



Smart Snacks



Smart Beverages

Beverages allowed 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 serve only beverages from Group 1.

**GROUP
1**

Beverages allowed 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.

**GROUP
2**

Allowed beverages and maximum sizes for buildings with:

High School
grades **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, Di-
et 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

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.

GROUP
3