

## 2022-2023 Beverages for K-12 Schools

**Meet USDA Smart Snacks Regulations  
for K-12 Schools**  
(for midnight before until 30 minutes after the school day)

USDA Permitted Beverages	Brands	Size	Elem. School	Middle School	High School
<b>Plain water or plain carbonated water</b>	Aquafina	Any	✓	✓	✓
	Schweppes Sparkling Seltzer Water: Original	Up to 20 fl oz	✓	✓	✓
	LifeWtr	Any	✓	✓	✓
	LifeWtr Immune Support	1 liter	✓	✓	✓
<b>Calorie-free, flavored water, with or without carbonation</b>	Aquafina Flavor Splash: Grape, Raspberry, Wild Berry	20 fl oz	✗	✗	✓
	Propel: Berry, Grape, Kiwi Strawberry, Lemon, Watermelon, Mango, Strawberry Lemonade	16.9/20 fl oz	✗	✗	✓
	Propel Zero Sugar Powder Packets (mix with 16.9 fl oz water): Berry, Kiwi Strawberry, Raspberry Lemonade, Lemon Grape, Watermelon	16.9 fl oz	✗	✗	✓
	Propel Unflavored Electrolyte Water	25.4/33.8 fl oz	✗	✗	✓
	Schweppes Sparkling Seltzer Water: Lemon/Lime, Orange, Black Cherry, Raspberry Lime, Pink Grapefruit	12/20 fl oz	✗	✗	✓
	SoBe Lifewater 0 Calorie: Acai Raspberry, Black and Blue Berry, Blood Orange Mango, Fuji Apple Pear, Strawberry Dragonfruit, Yumberry Pomegranate	20 fl oz	✗	✗	✓
	SoBe Lean Cranberry	Fountain	✗	✗	✓
	Bubly Bounce: Blood Orange Grapefruit, Blueberry Pomegranate, Mango Passionfruit, Citrus Cherry	12/16 fl oz	✗	✗	✓
	Bubly Sparkling Water: Lime, Grapefruit, Strawberry, Lemon, Orange, Apple, Mango, Cherry, Peach, Cranberry, Raspberry, Blackberry, Blueberry Pomegranate, White Ginger Peach, Coconut Pineapple, Passionfruit	Sizes Vary 12/16/20 fl oz	✗	✗	✓
<b>100% fruit and/or vegetable juice</b>	Dole Shelf Stable Juices: Apple, Orange	10 fl oz	✗	✓	✓
	Naked Juice: Berry Blast, Blue Machine, Green Machine, Mighty Mango, Strawberry Banana	10 fl oz	✗	✓	✓
	Tropicana Chilled Juices: Apple Juice, Grape Juice	12 fl oz	✗	✓	✓
	Tropicana Pure Premium: Orange Juice - No Pulp, Orange Juice with Calcium & Vit D, Orange Juice - Some Pulp, Red Grapefruit Juice	Sizes Vary 6 to 12 fl oz	Up to 8 oz.	Up to 12 oz.	Up to 12 oz.
	Tropicana Shelf Stable Juices: Apple, Orange, Strawberry Kiwi, Fruit Medley, Ruby Red Grapefruit, Strawberry Orange	10 fl oz	✗	✓	✓
<b>100% fruit and/or vegetable Juice diluted with water (with or without carbonation) and no added sweeteners</b>	Izze Sparkling Juice: Apple, Blackberry, Blackberry Lemonade, Clementine, Grapefruit, Pomegranate, Peach, Cherry Lime, Lemonade, Mango	8.4 fl oz	✗	✓	✓

