

SCHOOL BEVERAGE GUIDELINES

Grades	Beverages Allowed			
Elementary School Students Grades PK-6	Water - Plain Water only (no flavors); unlimited container size	Milk - up to an 8 ounce container size. Milk must be fat-free, unflavored or flavored.	Juice - up to 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 beverages
Middle School Students Grades 7-8	Water - Plain water only (no flavors); unlimited container size	Milk - Up to a 12 ounce container size. Milk must be fat-free, unflavored or flavored.	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 beverages
High School Students Grade 9-12	Water - Unlimited container size	Milk - Up to a 12 ounce container size. Milk must be fat-free, unflavored or flavored.	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.	* 20 ounces or less of calorie free flavored water with or without carbonation or any other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or <10 calories per 20 fluid ounces. No more than 12 ounce portions of beverages with < 40 calories per 8 fluid ounces, or <60 per 12 fluid ounces.