



# New York City Department of Education Competitive Snack and Beverage Standards



## Elementary, Junior High, and High School Product Nutrients

### Food and Snack Guidelines

- All products must be in single serve packages.
- Products may not contain any artificial and non-nutritive sweeteners.
- Products to contain no more than 200 calories per serving.
- Products to contain no more than 200 mg. of sodium.
- Products to contain less than 10% of total calories from saturated fat.
- Products to contain no more 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 0.5 grams of trans fat per serving.
- Products to contain no more than 35% of total calories from added sugars (fruit products with no added sugars are exempt).
- Grain-based products must contain at least 2 grams of fiber per serving.

All fresh fruit and vegetables are acceptable.

In addition,

yogurt must contain ≤15 grams sugar per 4 oz. and cannot contain artificial flavors or colors.

Manufacturer	Product Name	Package Size	Serv./Pkg.	Calories < 200/Serv.	Fat (g)	≤ 35% Total Calories Fat	Sat. Fat (g)	<10% Total Calories Sat Fat	Sodium ≤ 200 (mg)/Serv.	Sugar (g)	≤ 35% Total Calories Sugar	Fiber ≥ 2 (g)/Serv.
ABC	Chocolate Sandwich	4oz	1	160	4	23%	2	11%	135	13	33%	1
Bare Apple Chips	Granny Smith	0.53oz	1	50	0	0%	0	0%	0	11	88%	2
Bare Apple Chips	Apple Cinnamon	0.53oz	1	50	0	0%	0	0%	0	11	88%	2
Bare Apple Chips	Fuji Red	0.53oz	1	50	0	0%	0	0%	0	11	88%	2
B Bar	Cookie Dough Bar	1.5oz	1	150	5	30%	1.5	9%	40	12g	32%	2
Basil's Bavarian Bakery	Chocolate Chip Mini Bites	1.5 oz	1	160	3.5	20%	1.5	8%	50	14	35%	2
Beanitos	Puffs Real Cheesy	0.7oz	1	80	3	34%	0	0%	130	1	5%	3
Beanitos	Puffs Hot Chili Lime	0.7oz	1	80	3	34%	0	0%	130	1	5%	3
Beanitos	Puffs White Cheddar	0.7oz	1	80	3	34%	0	0%	130	1	5%	3
Betty Crocker*	Oatmeal BarButterscotch	1.24 oz	1	150	5	30%	1.5	9%	120	8	21%	2
Bolthouse Farms	Carrot Meets Ranch Veggie Snackers	2.25 oz	1	25	0	0%	0	0%	200	4	64%	2
Bolthouse Farms	Carrot Meets Chili Lime Veggie Snackers	2.25 oz	1	25	0	0%	0	0%	200	4	64%	2
Bolthouse Farms	Strawberry Meets Banana Fruit Tube	2oz	1	35	0	0%	0	0%	5	6	69%	1
Bolthouse Farms	Blueberry Meets Raspberry Fruit Puree & Greek Yogurt	2oz	1	40	0	0%	0	0%	10	6	60%	0

