

Nutritional Guidelines for Products Sold in Schools

Beverage Guidelines

Elementary and Middle Schools

- Water is permitted
- Low calorie drinks without any artificial flavors, colors, or sweeteners
- Maximum of 10 calories per 8 oz. serving
- No serving size limit

Beverage Products Meeting Specifications for Elementary and Middle Schools

Aquafina Water 12 oz, 20 oz. (Endorsed by the NYCDOE)

Ayala's Herbal Water

Cinnamon Orange Peel, 16 oz.
Cloves Cardamom, 16 oz.
Ginger Lemon, 16 oz.
Lavender Mint, 16 oz.
Lemongrass Mint Vanilla, 16 oz.
Lemon Verbena Geranium, 16 oz.

SoNu

Organic Mango- Peach water, 12 oz.
Organic Grape- Berry water, 12 oz.
Organic Kiwi Pear, 12 oz.
Organic Strawberry Cranberry, 12 oz.

SOYU, Essential Water

Apple, 12 oz.
Grape, 12 oz.
Mixed Berry, 12 oz.
Orange, 12 oz

Trader Joe's

Lime Flavored Water, 20 oz.

High Schools

- Water is permitted
- Low calorie drinks without any artificial flavors, colors, or sweeteners
- Maximum of 25 calories per 8 oz. serving
- No serving size limit

- Caffeinated beverages are allowed in High Schools

Beverage Products Meeting Specifications for High Schools

Aquafina Water, 20 oz. (Endorsed by the NYCDOE)

Ayala's Herbal Water

Cinnamon Orange Peel, 16 oz.
Cloves Cardamom, 16 oz.
Ginger Lemon, 16 oz.
Lavender Mint, 16 oz.
Lemongrass Mint Vanilla, 16 oz.
Lemon Verbena Geranium, 16 oz.

Inko's

Strawberry White Tea, 12 oz.
Blueberry White Tea, 12 oz.

Fruit Punch, 12 oz.

Grape, 12 oz.

SoNu

Organic Pomegranate – Acai water, 12 oz.
Organic Strawberry – Cranberry water, 12 oz.
Organic Mango- Peach water, 12 oz.
Organic Grape- Berry water, 12 oz.
Organic Kiwi Pear, 12 oz.
Organic Strawberry Cranberry, 12 oz.

Bot Beverages

Lemon Bot, 16.9 oz.
Grape Bot, 16.9 oz.
Orange Bot, 16.9 oz.
Berry Bot, 16.9 oz.

Lazy Town

Mixed Berries Go Water, 12 oz.
Apple Go Water, 12 oz.
Grape Go Water, 12 oz.

SOYU, Natural Teas

Black Tea with Lemon, 16 oz.
Green Tea with Pomegranate, 16 oz.
Black Tea with Mango and Peach, 16 oz.
Green Tea with Citrus, 16 oz.

SOYU, Essential Water

Apple, 12 oz.
Grape, 12 oz.
Mixed Berry, 12 oz.
Orange, 12 oz

Trader Joe's

Lime Flavored Water, 20 oz.

Food and Snack Guidelines

- All products must be in single serve packages
- Ingredients, Nutritional Panel and Allergen statement to appear on each individual package
- Products may not contain any artificial sweeteners
- Product to contain no more than 200 calories per serving
- Product to contain no more than 200 mg of sodium
- Product to contain less than 10% of total calories from saturated fat
- Product to contain less than 35% of total calories from fat (nuts, and nut butters are exempt)
- Combination products of dried fruit and nuts are exempt from the total fat standards
- Product to contain less than .5 grams of trans fat per serving
- Product to contain less than 35% of total calories from total sugars (fruit products with no added sugars are exempt)
- Grain-based products must contain at least 2 grams of fiber per serving

Products Meeting Specifications

***All Fresh Fruits and Vegetables**

Frito Lay/Quaker Oats

- *Baked Potato Chips (.875 oz. package)
- *Baked Scoops (.875 oz. package)
- *Baked Sour Cream and Onion Chips (.875 oz. package)
- *Baked Bar-B-Q Chips (.875 oz. package)
- Baked Cheddar Sour Cream Chips (.875 oz. package)
- Doritos - Spicy Sweet Chili (1 oz. package)
- Doritos- Cool Ranch Reduced Fat (1 oz. package)
- Chewy Granola Bar – Peanut Butter/Chocolate Chip (1.5 oz. package)
- Smart Food Popcorn Clusters- Cranberry Almond (1 oz. package)
- Smart Food Popcorn Clusters- Chocolate Cookie Caramel Pecan (1 oz. package)

Kellogg's

- Nutri-Grain Cereal Bars- Blackberry (1.3 oz. package)
- Pop-Tarts toaster pastries- Frosted Brown Sugar Cinnamon (1.76 oz. package)
- Low Fat Granola with Raisins (1.5 oz. package)

Stacy's

Cinnamon Sugar Pita Chips (1.5 oz. package)

General Mills

Team Cheerios Cereal Bar- Strawberry (1.3 oz. package)

Cheerios On the Go (0.68 oz. package)

Turtle Chex Mix Bar (1.2 oz. package)

Fiber One (1.4 oz. package)

Trix Cereal Bar (1.3 oz. package)

Clif Kid

Organic Z Bar- Honey Graham (1.27 oz. package)

Organic Twisted Fruit, Strawberry (0.7 oz. package)

Chocolate Brownie Z-Bar, (1.27 oz package)

Nature Valley

Crunchy Granola Bars- Peanut Butter (1.5 oz. package)

