

## SCHOOL BEVERAGE GUIDELINES

| Grades                                  | Beverages allowed                                                |                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                 |  |
|-----------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Elementary School Students (Grades K-8) | Water - Plain water only (no flavors); unlimited container size. | Milk - <i>Up to an 8 ounce container size. <b>Milk must be fat-free, unflavored or flavored.</b></i> | Juice - 8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces.  | No other beverage.                                                                                                                                                                                                                                                                                                                                              |  |
| Middle School Students (Grades 7-12)    | Water - Plain water only (no flavors); unlimited container size. | Milk - <b>Up to a 12 ounce container size. Milk must be fat-free, unflavored or flavored.</b>        | Juice - 10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces. | No other beverage.                                                                                                                                                                                                                                                                                                                                              |  |
| High School Students (Grades 9-12)      | Water - Unlimited container size.                                | Milk - <b>Up to a 12 ounce container size. Milk must be fat-free, unflavored or flavored.</b>        | Juice - 12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces. | <ul style="list-style-type: none"> <li>• 12 ounces or less of any beverage that contains no more than <b>20 calories per 8 ounces (40 calories per 12 ounces)</b></li> <li>• <b>20 ounces or less</b> of a beverage that contains no more than <b>5 calories per 8 ounces (or 10 calories per 20 ounces)</b></li> <li>• No added caffeine is allowed</li> </ul> |  |

NOTE: Schools with a blend of grade groups (e.g. K-8, 7-12, or K-12) must follow the stricter rule for the entire grade group.