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Bolthouse Farms	Mango Meets Banana & Pineapple Fruit Tube	2oz	1	40	0	0%	0	0%	5	7	70%	1
Bonzer	CookiesLemon	1.5 oz	1	150	5	30%	1	6%	160	12	32%	2
Brothers-All-Natural	CrispsFuji Apple	0.39 oz	1	39	0	0%	0	0%	0	6	62%	2
Brothers-All-Natural	CrispsBanana	0.6 oz	1	60	0	0%	0	0%	0	8	53%	2
Brothers-All-Natural	Crisps Strawberry Banana	0.42 oz	1	45	0	0%	0	0%	0	6	53%	2
Brothers International Desserts	Juice BarOrange	2.75 oz	1	50	0	0%	0	0%	10	11	88%	0
Brothers International Desserts	Juice BarSour Cherry	2.75 oz	1	60	0	0%	0	0%	5	13	87%	0
Brothers International Desserts	Juice BarStrawberry	2.75 oz	1	60	0	0%	0	0%	5	13	87%	0
Brothers International Desserts	Juice BarTropical	2.75 oz	1	70	0	0%	0	0%	10	16	91%	0
Buzz Strong's Bakery	CookieChocolate Chip	2 oz	1	200	6	27%	2	9%	200	17	34%	4
Buzz Strong's Bakery	CookieChocolate Cake	1.5oz	1	180	4	6%	1	6%	190	10	22%	8
Buzz Strong's Bakery	CookieMint Chocolate Chip	2 oz	1	200	6	27%	2	9%	200	17	34%	4
Cheez-it	Whole Grain	1 oz	1	130	4.5	31%	1	7%	200	0	0%	2
Chobani	Jammin Strawberry Tubes	2.25oz	1	70	1	13%	0.5	0%	25	8	46%	0
Chobani	Flying Dragon Fruit Tubes	2.25oz	1	70	1	13%	0.5	0%	25	8	46%	0
Chobani	Chillin Cherry Tubes	2.25oz	1	70	1	13%	0.5	0%	25	8	46%	0
Chobani	Swirlin' Strawberry Banana Tubes	2.25oz	1	70	1	13%	0.5	0%	25	8	46%	0
Chobani	Rockin' Blueberry Tubes	2.25oz	1	70	1	13%	0.5	0%	25	8	46%	0
Chortles	MiniMini Cinnamon Graham Crackers	0.95oz	1	120	4	30%	0	0%	75	6	20%	2
Chortles	MiniMini Chocolate Graham Crackers	1.02oz	1	120	4	30%	0	0%	105	7	23%	2
Chortles	MiniMini Graham w/ Choc ChipsCrackers	0.92oz	1	110	3.5	29%	0	0%	70	6	22%	2
Corazonas	Oatmeal SquareChocolate Chip	1.7 oz	1	190	6	28%	1	5%	110	13	27%	5
Del Monte	Squeezable FruitApple Cinnamon	2.1 oz	1	60	0	0%	0	0%	0	9	60%	2

Manufacturer	Product Name	Package Size	Serv./Pkg.	Calories < 200/Serv.	Fat (g)	≤ 35% Total Calories Fat	Sat. Fat (g)	<10% Total Calories Sat Fat	Sodium ≤ 200 (mg)/Serv.	Sugar (g)	≤ 35% Total Calories Sugar	Fiber ≥ 2 (g)/Serv.
Del Monte	Squeezable FruitMixed Berry	2.1 oz	1	60	0	0%	0	0%	0	9	60%	2
Del Monte	Squeezable FruitStrawberry	2.1 oz	1	60	0	0%	0	0%	0	9	60%	2
Del Monte	Squeezable Fruits and Veggies TubesPeach Mango	2 oz	1	60	0	0%	0	0%	5	8	53%	2
Del Monte	Squeezable Fruits and Veggies TubesBlueberry	2 oz	1	60	0	0%	0	0%	0	8	53%	2
Del Monte	Squeezable Fruits and Veggies TubesApple Spice	2 oz	1	60	0	0%	0	0%	0	8	53%	2
Divine America	Boomi BarApricot	1.7 oz	1	190	7	33%	1	5%	75	13	27%	3
Dole	Mandarin Oranges	4.2 oz	1	80	0	0%	0	0%	10	19	95%	0.5
Dole	Mixed Fruit	4.2 oz	1	80	0	0%	0	0%	5	19	95%	1
Fieldstone*	Multigrain BarOatmeal Raisin	1.44 oz	1	170	5	26%	1.5	8%	150	11	26%	4
Frito Lay*	DoritosCool Ranch Reduced Fat	1 oz	1	130	5	35%	1	7%	160	1	3%	2
Frito Lay*	DoritosSpicy Sweet Chili Reduced Fat	7/8 oz	1	130	5	35%	0.5	3%	180	1	3%	2
Frito Lay	Baked Potato CrispsBarbecue	7/8 oz	1	110	2.5	20%	0	0%	190	2	7%	2
Frito Lay	Baked Potato CrispsOriginal	7/8 oz	1	100	1.5	14%	0	0%	160	2	8%	2
Frito Lay	Ruffles Baked Potato CrispsCheddar and Sour Cream	7/8 oz	1	140	4	26%	0.5	3%	300	2	6%	2
Frito Lay	Baked Potato CrispsSour Cream and Onion	7/8 oz	1	110	3	25%	0	0%	190	3	11%	2
Frito Lay	Tortilla ChipsBaked Tostitos Scoops	7/8 oz	1	110	2.5	20%	0	0%	110	0	0%	2
Frito Lay	Sun Morning Mix-Ups	1.5 oz	1	190	5	24%	0.5	2%	125	6	13%	3
Frito Lay	Sunchips	1 oz	1	140	6	39%	1	6%	120	2	6%	2
Frito Lay/ SmartFood	Chewy Granola BarPeanut Butter/Chocolate Chip	1 oz	1	170	5	26%	1.5	8%	160	12	28%	2
Frito Lay/ SmartFood	PopcornChocolate Cookie Caramel Pecan	1 oz	1	120	2	15%	0	0%	75	10	33%	5
Frito Lay/ SmartFood	PopcornCranberry Almond	1 oz	1	120	2	15%	0	0%	75	10	33%	5
Fruttata	CrispsApple	0.36 oz	1	35	0	0%	0	0%	0	6	69%	1
Fruttata	CrispsPineapple	0.36 oz	1	39	0	0%	0	0%	0	8	82%	1

