

# THE SCHOOL DISTRICT OF PALM BEACH COUNTY

## APPROVED BEVERAGE LIST

**Don't see your beverage on this list - use the link below to verify if your beverage is compliant for your grade level - <https://foodplanner.healthiergeneration.org/calculator/>**

| ITEM/CALORIES                              | SIZE                  | ELEMENTARY SCHOOL | MIDDLE SCHOOL | HIGH SCHOOLS |
|--|-----------------------|-------------------|---------------|--------------|
| 7UP DIET                                   | 12/20 oz              | NO                | NO            | YES          |
| 7UP TEN                                    | 12 oz                 | NO                | NO            | YES          |
| A&W ROOT BEER DIET                         | 20 oz                 | NO                | NO            | YES          |
| A&W ROOT BEER TEN                          | 12 oz                 | NO                | NO            | YES          |
| ACQUA PANNA WATER                          | 250mL/750mL           | YES               | YES           | YES          |
| ADJANI WATER                               | 20 oz                 | YES               | YES           | YES          |
| AQUAFINA FLAVORSPLASH                      | 20oz                  | YES               | NO            | YES          |
| AQUAFINA SPARKLING                         | 12 OZ.                | NO                | NO            | YES          |
| AQUAFINA WATER                             | 8/12/16.9/20 oz       | YES               | YES           | YES          |
| ARROWHEAD WATER                            | .5ltr/8oz/16.9oz/20oz | YES               | YES           | YES          |
| AUGUSTANA WATER                            | 20oz                  | YES               | YES           | YES          |
| CANADA DRY GINGER ALE DIET                 | 12 oz                 | NO                | NO            | YES          |
| CANADA DRY GINGER ALE TEN                  | 12 oz                 | NO                | NO            | YES          |
| CANADA DRY SPARKLING SELTZER WATER         | 12 OZ.                | NO                | NO            | YES          |
| COCA COLA - DASANI WATER/ 0 CAL            | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - DIET NESTEA/ 0 CAL             | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - LIGHT LEMONADE/ 60 CAL         | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - POWERADE FRUIT - PUNCH/ 60 CAL | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - POWERADE GRAPE/ 60 CAL         | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - POWERADE MIXED BERRY/ 60 CAL   | 12 oz                 | NO                | NO            | YES          |
| COCA COLA - POWERADE ORANGE/ 60 CAL        | 12 oz                 | NO                | NO            | YES          |
| COCA-COLA CHERRY ZERO                      | 12 oz/20 oz           | NO                | NO            | YES          |
| COCA-COLA DIET                             | 12 oz/20 oz           | NO                | NO            | YES          |
| COCA-COLA DIET CAFEINE FREE                | 12 oz/20 oz           | NO                | NO            | YES          |
| COCA-COLA ZERO                             | 12 oz/20 oz           | NO                | NO            | YES          |
| CRUSH ORANGE DIET                          | 12/20 oz              | NO                | NO            | YES          |

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| CRYSTAL GEYSER NATURAL WATER | 8/16.9 oz.              | YES               | YES           | YES          |
| DASANI FLAVORED WATER        | 10/16/20 oz             | NO                | NO            | YES          |
| DASANI WATER                 | 10/16/20 oz             | YES               | YES           | YES          |
| DEER PARK WATER              | 20oz./ .5L/1.5L/16.9oz. | YES               | YES           | YES          |
| DEJA BLUE WATER              | 20 oz                   | YES               | YES           | YES          |
| DR. PEPPER DIET              | 12/20 oz                | NO                | NO            | YES          |
| DR. PEPPER TEN               | 12 oz                   | NO                | NO            | YES          |
| FANTA ZERO                   | 12 oz                   | NO                | NO            | YES          |
| FRESCA ORIGINAL CITRUS       | 12 oz. can              | NO                | NO            | YES          |
| FRUIT WAVE H2O               | 12 oz. can              | NO                | NO            | YES          |
| FRUIT2O WATER                | 16/17 oz.               | NO                | NO            | YES          |
| GIGA FRUIT 100% JUICE        | 11.5oz                  | NO                | YES           | YES          |
| GLACEAU SMART WATER          | 20 oz                   | YES               | YES           | YES          |
| HINT FLAVORED WATER          | 16 oz                   | NO                | NO            | YES          |
| ICE MOUNTAIN WATER           | 16oz - 1G               | YES               | YES           | YES          |
| LACROIX SPARKLING WATER      | 12 oz.                  | NO                | NO            | YES          |
| LIFEWATER ASSORTED           | 20 oz.                  | NO                | NO            | YES          |
| LIPTON DIET ICED TEA PEACH   | 20 oz.                  | NO                | NO            | YES          |
| LIPTON GREEN TEA DIET        | 20 oz                   | NO                | NO            | YES          |
| MINUTE MAID 100% JUICE       | 10 oz.                  | NO                | YES           | YES          |
| MINUTE MAID LIGHT LEMONADE   | 12 oz. can              | NO                | NO            | YES          |
| MOUNTAIN DEW DIET            | 12 oz. can              | NO                | NO            | YES          |
| NESTEA DIET ICE TEA          | 12 oz                   | NO                | NO            | YES          |
| NESTLE - ZEPHYRHILLS WATER   | 8/16/20 oz              | YES               | YES           | YES          |
| NIAGARA WATER                | 16.9oz.                 | YES               | YES           | YES          |
| OZARKA WATER                 | 16oz - 1G               | YES               | YES           | YES          |
| PEPSI DIET                   | 12/20 oz                | NO                | NO            | YES          |
| PEPSI MAX                    | 12 oz/20 oz             | NO                | NO            | YES          |

