

# Competitive Foods Chart By State and USDA Guidelines

*Nutrition Services- List of SSIS (Smart Snacks In Schools) compliant snack items*

A = On A list  
 x = Compliant based on state guidelines

CT #	ITEM	Serving Size (oz)	Calories	Sugar	NY	USDA Elementary	USDA Secondary
<b>100% Fruit Juice</b>							
8472	APPEVE 100% Juice Apple 24/8oz	8	110	24	x	x	x
5831	APPEVE 100% Juice Aseptic Apple 40/6.75oz	6.75	90	18	x	x	x
7485	APPEVE 100% Juice Aseptic Tropical Twist 40/4.23oz	4.23	60	12	x	x	x
6760	APPEVE 100% Juice Fruit Punch 24/8oz	8	110	27	x	x	x
8473	APPEVE 100% Juice Orange 24/8oz	8	120	27	x	x	x
7012	ARDMR Juice Carton Orange Blend 1/4oz 45425	4	60	14	x	x	x
8873	CAMPB Smoothie Mix V-Fusion Strawberry Banana 12/32oz	8	120	22	x	x	x
8874	CAMPB Smoothie Mix V-Fusion Watermelon Raspberry 12/32oz	8	120	28	x	x	x
3342	COKE Drink 10oz 100% Apple Minute Maid 24/10oz Btls	10	140	32	x		x
4527	COKE Drink 10oz 100% Fruit Medley Minute Maid 24/10oz Btls	10	140	32	x		x
3341	COKE Drink 10oz 100% Grape Minute Maid 24/10oz Btls	10	150	34	x		x
5217	COKE Drink 10oz 100% Mixed Berry Minute Maid 24/10oz Btls	10	150	34	x		x
1350	COKE Drink 10oz 100% Orange Minute Maid 24/10oz Btls	10	140	30	x		x
3348	COKE Drink 12oz Apple Minute Maid 24/10oz Cans	10	160	37	x		x
4526	COKE Drink Minute Maid 100% Juice Orange Tropical 24/10oz Plastic Btls	10	140	30	x		x
2153	COKE Drink Minute Maid 100% Juice Mixed Berry 24/10oz Plastic Btls	10	150	34	x		x
6096	COKE Drink Minute Maid 100% Juice Grape 24/10oz Plastic Btls	10	150	34	x		x
3334	COKE Drink Powerade Fruit Punch 24/12oz 7430	12	80	20	x		x
4537	COKE Drink Minute Maid 100% Juice Fruit Medley 24/10oz Plastic Btls	10	120	26	x		x
6345	COKE V-8 Vegetable Juice 24/11.5oz 15316	11.5	70	9	x		x
8189	CAMPB V-8 Fusion Pomegranate Blueberry 24/8oz	8	100	22	x	x	x
8188	CAMPB V-8 Fusion Strawberry Banana 24/8oz	8	110	22	x	x	x
7193	COOLTROP Rips Blue Raspberry 60/4oz	4	60	15	x	x	x
7192	COOLTROP Rips Dragon Punch 60/4oz	4	110	19	x	x	x
8707	COOLTROP Rips Lemonade 60/4oz 12005	4	110	19	x	x	x
7760	COOLTROP Rips Orange Mango 60/4oz	4	60	15	x	x	x

