

# Coffee Bars and Smart Snacks

## Compliance in High Schools



### Beverages with less than 10 calories can be up to 20 oz.

#### Examples:

Coffee + sugar free flavored syrup  
Iced tea + no calorie sweetener

### Beverages 10-60 calories can be up to 12 oz. or no more than 5 calories per fluid ounce.

#### Examples:

Coffee + 1% milk + sugar free flavoring syrup  
1% milk + hot chocolate packet

### Self-Service Stations:

- Self-service condiment stations cannot be used unless all beverages available are limited to 12 oz.
- The only allowable items on a self-serve station:
  - 1% or fat-free milk
  - Zero calorie sweeteners and flavor syrups

### Calories:

#### Don't Count

- Coffee
- Espresso
- Tea
- Milk, Flavored or Unflavored (1% or fat-free)
- Milk Substitute (must meet milk substitution requirements to be nutritionally equivalent to milk)

#### Do Count

- Half and Half
- Heavy Cream
- Dairy Free Creamers (flavored and unflavored, not meeting the milk substitution requirements, such as almond milk, coconut milk, cashew milk, etc.)
- Whipped Cream
- Flavoring Syrups
- Flavoring Sauces (chocolate, caramel, etc)

\*Items where the calories affect the compliance of a product must be portion controlled per beverage order by servers at the station.

(**Note:** this is not all inclusive. If you aren't sure, please contact your field specialist.)

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### Specialty Drinks:

- For “specialty” drinks, such as lattes or blended drinks, a recipe is needed to ensure that every drink is the same in calories for each student.

### Reminder:

- If “pumps” of syrup flavorings are being used, ensure that one “pump” is equivalent to the serving size of your choosing. For example, if the serving size on the bottle is 60 calories for 1 oz., but the pump is a 2 oz. portion, then you will need to find an alternate way to measure the product.

### Example Situations:

- If a latte was made up of flavoring (even if it was sugar free) then it would need to be 60 calories or less, but you would not include the calories of the allowable milk or espresso in the calculation because they would be considered allowable beverages.
- If a high school is selling a hot cocoa packet with an allowable milk to be prepared by the student or a hot cocoa prepared onsite by the school, this should be evaluated as an “other” beverage similar to a flavored latte. Do not count the allowable milk as part of the calories, but count the packet and any additional flavoring as the “other” beverage category. It should not exceed 60 calories per 12 fluid oz. (or 5 calories per 1 fluid oz.).