

Beverage Guidelines for Lunches from Home

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
80%-100% FRUIT OR VEGETABLE JUICE (plain or carbonated) with no added sweeteners	≤ 8oz	≤ 12oz	≤ 12oz
80%-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 20 oz	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