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7635	COOLTROP Rips Strawberry Kiwi 60/4oz	4	60	15	x	x	x
3853	COOLTROP Slush 100% Blue Raspberry 6/64oz	4.23	120	22	x	x	x
4856	COOLTROP Slush 100% Cherry 6/64oz	4.23	120	22	x	x	x
2763	COOLTROP Slush 100% Fruit Punch 6/64oz	4.23	130	30	x	x	x
4864	COOLTROP Slush 100% Kiwi Strawberry 6/64oz	4.23	120	22	x	x	x
4858	COOLTROP Slush 100% Sour Apple 6/64oz	4.23	120	22	x	x	x
3992	COOLTROP Slush 100% Pina Colada 6/64oz	8	120	24	x	x	x
0159	TROP Farmstand Strawberry Banana 12/12oz 2149	12	190	37	x		x
4199	TROP Farmstand Pomegranate Blueberry 12/12oz 2153	12	180	37	x		x
2709	PEPSICO Naked Berry Blast 8/10oz 63117	10	160	32	x		x
3409	PEPSICO Naked Mighty Mango 8/10oz 63072	10	180	37	x		x
6694	IZZE Water Sparkling Blackberry 24/8.4oz Cans 01102	8.4	90	20	x		x
6697	IZZE Water Sparkling Pomegranate 24/8.4oz Cans 01108	8.4	90	18	x		x
6698	IZZE Water Sparkling Apple 24/8.4oz Cans 01107	8.4	90	21	x		x
6696	IZZE Water Sparkling Clementine 24/8.4oz Cans 01105	8.4	90	19	x		x
9012	JBOWL 100% Juice Sparkling Fruit Punch 24/8oz	8	0	30	x	x	x
9013	JBOWL 100% Juice Sparkling Strawberry Kiwi 24/8oz	8	0	30	x	x	x
9014	JBOWL 100% Juice Sparkling Orange Tangerine 24/8oz 00208	8	0	30	x	x	x
9015	JBOWL 100% Juice Sparkling Strawberry Watermelon 24/8oz 00209	8	0	30	x	x	x
7552	Juice Carton Orange 1/4oz	4	55	12	x	x	x
9119	Juice 12oz Iced Southern Brew 20/12oz	12	60	15	x		x
6073	Juice Half Pints Lemonade 1/8oz	8	80	0	x	x	x
2195	LEMX BIB Apple Juice 100% 1/5LT 10075	4	60	14	x	x	x
1431	LEMX BIB Orange Juice 100% 1/5LT 10033	4	60	14	x	x	x
5938	SNAPL 100% Juice Fruit Punch 24/11.5oz Cans	11.5	170	40	x		x
5943	SNAPL 100% Juice Grape 24/11.5oz Cans	11.5	170	41	x		x
5940	SNAPL 100% Juice Green Apple 24/11.5oz Cans	11.5	170	39	x		x
6058	SNAPL 100% Juice Melon Berry 24/11.5oz Cans	11.5	170	39	x		x
5941	SNAPL 100% Juice Orange Mango 24/11.5oz Cans	11.5	180	38	x		x
0100	SUNCUP Juice Carton Apple Cherry 70/4oz 032000	4	50	12	x	x	x
0076	SUNCUP Juice Carton Apple Juice 70/4oz 030301	4	50	12	x	x	x
7980	SUNCUP Juice Carton Apple Juice 70/6oz 050301	6	80	17	x	x	x
0154	SUNCUP Juice Carton Fruit Punch 100% 70/4oz 030800	4	60	15	x	x	x
7981	SUNCUP Juice Carton Fruit Punch 100% 70/6oz 050800	6	90	22	x	x	x
3182	SUNCUP Juice Carton Orange Blend 70/4oz 030100	4	60	12	x	x	x
1439	SUNCUP Juice Carton Apple Grape Juice 70/4oz 031400	4	60	14	x	x	x
7983	SUNCUP Juice Carton Orange Blend 70/6oz 050100	6	90	18	x	x	x

