

Summary Table of Nutrition Standards for Beverages Sold in Schools

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	no size limit	no size limit	no size limit
Low fat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored *	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice **	≤ 8 oz	≤ 12 oz	≤ 12 oz
Other calorie-free beverages	Not allowed	Not allowed	≤ 20 oz
Other lower calorie beverages	Not allowed	Not allowed	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with water (with or without carbonation) & with no added sweeteners

