

Water and juice beverages must comply with Section 10-221q of the Connecticut General Statutes (C.G.S) and the USDA Smart Snacks nutrition standards for competitive foods. Water and juice beverages must contain some portion of 100 percent juice mixed with water (with or without carbonation), and cannot contain any added sugars, sweeteners, or artificial sweeteners. They must also meet the additional requirements summarized in [Requirements for Beverages Containing Water and Juice](#). These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f.

**This list includes products that comply with all state and federal requirements.** Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE’s [List of Acceptable Foods and Beverages](#) webpage is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

For additional information on complying with the state beverage statute, refer to the CSDE’s resources, [Allowable Beverages in Connecticut Public Schools](#) and [Questions and Answers on Connecticut Statutes for School Food and Beverages](#) and visit the CSDE’s [Beverage Requirements](#) webpage.

**BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)**

**STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE (G.C.S. Section 10-221q and USDA Smart Snacks)**

**Elementary schools:** Portion size limit of 8 fluid ounces  
**Middle and high schools:** Portion size limit of 12 fluid ounces

Manufacturer	Beverage item	Package or serving size	Calories	Fat (g)	% Calories from Fat	Saturated fat (g)	% Calories from saturated fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard met	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	
Pepsico	Izze Flavored Juice Beverage Sparkling Apple (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	14	yes	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01107-0; Case (24 count) UPC 108-836093-01507-8; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Blackberry (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	14	yes	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01102-5; Case (24 count) UPC 108-836093-01502-3; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24

**BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE**  
(with or without carbonation)

**STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE**  
(G.C.S. Section 10-221q and USDA Smart Snacks)

**Elementary schools:** Portion size limit of 8 fluid ounces  
**Middle and high schools:** Portion size limit of 12 fluid ounces

Manufacturer	Beverage item	Package or serving size	Calories	Fat (g)	% Calories from Fat	Saturated fat (g)	% Calories from saturated fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard met	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date
Pepsico	Izze Flavored Juice Beverage Sparkling Cherry Lime (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	14	20	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 8-36093-01085-1; Case (24 count) UPC 008-36093-01084-4. <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Clementine (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	15	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01105-6; Case (24 count) UPC 108-836093-01505-4; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Grapefruit (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	15	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01104-9; Case (24 count) UPC 108-836093-01504-7; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Mango (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	14	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01125-4; Case (24 count) UPC 108-836093-01129-2; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Peach (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	14	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01052-3; Case (24 count) UPC 108-36093-01052-0. <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24

**BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE**  
(with or without carbonation)

**STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE**  
(G.C.S. Section 10-221q and USDA Smart Snacks)

**Elementary schools:** Portion size limit of 8 fluid ounces  
**Middle and high schools:** Portion size limit of 12 fluid ounces

Manufacturer	Beverage item	Package or serving size	Calories	Fat (g)	% Calories from Fat	Saturated fat (g)	% Calories from saturated fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total sugars (g)	No added sugars	Vitamin C ≤100%	Calcium ≤10%	Potassium ≤10%	Vitamin D ≤10%	Fiber ≤10%	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No caffeine	Standard met	Vendors	Product code and notes	Review date
Pepsico	Izze Flavored Juice Beverage Sparkling Pineapple (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	15	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01155-1; Case (24 count) UPC 108-836093-01157-5; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Pomegranate (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	15	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01108-7; Case (24 count) UPC 108-836093-01508-5; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24
Pepsico	Izze Flavored Juice Beverage Sparkling Strawberry (60% juice), 8.4 fl oz can	8.4 fl oz	70	0	0%	0	0%	0	10	0	14	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	X	Gordon Food Service, HPC, Sysco CT, Thurston	Can UPC 0-836093-01135-3; Case (24 count) UPC 108-836093-01146-9; <b>Does not meet meal pattern requirements for 100% juice.</b>	1/10/24