**Healthy Beverages Standards for Schools**

The healthy beverages standards for schools adopted by the State Board of Education are as follows:

**Beverages sold in elementary school**

a.  Bottled water

b.  Up to 8 ounce servings of fat free or low fat milk.  Milk includes nutritionally equivalent milk alternatives (per USDA)

c.  Up to 8 ounce servings of fat free or low fat nutritionally equivalent flavored milk up to 150 calories / 8 ounces

d.  Up to 8 ounce servings of 100% juice, with no added sweeteners and up to 120 calories / 8 ounces

**Beverages sold in high school**

a.  Bottled water

b. No or low calorie beverages with up to 10 calories / 8 ounces, except diet soda may not be sold in high school (e.g., unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers)

c.  Up to 12 ounce servings of fat free or low fat milk.  Milk includes nutritionally equivalent milk alternatives (per USDA)

d.  Up to 12 ounce servings of fat free or low fat nutritionally equivalent flavored milk up to 150 calories / 8 ounces

e.  Up to 12 ounce servings of 100% juice, with no added sweeteners and up to 120 calories / 8 ounces

f.  Other drinks, up to 12 ounce servings with no more than 66 calories / 8 ounces

g.  At least 50% of non-milk beverages must be water and no or low calorie options

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