

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)	≤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