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Geisha	Asian Pear	0.39 oz	1	40	0	0%	0	0%	0	7	70%	1
Geisha	Fuji Apple	0.39 oz	1	45	0	0%	0	0%	0	7	62%	1
General Mills*	Chex Mix Turtle Bar	1.06 oz	1	130	3.5	24%	1	7%	160	11	34%	4
General Mills*	Cereal BarCinnamon Toast Crunch	1.3 oz	1	140	3.5	23%	0	0%	130	9	26%	2
General Mills*	Cereal BarCocoa Puff	1.3 oz	1	150	3	18%	0	0%	135	9	24%	2
General Mills*	Fiber OneOats and Caramel	1.4 oz	1	140	3.5	23%	1.5	10%	105	9	26%	9
General Mills*	Fiber OneOats and Chocolate Bar	1.4 oz	1	140	4	26%	1.5	10%	95	10	29%	9
General Mills*	Fiber OneOats and Strawberries with Almonds	1.4 oz	1	140	3	19%	0.5	3%	90	9	26%	9
General Mills*	Simply ChexBarbecue	1.25 oz	1	140	3.5	23%	0.5	3%	200	5	14%	2
General Mills*	Simply ChexStrawberry Yogurt	1.2 oz	1	140	4	26%	1.5	10%	65	7	20%	2
General Mills*	Team CheeriosStrawberry Cereal Bar	1.3 oz	1	150	3.5	21%	0	0%	105	10	27%	2
General Mills*	Cereal BarTrix	1.3 oz	1	140	3.5	23%	0	0%	135	9	26%	2
General Mills	Cheerios on The Go	0.68 oz	1	70	1	13%	0	0%	110	0.5	3%	2
Glenny's*	Brown RiceMarshmallow TreatsChocolate	0.85 oz	1	100	2.5	23%	1	9%	35	7	28%	1
Glenny's*	Brown RiceMarshmallow TreatsCreamy Vanilla	0.85 oz	1	100	2.5	23%	1	9%	35	7	28%	1
Glenny's	Brown RiceMarshmallow TreatsPeanut Carmel	0.85 oz	1	100	2.5	23%	0.5	5%	35	7	28%	1
Glenny's	Soy CrispsApple Cinnamon	1.3 oz	2	70	1.5	19%	0	0%	90	2	11%	1.5
Glenny's	Soy CrispsCreamy Ranch	1.3 oz	2	70	1.5	19%	0	0%	170	1	6%	1.5
Glenny's	Soy CrispsLightly Salted	1.3 oz	2	70	1	13%	0	0%	170	1	6%	1.5
Glenny's	Soy CrispsNo Salt Added	1.3 oz	2	70	1	13%	0	0%	100	1	6%	1.5
Glenny's	Soy CrispsSalt and Pepper	1.3 oz	2	70	1	13%	0	0%	190	1	6%	1.5
Glenny's	Multi-Grain Pastry Crisp	1.1 oz	1	120	3.5	26%	0	0%	180	6	20%	2
Good Health Natural Food	Half Naked Popcorn	.83 oz	1	100	2	18%	0	0%	105	0	0%	3

