar (24g)		X	
Quaker	90 Calorie Chewy Granola Bar – Honey Nut	1 bar (24g)		X	
Quaker	90 Calorie Chewy Granola Bar-Oatmeal Raisin	1 bar (24g)	X	X	
Quaker	Baked Strawberry Crisp Bar	1 bar (37g)		X	
Quaker	Breakfast Bars 25% less sugar-Apple Crisp	1 bar (37g)		X	
Quaker	Breakfast Bars-Strawberry Fruit & Oatmeal	1 bar (37g)		X	
Quaker	Breakfast Cookies-Oatmeal Chocolate Chip	1 cookie (48g)	X	X	
Quaker	Breakfast Cookies-Oatmeal Raisin	1 cookie (48g)	X	X	
Quaker	Chewy Granola Bar – S'mores	1 bar (24g)		X	
Quaker	Chewy Granola Bar-Butterfinger	1 bar (24g)	X		

Quaker	Chewy Granola Bar-Peanut Butter Chocolate Chip	1 bar (24g)	X	X	
Quaker	Muffin Bars-Banana	1 bar (37g)	X		
Quaker	Muffin Bars-Blueberry	1 bar (37g)	X		
Quaker	Oatmeal to Go – Banana Bread	1 Bar (60g)	X		
Quaker	Oatmeal to Go – Brown Sugar & Cinnamon	1 Bar (60g)	X	X	
Quaker	Sweet & Salty Crunch – Oats, Nuts & Honey	1 bar (34g)		X	
Quaker	Sweet & Salty Crunch – Toffee Nut Crunch	1 bar (34g)		X	
Quaker	Variety Pack Bars – Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37g)			X
Sam's Choice	100% Juice – Apple Juice Punch Blend, White Grape		X		
Seneca	100% Apple Juice		X		
Simple Delights	Cravin Raisins – Dora the Explorer, Sponge Bob	1.5 pouch (40g)	X		
SnackAway	Vanilla Yogurt Crème Cakes	1 cake (48g)	X		
SnackAway	Vanilla Yogurt Crème Oatmeal Cookie	1 cookie (31g)	X		
Snyder's of Hanover	Mini Pretzels	1 bag (42.5g)			X
Sunkist	Pistachios to go	1 bag (1.5oz)			X
Sunmaid	Raisins	1 box (42.5g)	X	X	
Sunsweet	100% Prune Juice		X	X	
Swiss Miss	Premium Fudge Bars	1 bar (77g)			X
The Skinny Cow	Low Fat Fudge Bar	1 bar (74g)	X	X	
The Skinny Cow	Low Fat Ice Cream Sandwich	1 sandwich (71g)	X	X	X
The Skinny Cow	Low Fat Ice Cream Sandwich – Mint	1 sandwich (71g)		X	
The Skinny Cow	No Sugar Added Low fat Ice Cream Sandwich	1 sandwich (71g)	X	X	
Treetop	100% Apple Juice		X	X	
Tropicana	100% Juice – Apple Juice, Fruit Punch, Orange Juice		X	X	
Tropicana	Juice Quenchers 50% juice – Fruit Punch, Berry, Strawberry Kiwi		X		
Wal-Mart	Fat Free Blueberry Muffins	1-2oz 336 g	X		
Wal-Mart	Plain Mini Bagels	2 bagels/57g	X		
Weight Watchers	Giant Ice Cream Bar-Chocolate Cookies & Cream	1 bar (69g)	X		
Weight Watchers	Giant Ice Cream Bar-Chocolate Fudge	1 bar (69g)	X		
Weight Watchers	Giant Ice Cream Bar-Cookies and Cream	1 bar (69g)	X		
Weight Watchers	Giant Sorbet & Ice Cream Bars-Orange	1 bar (102g)	X		
Weight Watchers	Giant Sorbet & Ice Cream Bars-Wildberry	1 bar (102g)	X		
Weight Watchers	Ice Cream Sandwich-Vanilla	1 sandwich (75g)	X		

Weight Watchers	Muffins-Berries & Crème	1 muffin (66g)	X		
Welch's	100% Juice – Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi		X	X	
Yoplait	Reduced Fat Yogurt			X	