

# Nutrition Standards for All Beverages Sold in Schools

Northridge Local Schools

Grades	Beverages allowed			
Elementary Schools  TLC & JHM	Water – Plain water only (no flavors) unlimited container size	Milk* – <b>up to an 8 ounce container size. Milk must be low fat (1%) or fat free unflavored or fat free flavored</b>	Juice - 8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Middle Schools  EDMS & 7 <sup>th</sup> & 8 <sup>th</sup> Grades	Water – Plain water only (no flavors) unlimited container size	Milk* - <b>up to a 12 ounce container size. Milk must be low fat (1%) or fat free unflavored or fat free flavored</b>	Juice - 10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
High Schools  9 <sup>th</sup> – 12 <sup>th</sup> Grades	Water - unlimited container size	Milk* - <b>up to a 12 ounce container size. Milk must be low fat (1%) or fat free unflavored or fat free flavored</b>	Juice - 12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	12 ounces or less of any beverage that contains no more than <b>40 calories per 8 ounces (60 calories per 12 ounces;</b> <b>20 ounces or less of calorie-free, flavored water (with or without carbonation);</b> <b>20 ounces or less of a beverage that contains no more than 5 calories per 8 ounces (or 10 calories per 20 ounces)</b>  The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.