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GoVida	Lychee	17g	1	100	1	9%	0	0%	0	20	80%	2
GoVida	Grapes & Pineapple	20g	1	80	0	0%	0	0%	2	15	75%	2
Herr's*	Baked Potato CrispTangy BBQ	1 oz	1	110	2	16%	0	0%	170	2	7%	1
Herr's*	PopcornWhite Cheddar	0.625 oz	1	80	3	34%	0.05	1%	55	0	0%	2
Home Free	CookiesMini Double Chocolate Chip	0.95 oz	1	130	5	35%	1	7%	120	9	28%	2
J & J Snack Foods	Whole Fruit® Frozen Juice CupOrange Pineapple	4 oz	1	70	0	0%	0	0%	5	15	86%	3
J & J Snack Foods	Whole Fruit® Frozen Juice CupStrawberry Pomegranate	4 oz	1	80	0	0%	0	0%	5	15	75%	3
J & J Snack Foods	Whole Fruit® Frozen Juice CupWild Cherry	4 oz	1	70	0	0%	0	0%	10	15	86%	3
J & J Snack Foods	Whole Wheat Pretzel	2.5 oz	1	170	1	5%	0	0%	150	1	2%	4
Kars	Goin' Granola	1.25 oz	1	150	5	30%	0	0%	60	0	0%	3
Kars	Raisins	1 oz	1	80	0	0%	0	0%	0	17	85%	1
Kars	AlmondsSalted	1 oz	1	170	16	85%	1	5%	95	1	2%	3
Kashi	Chewy Granola BarTrail Mix	1.2 oz	1 bar	140	5	32%	0.5	3%	95	6	17%	5
Kashi	Chewy Granola BarCherry Dark Chocolate	1.2 oz	1 bar	120	2	15%	0.5	4%	75	8	27%	4
Kashi	Chewy Granola BarHoney Almond Flax	1.2 oz	1 bar	140	5	32%	0	0%	105	5	14%	4
Kashi	Crunchy Granola BarHoney Toasted 7 Grain	1.4 oz	2 bars	180	5	25%	0.5	3%	150	8	18%	4
Kashi	Crunchy Granola BarPumpkin Spice	1.4 oz	2 bars	180	6	30%	1	5%	140	8	18%	4
Kashi	Crunchy Granola BarRoasted Almond Crunch	1.4 oz	2 bars	180	6	30%	0.5	3%	160	8	18%	4
Kashi	Crunchy Granola BarRoasted Almond Crunch	1.2 oz	1	110	3	25%	0	0%	105	9	33%	3
Kashi	Soft Baked Cereal BarBlackberry Graham	1.2 oz	1	110	3	25%	0	0%	125	9	33%	3
Kashi	Soft Baked Cereal BarRipe Strawberry	1.2 oz	1	110	3	25%	0	0%	105	9	33%	3
Kellogg's*	Low Fat Granolawith Raisins	1.5 oz	1	160	2	11%	0.5	3%	100	12	30%	3
Kellogg's*	Nutri GrainBlackberry	1.3 oz	1	130	3	21%	0.5	3%	135	11	34%	2