Crunchy Granola Bars- Oats 'N Honey (1.5 oz. package)

Indiana Kettlecorn

*Gourmet Popcorn (1 oz. package)

J and J Snacks

*Whole Wheat Soft Pretzel (2.5 oz each)

Linden's Cookies

*Butter Crunch 2 pack Cookies (1.1 oz. package)

*Chocolate Chip Mini's (1.1 oz. package)

*Chocolate Chip 2 pack Cookies (1.1 oz package)

*Fudge Chip 2 pack Cookies (1.1 oz. package)

Glenny's

Brown Rice Marshmallow Treat- Chocolate (.85 oz. package)

Brown Rice Marshmallow Treat Creamy -Vanilla (.85 oz. package)

Brown Rice Marshmallow Treat Peanut- Caramel (.85 oz. package)

Cinnamon Multigrain Pastry Crisps (1.1 oz package)

Soy Crisps, No Salt (1.3 oz. package)

Soy Crisps, Apple Cinnamon (1.3 oz. package)

Soy Crisps, Creamy Ranch (1.3 oz. package)

Soy Crisps, Lightly Salted (1.3 oz. package)

Soy Crisps, Olive Oil, Garlic & feta Cheese (1.3 oz. package)

Soy Crisps, Salt & Pepper (1.3 oz. package)

Fieldstone

Oatmeal Raisin Multigrain Bar (1.44 oz. package)

Mareblu Naturals

Almond Crunch Bar (1.2 oz. package)
Blueberry Pomegranate Crunch Bar (1.2 oz. package)
Mango Pomegranate Crunch Bar (1.2 oz. package)
Strawberry Pomegranate Crunch Bar (1.2 oz. package)

Brothers All-Natural

Fuji Apple Crisps (0.35 oz package)
Bananas (0.59 oz package)
Strawberry Banana (0.42 oz. package)

Geisha

Asian Pear (0.39 oz. package)
Fuji Apple (0.39 oz. package)

J & J Snacks

Outrageous orange whole fruit premium juice bar (2 and 3 oz.)
Wild cherry whole fruit premium juice bar (2 and 3 oz.)
Very berry whole fruit premium juice bar (2 and 3 oz.)
Sour apple-licious whole fruit premium juice bar (2 and 3 oz.)
Strawberry pomegranate (4 oz.)
Orange pineapple (4 oz.)
Sour watermelon (4 oz.)

Kar's

Salted Almonds (1 oz. package)
Goin' Granola (1.25 oz. package)
Raisins (1 oz. package)

Kashi

Cherry Dark Chocolate Granola Bar (1.2 oz. package)
Honey Almond Granola Bar (1.2 oz. package)
Honey Toasted 7 Grain Granola Bar (1.2 oz. package)
Pumpkin Spice Flax Granola Bar (1.2 oz. package)
Roasted Almond Crunch Granola Bar (1.2 oz. package)
Blackberry Graham Soft-Baked Cereal Bar (1.2 oz. package)
Baked Apple Soft-Baked Cereal Bar (1.2 oz. package)
Ripe Strawberry Soft-Baked Cereal Bar (1.2 oz. package)

Matts Munchies

Apple Pie (1 oz. package)
Apple-Licious (1 oz. package)
Banana (1 oz. package)
Island Mango (1 oz. package)
Mango (1 oz. package)

Nature Valley

Apple Crisp (1.5 oz. package)

Popcorn Indiana

Cinnamon Sugar (1 oz. package)

Sweet & Tangy BBQ (1 oz. package)

Ricos Popcorn

White Cheddar Cheese Jalapeno (1.1 oz. package)

Rock -N-Roll

Hippie Chips White Room Cheddar (0.74 oz. package)

Rock & Pop Kettle Korn (1 oz. package)

Rosati

Crybaby Sour Apple (4 oz. cup)

Crybaby Sour Cherry (4 oz. cup)

Sensible Foods

Sweet Corn Crunch Dried Snack (0.42 oz. package)

Tropical Blend Crunch Dried Snack (0.42 oz. package)

Fuji Apple Crunch Dried Snack (0.42 oz. package)

Roasted Edamame Crunch Dried Snack (0.42 oz. package)

Strawberry Banana Crunch Dried Fruit (0.42 oz. package)

Sunkist Fun Fruit

Apples (2.3 oz package)

Apple Grape Mix (2.3 oz package)

Orange Wedges (4.7 oz package)

Seedless Grapes (2 oz package)

Pineapple Spears (2.7 oz. package)

Trader Joe's

Apple Strawberry Fruityflakes, (0.7 oz. pouch)

Lite Kettle Corn, 1 oz. package

Omega Trek Mix, (1.2 oz package)

Wawona

Strawberry and peach frozen fruit bars (2 oz.)

Items denoted with an asterisk () are approved for sale in
SchoolFood High School A la Carte locations*

If you have an item you would like approved, please submit a retail package (including nutritional label, ingredient list, and allergen statement) of the proposed product to SchoolFood, Attention: Culinary Concepts, Rm. 413, 44-36 Vernon Blvd. LIC, NY 11101. Suggestions for product can be emailed to: foodproductideas@schools.nyc.gov . Our chef and nutritionist will review the product to ensure that it meets the specification. Products that meet the established standards will be added to the approved list on our website.

For more information regarding Chancellors Regulation A-812 please view the following link

<http://docs.nycenet.edu/docushare/dsweb/Get/Document-41/A-812.pdf>

Last Update: May 3, 2010