Smart Snacks Smart Beverages

Allowed beverages (and maximum sizes) for buildings with:

Mixed grades of K-12, K-8, K-6 or Elementary only
SEE NOTE

Water: Any size Plain, Carbonated or Non-Carbonated

Milk: (8 oz) — Skim, Flavored Skim and 1% Unflavored

Juice: (8 oz) — 100% Juice, Plain or Carbonated
(With no added sweeteners)

NOTE — All beverages must be caffeine free. Buildings with Elementary and Middle School students combined, can only serve beverages from group 1

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Allowed beverages (and maximum sizes) for buildings with:

Mixed grades of 6-12, 6-8 or Middle School Only
SEE NOTE

Water: Any size Plain, Carbonated or Non-Carbonated

Milk: (12 oz) — Skim, Flavored Skim and 1% Unflavored

Juice: (12 oz) — 100% Juice, Plain or Carbonated
(With no added sweeteners)

NOTE — All beverages must be caffeine free. Buildings with Middle School and Elementary students combined, see group 1

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Allowed beverages (and maximum sizes) for buildings with:

High School 9-12 Only
SEE NOTE

Water: Any size
Plain Non-Carbonated
or Plain Seltzer

Calorie Free Flavored Waters: (20 oz)
Carbonated or Non-Carbonated
Examples — Zero Calorie and Diet Flavored Water, Zero Calorie and Diet Sparkling Flavored Water or Flavored Seltzer

Milk: (12 oz)
Skim, Flavored Skim,
1% Unflavored

No Calorie Beverages: (20 oz)
< 5 calories per 8 oz, or ≤ 10 calories per 20 oz
Examples — Diet Sport Drinks, Diet Cola, Diet Root Beer, Other Diet or Zero Calorie Sodas, Unsweetened Tea, Diet Teas, Diet Lemonade

Juice: (12 oz)
100% Juice,
Plain or Carbonated
(With no added sweeteners)

Low Calorie Beverages: (12 oz)
≤ 40 calories per 8 oz, or ≤ 60 calories per 12 oz
Examples — Diet Sport Drinks, Diet Cola, Diet Root Beer, Other Diet or Zero Calorie Sodas, Unsweetened Tea, Diet Teas, Diet Lemonade

NOTE — Beverages containing caffeine are allowed for high school students only.
Buildings with mixed grades such as K-12 or Middle School/High School students combined, see group 1 or 2

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