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Kellogg's	Whole Grain Pop TartBrown Sugar Cinnamon	1.76 oz	1	200	6	27%	2	9%	160	12	24%	5
Kellogg's	Apple Jacks, Reduced Sugar	28 g	1	110	1	8%	0.5	4%	160	8	29%	3
Kellogg's	Frosted Flakes, Multi-Grain, Reduced Sugar	28 g	1	100	0	0%	0	0%	160	7	28%	2
Kellogg's	Froot Loops, Reduced Sugar	28 g	1	110	1	8%	0.5	4%	170	8	29%	3
Kellogg's Cocoa Krispies	Chewy Granola Bar Chocolate	1.34 oz	1	150	4.5	27%	1	6%	140	10	27%	3
Kellogg's Rice Krispies	Chewy Chewy Granola Bar Apple Cinnamon	1.27 oz	1	140	3	19%	0.5	3%	105	9	26%	3
Kellogg's Specical K Cracker Chips	Cheddar	0.87oz	1	90	2.5	25%	0	0%	190	1	4%	2
Kellogg's Specical K Cracker Chips	Sea Salt	0.87oz	1	90	2	20%	0	0%	190	0	0%	3
Kellogg's Specical K Cracker Chips	Sour Cream & Onion	0.87oz	1	90	2.5	25%	0	0%	190	1	4%	2
Kellogg's Specical K Cracker Chips	Honey Barbecue	0.87oz	1	90	2	20%	0	0%	180	2	9%	2
Kettle Brand	Potato ChipsAged White Cheddar	0.8 oz	1	100	3	27%	0.5	5%	140	1	4%	2
Kettle Brand	Potato ChipsLightly Salted	0.8 oz	1	100	2.5	23%	0.5	5%	110	0	0%	2
Kettle Brand	Potato ChipsSea Salt and Vinegar	0.8 oz	1	100	2.5	23%	0.5	5%	170	0	0%	1
Kraft	Polly-O String Cheese	28g	1	80	6	68%	3.5	39%	190	0	0%	0
Linden's	CookiesButter Crunch	1.1 oz	1	141	5.3	34%	1.6	10%	119	10.7	30%	2
Linden's	Butter Crunchers	1.1 oz	1	150	5.7	34%	1.6	10%	135	10.7	29%	2
Linden's	CookiesChocolate Chip	1.1 oz	1	140	5.2	33%	1.5	10%	70	10.9	31%	2
Linden's	Chocolate Chippers	1.1 oz	1	145	5.5	34%	1.6	10%	90	10.5	29%	2
Linden's	CookiesFudge Chip	1.1 oz	1	136	5.2	34%	1.3	9%	70	10.8	32%	2
Linden's	CookiesOatmeal Raisin	1.1 oz	1	133	5.1	35%	1.3	9%	87	10.5	32%	2
Mareblu Naturals	Crunch BarAlmond	1.2 oz	1.25	180	14	70%	1	5%	55	5	11%	4
Mareblu Naturals	Crunch BarBlackberry Pomegranate	1.2 oz	1.25	180	14	70%	1.5	8%	55	6	13%	3
Mareblu Naturals	Crunch BarMango Pomegranate	1.2 oz	1	180	12	60%	1.5	8%	55	7	16%	3

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Mareblu Naturals	Crunch BarStrawberry Pomegranate	1.2 oz	1	180	12	60%	1.5	8%	55	6	13%	3
Matt's Munchies	Fruit LeathersApple Pie	1 oz	1	70	0.5	6%	0	0%	5	14	80%	2
Matt's Munchies	Fruit LeathersApple- Licious	1 oz	1	70	0.5	6%	0	0%	5	14	80%	2
Matt's Munchies	Fruit LeathersBanana	1 oz	1	70	0.5	6%	0	0%	5	14	80%	2
Matt's Munchies	Fruit LeathersGinger Spice	1 oz	1	50	0	0%	0	0%	0	11	88%	1
Matt's Munchies	Fruit LeathersMango	1 oz	1	50	0	0%	0	0%	0	11	88%	1
Mediterranean Snacks	Baked Lentil ChipsSea Salt	1 oz	1	110	3	25%	0	0%	170	1	4%	3
Mr. Nature	Almonds Salted	1 oz	1	170	12	64%	1	5%	40	0.5	1%	3
Mr. Nature	Raisins	1 oz	1	90	0	0%	0	0%	7	20	89%	2
Mr. Nature	Trail Mix Unsalted	1.1 oz	1	170	12	64%	1	5%	40	0.5	1%	3
Mrs. Freshley's	Oatmeal Raisin Bar	1.5 oz	1	180	6	30%	1	5%	160	13	29%	3
Basil's Bavarian Bakery	Chocolate Chip Mini Bites	1.5oz	1	160	3.5	20%	1.5	8%	50	14	35%	2
Nabisco	Honey Maid Lil' Squares	1.06 oz	1	130	3	21%	0	0%	150	8	25%	2
Nature Valley*	CrispApple	1.5 oz	1	160	6	34%	0.5	3%	140	28	70%	2
Nature Valley	Granola BarOats 'n Honey	1.5 oz	1	190	6	28%	0.5	2%	160	12	25%	2
Nature Valley	Granola BarPeanut Butter Crunchy	1.5 oz	1	190	7	33%	1	5%	180	11	23%	2
Nature's Bakery	Whole WheatApple Cinnamon	1 oz	1	110	2.5	20%	0	0%	10	9	33%	2
Nature's Bakery	Whole WheatFig	1 oz	1	110	2.5	20%	0	0%	45	10	36%	2
Nature's Bakery	Whole WheatPeach Apricot	1 oz	1	110	2.5	20%	0	0%	10	9	33%	2
Nature's Bakery	Whole WheatRaspberry	1 oz	1	110	2.5	20%	0	0%	45	9	33%	2
Nature's Child	SqueezersApplesauce	3.17 oz	1	190	0	0%	0	0%	45	12	25%	1
Nature's Child	SqueezersBerry	3.17 oz	1	190	0	0%	0	0%	45	17	36%	1
Nature's Child	SqueezersGrape	3.17 oz	1	190	0	0%	0	0%	45	12	25%	1