CT #	ITEM	Serving Size (oz)	Calories	Sugar	NY	USDA Elementary	USDA Secondary
7961	Switch 100% Juice Black Cherry 24/8.3oz	8	120	29	x	x	x
7962	Switch 100% Juice Grape 24/8.3oz	8	120	28	x	x	x
1919	Switch 100% Juice Kiwi Strawberry 24/8.3oz	8	120	29	x	x	x
7963	Switch 100% Juice Orange 24/8.3oz	8	120	29	x	x	x
7964	Switch 100% Juice Tropical Punch 24/8.3oz	8	120	34	x	x	x
7965	Switch 100% Juice Watermelon 24/8.3oz	8	120	28	x	x	x
3450	TROP Juice Plastic 10oz Grapefruit 24/10oz 75716	10	160	33	x		x
0140	TROP Juice Carton 6oz Orange 48/6oz 00280	6	80	17	x	x	x
0144	TROP Juice Plastic 10oz Orange Juice 24/10oz 75715	10	140	28	x		x
3466	TROP Juice Plastic 10oz Cranberry Cocktail 24/10oz 838	10	170	37	x		x
1566	Juice Half Gallons Orange 1/1ct	8	120	21	x	x	x
3500	TROP Juice Plastic 10oz Apple 24/10oz 75717	10	140	31	x		x
<b>Plain Water</b>							
3344	COKE Water Bottled Dasani 24/20oz Btls	20	0	0	x	x	x
9062	CORE Water Sports Bottle 12/24oz	24	0	0	x	x	x
9082	ESSENTIA Water Sports Bottle 24/20oz	20	0	0	x	x	x
8611	PEPSI Water Aquafina 12oz 24/12oz	12	0	0	x	x	x
8612	PEPSI Water Aquafina 16.9oz 24/16.9oz	16.9	0	0	x	x	x
6051	PEPSI Water Aquafina 20oz 24/20oz	20	0	0	x	x	x
3577	POLAND Water 35/16.9oz 154534	16.9	0	0	x	x	x
7294	POLAR Soda 20oz Seltzer Water 4/6ct 06020	20	0	0	x	x	x
3103	Water 48/80z Plastic	8	0	0	x	x	x
3578	NIAGRA Water Spring 35/16.9oz 5024	16.9	0	0	x	x	x
3111	NIAGRA Water Spring Sports Bottle 24/24oz	24	0	0	x	x	x
8924	NIAGRA Water Spring 48/8oz	8	0	0	x	x	x
3148	SANP Water Sparkling Pellegrino 12/1000ml 100682		0	0	x	x	x
<b>Flavored Water Smaller Than 12oz</b>							
8857	Litl Squirts Water Blueberry Apple 24/8oz (Costa only)	8	60	14		x	HS Only
8858	Litl Squirts Water Raspberry Apple 24/8oz (Costa only)	8	60	13		x	HS Only
3310	PEPSI Lipton Iced Tea Brisk Diet 24/12oz Cans	12	0	0	x		HS Only
3218	SNAPL Ice Tea Half and Half Diet 24/11.5oz Cans	11.5	10	0	x		HS Only
3216	SNAPL Ice Tea Lemon Diet 24/11.5oz Cans	11.5	5	0	x		HS Only
3217	SNAPL Ice Tea Peach Diet 24/11.5oz Cans	11.5	5	0	x		HS Only
3215	SNAPL Ice Tea Straight Up 24/11.5oz Cans	11.5	60	13			HS Only
3229	SNAPL Ice Tea Lemon 24/20oz Plastic	20	190	46			HS Only
3263	SNAPL Drink Fruit Punch 24/20oz Plastic	16	200	47			HS Only
3264	SNAPL Ice Tea Raspberry 24/20oz Plastic	20	190	45			HS Only

