

USDA Smart Snacks in School Beverage Guidelines



| CATEGORY | ELEMENTARY | MIDDLE | HIGH |
|--|---------------|---------------|----------|
| PLAIN OR CARBONATED WATER | Any size | Any size | Any size |
| LOW FAT MILK (1%), UNFLAVORED | ≤8oz | ≤12oz | ≤12oz |
| NON FAT MILK (SKIM), FLAVORED OR UNFLAVORED* | ≤8oz | ≤12oz | ≤12oz |
| 100% FRUIT OR VEGETABLE JUICE (plain or carbonated) with no added sweeteners | ≤8oz | ≤12oz | ≤12oz |
| 100% FRUIT OR VEGETABLE JUICE, DILUTED WITH WATER (plain or carbonated) with no added sweeteners | ≤8oz | ≤12oz | ≤12oz |
| NO CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED <5 calories per 8oz, or ≤10 calories per 20oz | Not permitted | Not permitted | ≤20oz |
| LOW CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED ≤40 calories per 8oz, or ≤60 calories per 12oz | Not permitted | Not permitted | ≤12oz |

*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.
 Note: Caffeinated beverages are only permitted at the High School level.

For a sample list of products that meet these Guidelines, please visit: HealthierGeneration.org/productnavigator