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Niagara Natural	Simply Fruit TwistGrape Raspberry	0.7 oz	1	70	0	0%	0	0%	15	13	74%	1
Niagara Natural	Simply Fruit TwistStrawberry Apple	0.7 oz	1	70	0	0%	0	0%	15	13	74%	1
Nutritional Choices	Animal Crackers	1.1oz	1	140	4.5	29%	0	0%	115	6	17%	2
Nutritional Choices	B Bar All Natural Brownie	1.5 oz	1	150	5	30%	1.5	9%	30	13	35%	4
Nutritional Choices	Waffle Bites	1oz	1	110	3	25%	0.5	4%	125	9	33%	3
Ola	No Nut Vanilla Granola	1 oz	1	100	1.5	14%	0	0%	10	3	12%	2
Ola	Vanilla Almond Granola	1 oz	1	100	3	27%	0	0%	10	3	12%	2
Otis Spunkmeyer*	MuffinChocolate Chocolate Chip	1.8 oz	1	170	5	26%	1.5	8%	110	15	35%	2
Pepperidge Farm	Cracker Chips Simply MultiGrain	1 oz	1	130	4	28%	0.5	3%	200	3	9%	2
Popcorn Indiana	Gourmet Popcorn	1 oz	1	130	4.5	31%	0	0%	160	6	18%	2
Popcorn Indiana	Kettlecorn	1 oz	1	130	5	35%	0	0%	130	6	18%	2
Popcorn Indiana	KettlecornSweet and Tangy BBQ	1 oz	1	130	4.5	31%	0	0%	160	7	22%	2
Pop Chips	Katy's Kettle Corn	1 oz	1	130	4	28%	0	0%	125	3	9%	2
Pop Chips	Nacho Cheese Tortilla Chips	1 oz	1	120	4	30%	0.5	4%	190	1	3%	2
Pop Tarts	Frosted Cinnamon Whole Grain	50g	1	180	3	15%	1	5%	180	15	33%	3
Pop Tarts	Frosted Strawberry Whole Grain	50 g	1	180	2.5	13%	1	5%	180	15	33%	3
Rico's	Popcorn LiteWhite Cheddar	0.63 oz	1	70	2.5	32%	0	0%	115	1	6%	2
Rock-N-Roll Gourmet	Hippie ChipsWhite Room Cheddar	0.74 oz	1	90	3	30%	0.5	5%	180	2	9%	1
Rock-N-Roll Gourmet	Rock and Pop Kettle Korn	1 oz	1	130	5	35%	0	0%	180	6	18%	2
Rold Gold	Heartzels	1 oz	1	120	1.5	11%	0	0%	200	1	3%	3