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| PEPSI ONE                                   | 12 oz         | NO                | NO            | YES          |
| PEPSICO -                                   | 12 oz         | NO                | NO            | YES          |
| PEPSICO - G2 GLACIER FREEZE                 | 12 oz         | NO                | NO            | YES          |
| PEPSICO - G2 GRAPE                          | 12 oz         | NO                | NO            | YES          |
| PEPSICO - G2 LEMON LIME                     | 12 oz         | NO                | NO            | YES          |
| PEPSICO - G-ZERO                            | 20 oz.        | NO                | NO            | YES          |
| PEPSICO - TAMPICO PLUS CITRUS PLUS          | 12 oz         | NO                | NO            | YES          |
| PEPSICO - TAMPICO PLUS MANGO PLUS           | 12 oz         | NO                | NO            | YES          |
| PEPSICO - MTN DEW KICK START BLACK CHERRY   | 12 oz         | NO                | NO            | YES          |
| PEPSICO - MTN DEW KICK START ORANGE CITRUS  | 12 oz         | NO                | NO            | YES          |
| PEPSICO - MTN DEW KICK START MIDNIGHT GRAPE | 12 oz         | NO                | NO            | YES          |
| PERRIER WATER SPARKLING                     | 11oz - 16.9oz | NO                | NO            | YES          |
| POLAND SPRING WATER                         | 16.9 oz       | YES               | YES           | YES          |
| POWERADE ION                                | 12 oz         | NO                | NO            | YES          |
| POWERADE ZERO                               | 20 oz         | NO                | NO            | YES          |
| PROPEL FLAVORED WATER                       | 16.9oz.       | NO                | NO            | YES          |
| PURE LEAF ICED TEA-UNSWEET GREEN/BLACK TEA  | 18.5 oz.      | NO                | NO            | YES          |
| PURE LIFE WATER                             | 8-20oz        | YES               | YES           | YES          |
| QUINZEE FROZEN DRINKS (prepared)            | 11 oz.        | NO                | NO            | YES          |
| RC TEN                                      | 12 oz         | NO                | NO            | YES          |
| ROBINSON FRUIT SHOOT                        | 10 oz.        | NO                | NO            | YES          |
| SAM'S CHOICE WATER                          | 20oz          | YES               | YES           | YES          |
| SAN PELLEGRINO SPARKLING WATER              | 750mL/.5Ltr   | NO                | NO            | YES          |
| SCHWEPES DIET GINGER ALE CAFFEINE FREE      | 12 oz.        | NO                | NO            | YES          |
| SCHWEPES SPARKLING SELTZER WATER            | 20 oz.        | NO                | NO            | YES          |
| SOBE LIFE WATER                             | 20 oz         | NO                | NO            | YES          |
| SPRITE ZERO                                 | 12 oz/20 oz   | NO                | NO            | YES          |
| STEAZ ZERO CALORIE - ASSORTED FLAVORS       | 12 oz         | NO                | NO            | YES          |

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| SUNKIST ORANGE DIET         | 12/20 oz     | NO                | NO            | YES          |
| SUNKIST ORANGE TEN          | 12 oz        | NO                | NO            | YES          |
| TEJAVA ICED TEA             | 12 - 16.9oz  | NO                | NO            | YES          |
| TROPICANA 100% JUICE        | 12 oz.       | NO                | YES           | YES          |
| VERY FINE 100% ORANGE JUICE | 11.5oz       | NO                | YES           | YES          |
| VITA COCO WATER             | 11.1 oz.     | NO                | NO            | YES          |
| VITAMIN WATER               | 23oz         | NO                | NO            | YES          |
| VITAMIN WATER ZERO          | 20 oz.       | NO                | NO            | YES          |
| WELCH'S 100% CAN JUICE      | 5.5 - 11.5oz | Under 8 ounces    | YES           | YES          |