

BLANCHESTER LOCAL SCHOOLS BEVERAGE GUIDELINES

Beverages	Elementary Grades K-6	Middle Grades 7-8	Secondary Grades 9-12
Water	No size restriction No added sugars, artificial sweeteners or sodium	No size restriction	No size restriction
Plain Fat-Free/Low-Fat Milk	8 oz	8 oz	16 oz
Flavored Fat-Free/Low-Fat Milk Max 150 calories per 8 oz	8 oz	8 oz	16 oz (300 calories)
100% fruit Juice or fruit juice/water blend (no added sweeteners) <160 calories per 8 oz	8 oz (120 calories)	10 oz (200 calories)	12 oz (240 calories)
Low-mid calorie beverages <66 calories per 8 oz	No	10 oz (83 calories)	12 oz (99 calories)
Calorie Free Beverages <10 calories per 8 oz No added caffeine	No	No size restriction	No size restriction
At least 50% of beverages must be water and or no or low calorie beverages.			