Manufacturer	Product Name	Package Size	Serv./Pkg.	Calories < 200/Serv.	Fat (g)	≤ 35% Total Calories Fat	Sat. Fat (g)	<10% Total Calories Sat Fat	Sodium ≤ 200 (mg)/Serv.	Sugar (g)	≤ 35% Total Calories Sugar	Fiber ≥ 2 (g)/Serv.
Rosati	Cry BabySour Apple	4 oz	1	98	0	0%	0	0%	15	24.5	100%	0
Rosati	Cry BabySour Cherry	4 oz	1	98	0	0%	0	0%	15	24.5	100%	0
Salveo	Maple Crunch Stix	1 oz	1	120	4	30%	0.5	4%	40	4	13%	2
Salveo	Baked Potato Crisps	32 g	1	130	2.5	17%	0	0%	180	1	3%	2
Salveo	Hot and Spicy Baked Fries	28 g	1	120	4.5	34%	0	0%	200	1	3%	2
Salveo	Cheddar and Bacon Baked Fries	29 g	1	120	4	30%	0.5	4%	200	2	7%	2
Sconza	ScorchersHot Chili Lime Gummies	2 oz	1	160	0	0%	0	0%	3	14	35%	6
Sensible Foods	Crunch SnackFuji Apple	0.42 oz	1	50	0	0%	0	0%	0	9	72%	0.6
Sensible Foods	Crunch SnackRoasted Edamame	0.75 oz	1	87	3.25	34%	0.5	5%	105	1	5%	5
Sensible Foods	Crunch SnackSweet Corn	0.42 oz	1	40	1	23%	0	0%	21	4	40%	2
Sensible Foods	Crunch SnackStrawberry Banana	0.42 oz	1	44	0	0%	0	0%	0	7	64%	1
Sensible Foods	Crunch SnackTropical Blend	0.35 oz	1	50	0	0%	0	0%	0	11	88%	6
Snackaway/ Sunbutter	Trail Mix	1.5 oz	1	130	6	42%	1	7%	50	11	34%	0
Snakette	Popped Veggie with Black Bean	1 oz	1	110	3	25%	0	0%	180	1	4%	4
Snakette	Popped Sweet Salt with Black Bean	1 oz	1	110	3	25%	0	0%	100	3	11%	4
Snyders of Hanover	Olde Tyme Pretzels	1.58 oz	1	180	1.5	8%	0	0%	180	1	2%	2
Stacy's	Pita ChipsCinnamon Sugar	1.5 oz	1	200	7	32%	0.5	2%	170	8	16%	2
Sunbutter	Creamy Sunbutter	1.1 oz	1	200	16	72%	0	0%	120	3	6%	4
Sunny Fruits	Mixed Fruit Snack	1.5 oz	1	120	0	0%	0	0%	0	15	50%	4
Tasty Cake	Snack Bar	5 oz	12	190	5	24%	2	9%	150	7	15%	5

Manufacturer	Product Name	Package Size	Serv./Pkg.	Calories < 200/Serv.	Fat (g)	≤ 35% Total Calories Fat	Sat. Fat (g)	<10% Total Calories Sat Fat	Sodium ≤ 200 (mg)/Serv.	Sugar (g)	≤ 35% Total Calories Sugar	Fiber ≥ 2 (g)/Serv.
Tasty Cake	Cookie Sticks	0.75 oz	10	100	3	27%	1	9%	45	7	28%	0
Vitalicious	Bran Muffin TopAppleBerry	2 oz	1	100	1	9%	0	0%	140	8	32%	6
Wawona	Frozen Fruit BarPeach	2 oz	1	65	0	0%	0	0%	6	14	86%	0.83
Wawona	Frozen Fruit BarStrawberry	2 oz	1	73	0	0%	0	0%	8	16	88%	0.7
Whole Earth*	Multigrain ChipsSpicy Nacho	1.25 oz	1	150	5	30%	0	0%	150	2	5%	3
Yolo Snacks	Cheddar Popcorn	.64oz	1	80	3	34%	0	0%	110	1	5%	2
Yolo Snacks	Barbeque Popcorn	.71oz	1	80	2.5	28%	0	0%	130	4	20%	2

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# New York City Department of Education Competitive Snack and Beverage Standards



## Elementary, Junior High, and High School Product Nutrients

### Elementary and Middle School Beverage Guidelines

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

### High School Beverage Guidelines

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

Manufacturer	Beverage	Product Name	Product Size	Serving Size	Number of Servings	Calories /Serving
2B Drinks	Flavored Water	Coconut Passion	20 oz	8 oz	2	20
2B Drinks	Flavored Water	Grape	20 oz	8 oz	2	20
2B Drinks	Flavored Water	Tropical Fruit	20 oz	8 oz	2	20
2B Drinks	Flavored Water	Chocolate	12 oz	8 oz	1.5	20
2B Drinks	Flavored Water	Lemon Ice	12 oz	8 oz	1.5	20
2B Drinks	Flavored Water	Vanilla	12 oz	8 oz	1.5	20
Ayala Herbal Water	Flavored Water	Cinnamon Orange Peel	16 oz	8 oz	2	0
Ayala Herbal Water	Flavored Water	Cloves Cardamom Cinnamon	16 oz	8 oz	2	0
Ayala Herbal Water	Flavored Water	Ginger Lemon Peel	16 oz	8 oz	2	0
Ayala Herbal Water	Flavored Water	Lemongrass Mint Vanilla	16 oz	8 oz	2	0
Ayala Herbal Water	Flavored Water	Lemongrass Verbana Geranium	16 oz	8 oz	2	0
Bot	Flavored Water	Organic Berry Bot	12 oz	8 oz	2	0
Hint	Flavored Water	Blackberry	16 oz	8 oz	2	0
Hint	Flavored Water	Mango-Grapefruit	16 oz	8 oz	2	0
Hint	Flavored Water	Pomegranate-Tangerine	16 oz	8 oz	2	0
Hint	Flavored Water	Raspberry-Lime	16 oz	8 oz	2	0