USDA Permitted Beverages	Brands	Size	Elem. School	Middle School	High School
<b>Other flavored beverages with or without carbonation, labeled with less than 5 calories per 8 fl oz or no more than 10 calories per 20 fl oz</b>	Diet Pepsi (incl caff. free & flavors, Pepsi Zero Sugar - all flavors, Pepsi Zero Sugar Mango, Diet Mtn Dew (incl caff. free & flavors), Mtn Dew Zero, Mtn Dew Major Melon Zero Sugar, Mtn Dew Spark Zero Sugar, Diet Sierra Mist Zero Sugar, Diet Mug Root Beer, Diet Mug Cream Soda	Up to 20 fl oz	x	x	✓
	Brisk: Diet Iced Tea with Lemon, Zero Sugar Lemon Lipton Iced Tea: Diet Green Tea with Citrus, Diet Green Tea with Mixed Berry, Zero Sugar Iced Tea Peach, Zero Sugar Iced Tea Lemon	Up to 20 fl oz	x	x	✓
	Lipton Pure Leaf Unsweetened Black Tea  Lipton Pure Leaf Unsweetened Black Tea, Unsweetened Black Tea with Lemon, Unsweetened Green Tea	16.9 fl oz  18.5 fl oz	x	x	✓
	Gatorade Zero: Glacier Cherry, Glacier Freeze, Lemon Lime, Orange, Cool Blue, Grape	20 fl oz	x	x	✓
	G Zero Powder Packets (Add to 16.9 fl oz water): Glacier Cherry, Glacier Freeze, Fruit Punch	16.9 fl oz	x	x	✓
	Gatorade FIT: Cherry Lime, Tangerine Orange	16.9 fl oz	x	x	✓
	Propel Vitamin Boost: Peach Mango, Strawberry, Raspberry	20 fl oz	x	x	✓
	Propel Immune Support: Lemon Blackberry, Orange Raspberry	20 fl oz	x	x	✓
	Bubbl'r Antioxidant Water: Blood Orange Mango Mingl'r, Pomegranate Acai Refresh'r, Cranberry Grapefruit Sparkl'r, Passion Fruit Wond'r, Twisted Elix'r, Cherry Guava Blend'r, and Pitaya Berry Nect'r	12 fl oz.	x	x	✓
	Vita Ice Vitamin Infused Sparkling Water: Acai Blueberry Pomegranate, Black Raspberry, Lemon Lime, Orange Mango, Cranberry, Cucumber Lime, Strawberry Lemonade, Lemonade, Peach Mango, Pineapple Coconut, Strawberry Watermelon	17 fl oz	x	x	✓

USDA Permitted Beverages	Brands	Size	Elem. School	Middle School	High School
Other flavored beverages with or without carbonation, labeled with 40 calories or less per 8 fl oz or 60 calories or less per 12 fl oz; max size 12 fl oz	G2: Fruit Punch, Glacier Freeze, Grape	12 fl oz	x	x	✓
	Mtn Dew Kickstart: Pineapple Orange Mango, Orange Citrus, Black Cherry, Midnight Grape	12 fl oz	x	x	✓
	Brisk Iced Tea and Lemonade	12 fl oz	x	x	✓
	Fruit Shoots - No Added Sugar	10.1 fl oz	x	x	✓
	Frutly: Strawberry Kiwi, Fruit Punch, Apple Grape	12 fl oz	x	x	✓
	Starbucks: Cold Brew Black Unsweetened, Cold Brew Black Sweetened, Cold & Crafted Sweetened Black	11 fl oz	x	x	✓
Starbucks: Cold Brew Nitro Black Unsweetened, Cold Brew Nitro Dark Caramel	9.6 fl oz	x	x	✓	

**Notes:**

1. In addition to complying with the USDA regulations summarized above, PepsiCo will adhere to state and local regulations on school beverage sales.
2. In schools that are not subject to the USDA regulations and in all schools during the extended school day, PepsiCo will follow the PepsiCo's U.S. School Beverage Policy. PepsiCo's U.S. School Beverage Policy, which is available at [PepsiCoBeverageFacts.com](http://PepsiCoBeverageFacts.com), is consistent with the USDA regulations except that it permits sports drinks before, during and after physical activity/heat and does not include size limits for beverages that meet the nutrition guidelines.



**USDA Smart Snack Standards for Beverages in K – 12 Schools**

*The following standards apply to beverages sold to students from midnight before until 30 minutes after the official school day in public schools that participate in the national school meal program.*

Category	Elementary	Middle	High
Plain water or plain carbonated water	Any size	Any size	Any size
100% fruit/vegetable juice and 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Unflavored low-fat milk and flavored or unflavored fat-free milk and nutritionally equivalent milk alternatives	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Calorie-free, flavored water, with or without carbonation	Not permitted	Not permitted	≤ 20 fl oz
Other flavored and/or carbonated beverages labeled with less than 5 calories per 8 fl oz or no more than 10 calories per 20 fl oz	Not permitted	Not permitted	≤ 20 fl oz
Other flavored and/or carbonated beverages labeled with no more than 40 calories per 8 fl oz or no more than 60 calories per 12 fl oz	Not permitted	Not permitted	≤ 12 fl oz
Caffeinated beverages	Not permitted*	Not permitted*	Permitted

\* except trace amounts naturally occurring