CT #	ITEM	Serving Size (oz)	Calories	Sugar	NY	USDA Elementary	USDA Secondary
3266	SNAPL Ice Tea Peach 24/20oz Plastic	20	210	49			HS Only
8963	POLAR Frost Black Raspberry 12/17oz 17000	8	0	0	x	x	HS Only
8964	POLAR Frost Orange 12/17oz 17001	8	0	0	x	x	HS Only
8965	POLAR Frost Pomberry 12/17oz 17005	8	0	0	x	x	HS Only
8966	POLAR Frost Lemon 12/17oz 17003	8	0	0	x	x	HS Only
8986	POLAR Soda 8oz Seltzer Cranberry Lime 4/6ct 000197	8	0	0	x	x	HS Only
8985	POLAR Soda 8oz Seltzer Lemon 4/6ct 000196	8	0	0	x	x	HS Only
4469	PEPSICO Gatorade G2 12oz Grape 24/12oz	12	30	7	x		HS Only
5379	PEPSICO Gatorade G2 12oz Orange 24/12oz	12	30	7	x		HS Only
5380	PEPSICO Gatorade G2 12oz Fruit Punch 24/12oz	12	30	7	x		HS Only
8987	ICE Sparkling 8oz Black Raspberry 1/24ct	8	0	0	x	x	HS Only
8988	ICE Sparkling 8oz Orange Mango 1/24ct	8	0	0	x	x	HS Only
7132	CORE Organic Clementine 12/18oz 4457	8	0	0	x	x	HS Only
7240	7240 CORE Organic Pomegranate 12/18oz 4419	8	0	0	x	x	HS Only
6938	CORE Organic Peach Mango 12/18oz 4433	8	0	0	x	x	HS Only
7430	CORE Organic Watermelon Lemonade 12/18oz 4440	8	0	0	x	x	HS Only
7571	CORE Organic Pear 12/18oz 4471	8	5	0	x	x	HS Only
8591	KRAFT Hot Chocolate Whipper Mix 12/2# 9500	8	120	21	x	x	HS Only
8989	ICE Sparkling Strawberry Kiwi 1/24ct	8	0	0		x	HS Only
9081	Drink Bai Bubbles Waikiki Coconut 12/11.5oz	11.5	5	1	x	x	HS Only
8990	ICE Sparkling 8oz Cherry Limeade 1/24ct	8	0	0	x		HS Only
	<b>Flavored Water Between 12oz-16oz</b>						
8991	HINT Water Blackberry 12/16oz 0030	16	0	0			
7299	COKE Drink Powerade Mountain Blast 24/12oz 7434	12	80	20	x		HS Only
8992	HINT Water Watermelon 12/16oz 00031	16	0	0			HS Only
8993	HINT Water Peach 12/16oz 00106	16	0	0	x		HS Only
8994	HINT Water Strawberry Kiwi 12/16oz 0011	16	0	0	x		HS Only
8995	HINT Water Mango Grapefruit 12/16oz 00016	16	0	0	x		HS Only
8661	Juice Pints Iced Tea Diet Decaf 1/16oz (Rutters)	16	8	0	x		HS Only
8626	Juice 12oz Iced Tea Peach 20/12oz	12	60	14	x		HS Only
9067	Juice 12oz Lemonade 20/12oz	12	60	15			HS Only
8631	Juice 12oz Iced Tea Half and Half 20/12oz	12	60	14			HS Only
8609	Juice Pints Iced Tea Diet Green 1/16oz (Rutters)	16	0	0			HS Only
8608	Juice Pints Iced Tea 1/16oz	16	240	40	x		HS Only
5078	PEPSICO Gatorade 12oz Glacier Freeze 24/12oz	12	30	7			HS Only
5602	PEPSICO Gatorade 12oz Grape 24/12oz	8	30	7			HS Only
8644	Juice Pints Iced Tea Diet Southern Brew 1/16oz (Rutters)	16	0	0	x		HS Only

