

## 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

1

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

2

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  $\leq 10$  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)

$\leq 40$  calories per 8 oz, or  $\leq 60$  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

3