Manufacturer	Beverage	Product Name	Product Size	Serving Size	Number of Servings	Calories /Serving
Hint	Flavored Water	Strawberry-Kiwi	16 oz	8 oz	2	0
Hint	Flavored Water	Watermelon	16 oz	8 oz	2	0
Inko's	Tea	Strawberry White Tea	12 oz	8 oz	1.5	25
Inko's	Tea	Blueberry White Tea	12 oz	8 oz	1.5	25
Inko's	Tea	Fruit Punch	12 oz	8 oz	1.5	25
Inko's	Tea	Grape	12 oz	8 oz	1.5	25
LaCroix	Flavored Water	Berry	12 oz	8 oz	1.5	0
LaCroix	Flavored Water	Cran-Raspberry	12 oz	8 oz	1.5	0
LaCroix	Flavored Water	Lime	12 oz	8 oz	1.5	0
LaCroix	Flavored Water	Pure	12 oz	8 oz	1.5	0
NexBev Drive Sport	Sports Drink	Lemon Ice	12 oz	8 oz	1.5	10
NexBev Drive Sport	Sports Drink	Fruit Punch	12 oz	8 oz	1.5	10
NexBev Drive Sport	Sports Drink	Grape	12 oz	8 oz	1.5	10
NexBev Drive Sport	Sports Drink	Orange Mango	12 oz	8 oz	1.5	10
PepsiCo	Sparkling Water	Aquafina Sparkling Lemon Lime	12 oz	8 oz	1.5	7
PepsiCo	Sparkling Water	Aquafina Sparkling Orange Grapefruit	12 oz	8 oz	1.5	7
PepsiCo	Sparkling Water	Aquafina Sparkling Black Cherry Dragonfruit	12 oz	8 oz	1.5	7
SoNu	Green Tea	Mixed Berry Tea	12 oz	8 oz	1.5	0
SoNu	Flavored Water	Organic Grape Berry	12 oz	8 oz	1.5	10
SoNu	Flavored Water	Organic Kiwi Pear	12 oz	8 oz	1.5	10
SoNu	Flavored Water	Organic Pineapple Mango	12 oz	8 oz	1.5	10;25
SoNu	Flavored Water	Organic Strawberry Cranberry	12 oz	8 oz	1.5	25

Manufacturer	Beverage	Product Name	Product Size	Serving Size	Number of Servings	Calories /Serving
SoNu	Flavored Water	Organic Strawberry Kiwi	12 oz	8 oz	1.5	10;25
SoYu	Flavored Water	Apple	12 oz	8 oz	1.5	10
SoYu	Flavored Water	Grape	12 oz	8 oz	1.5	10
SoYu	Flavored Water	Mixed Berry	12 oz	8 oz	1.5	10
SoYu	Flavored Water	Orange	12 oz	8 oz	1.5	10
Schweppes	Sparkling Seltzer Water	Black Cherry	20 oz	8 oz	2.5	0
Schweppes	Sparkling Seltzer Water	Lemon Lime	20 oz	8 oz	2.5	0
Schweppes	Sparkling Seltzer Water	Orange	20 oz	8 oz	2.5	0
Schweppes	Sparkling Seltzer Water	Original	20 oz	8 oz	2.5	0
WAT-AAH!	Nutrient Enhanced	Brain	16.9 oz	8 oz	2	0
WAT-AAH!	Nutrient Enhanced	Power	16.9 oz	8 oz	2	0
WAT-AAH!	Nutrient Enhanced	Energy	16.9 oz	8 oz	2	0
Victory H2O	Nutrient Enhanced	Berry	12 oz	8 oz	1.5	9
Victory H2O	Nutrient Enhanced	Orange	12 oz	8 oz	1.5	9

Aquafina Water 12 oz, 16.9 oz, 20 oz, 24 oz, 1.5 liter, 1 liter. (Endorsed by the NYCDOE)

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