

Fairfield City Schools Beverage Guidelines

Grades	Time period	Beverages allowed			
Schools composed primarily of grades K-4	Before January 1, 2014	Water	8 ounces or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 ounces	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
	Starting January 1, 2014	Water	Same as above, except that the milk may contain no more than 150 calories per 8 ounces	Same as above	No other beverage
Schools composed primarily of grades 5-8	Before January 1, 2014	Water	8 ounces or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 ounces	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
	Starting January 1, 2014	Water	Same as above, except the milk may contain no more than 150 calories per 8 ounces	Same as above	No other beverage

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Grades	Time period	Beverages allowed			
Schools composed primarily of grades 9-12	Before January 1, 2014	Water	16 ounces or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 ounces	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 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.
	Starting January 1, 2014	Water	Same as above, except the milk may contain no more than 150 calories per 8 ounces	Same as above	Same as above

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