CT #	ITEM	Serving Size (oz)	Calories	Sugar	NY	USDA Elementary	USDA Secondary
<b>Flavored Water Between 16oz-20oz</b>							
7298	COKE Water Vitamin Zero Glaceau Go Go 24/20oz	20	0	0	x	x	HS Only
1981	COKE Water Vitamin Zero Glaceau Glow Strawberry Guanabana 24/20oz	20	0	0	x	x	HS Only
6308	COKE Water Vitamin Zero Glaceau Rise 24/20oz	20	0	0	x	x	HS Only
6932	COKE Water Vitamin Zero Glaceau Squeezed 24/20oz	20	0	0	x	x	HS Only
6320	COKE Water Vitamin Zero Glaceau XXX Acai-Blueberry Pomegranate 24/20oz	20	0	0	x	x	HS Only
7516	COKE Water Vitamin Zero Glaceau Drive 24/20oz	20	0	0	x	x	HS Only
7572	COKE Water Vitamin Zero Glaceau Mega-C Grape Raspberry 24/20oz	20	0	0	x	x	HS Only
3352	COKE Fuze Ice Tea Sweet 24/20oz	8	80	22		x	HS Only
3357	COKE Drink Powerade Lemon Lime 24/20oz Btls	20	130	34			HS Only
3358	COKE Drink Powerade Strawberry Lemonade 24/20oz Btls	20	130	34			HS Only
3359	COKE Drink Powerade Mountain Blast 24/20oz Btls	20	130	34			HS Only
4546	COKE Drink Powerade Fruit Punch 24/20oz Btls	20	130	34			HS Only
7253	COKE Drink Powerade Zero Mixed Berry 24/20oz Btls	20	0	0	x	x	HS Only
7274	COKE Drink Powerade Zero Grape 24/20oz Btls	20	0	0	x	x	HS Only
6611	Honest Tea Cranberry Lemonade 12/16.9oz	16.9	100	24			HS Only
7031	OWATER Water Lime 12/20oz	20	0	0	x	x	HS Only
7022	OWATER Water Peach 12/20oz	20	0	0	x	x	HS Only
6991	OWATER Water Strawberry 12/20oz	20	0	0	x	x	HS Only
6953	OWATER Water Wild Berry 12/20oz	20	0	0	x	x	HS Only
8886	PEPSICO Naked Juice Strawberry Banana 8/15.2oz	15.2	250	44			HS Only
8887	PEPSICO Naked Juice Power C 8/15.2oz	15.2	220	44			HS Only
8888	PEPSICO Naked Juice Mighty Mango 8/15.2oz	15.2	290	57			HS Only
9053	PEPSICO Naked Juice Berry Blast 8/15.2oz 63134	15.2	320	55			HS Only
3576	POLAND Water Sparkling Lemon 24/16.9oz 5269	16.9	0	0	x	x	HS Only
3574	POLAND Water Sparkling Orange 24/16.9oz 6478	16.9	0	0	x	x	HS Only
7403	POLAR Soda 20oz Seltzer Cranberry 4/6ct 06032	20	0	0	x	x	HS Only
7002	POLAR Soda 20oz Seltzer Lemon 4/6ct 06034	20	0	0	x	x	HS Only
7246	POLAR Soda 20oz Seltzer Lime 4/6ct 06035	20	0	0	x	x	HS Only
7295	POLAR Soda 20oz Seltzer Pomegranate 4/6ct 06024	20	0	0	x	x	HS Only
7424	POLAR Soda 20oz Seltzer Raspberry Lime 4/6ct 06030	20	0	0	x	x	HS Only
8744	POLAR Soda 20oz Seltzer Vanilla Pear 4/6ct 06085	20	0	0	x	x	HS Only
8854	POLAR Soda 20oz Seltzer Grapefruit 4/6ct 06025	20	0	0	x	x	HS Only
8855	POLAR Soda 20oz Seltzer Orange Vanilla 4/6ct 06061	20	0	0	x	x	HS Only
8856	POLAR Soda 20oz Seltzer Black Cherry 4/6ct 06028	20	0	0	x	x	HS Only
6055	SNAPL Ice Tea Lemon Diet 24/20oz Plastic	20	10	0	x	x	HS Only
9832	SNAPL Ice Tea Peach Diet 24/20oz Plastic	20	10	0	x	x	HS Only

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7784	TRUE Drink Mix Stick Pack Raspberry 4/30ct	16.9	8	1	x		x HS Only
7783	TRUE Drink Mix Stick Pack Black Cherry 4/30ct	16.9	8	1	x		x HS Only
3308	PEPSICO Gatorade Wide Fierce Grape 24/20oz 32482	20	130	14			HS Only
3309	PEPSICO Gatorade G2 20oz Orange 24/20oz	20	45	12			HS Only
8294	PEPSICO Gatorade G2 20oz Fruit Punch 24/20oz 20405	20	45	12			HS Only
8521	PEPSICO Gatorade G2 20oz Lemon Lime 24/20oz	20	45	12			HS Only
5758	VERY Fruit2O Sparkling Blueberry Lime 12/17oz	8	0	0	x	x	x HS Only
5757	VERY Fruit2O Sparkling Cherry Lime 12/17oz	8	0	0	x	x	x HS Only
5756	VERY Fruit2O Sparkling Strawberry 12/17oz	8	0	0	x	x	x HS Only
5754	VERY Fruit2O Sparkling Peach 12/17oz	8	0	0	x	x	x HS Only
5753	VERY Fruit2O Sparkling Grape 12/17oz	8	0	0	x	x	x HS Only