



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

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Del Monte	Squeezable FruitApple Cinnamon	2.1 oz	1	60	0	0%	0	0%	0	9	60%	2
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

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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
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

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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
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

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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
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

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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
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

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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
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

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.
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
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

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.
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
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
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

Manufacturer	Beverage	Product Name	Product Size	Serving Size	Number of Servings	Calories /Serving
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
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
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	1.5	0
Schweppes	Sparkling Seltzer Water	Lemon Lime	20 oz	8 oz	1.5	0
Schweppes	Sparkling Seltzer Water	Orange	20 oz	8 oz	1.5	0
Schweppes	Sparkling Seltzer Water	Original	20 oz	8 oz	1.5	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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