



PUTNAM VALLEY CENTRAL SCHOOLS

Business Office
(845) 528-8125
(845) 528-8386 FAX

146 Peekskill Hollow Road
Putnam Valley, NY 10579

All beverages and packaged snacks sold in the Putnam Valley Schools cafeterias must adhere to the following standards:

Beverages:

1. Milk:
 - a. Limited to: fat free (skim), 1 %
 - b. Flavored milk is permissible, as long as it has no more than 25 grams of sugar per 8-ounce serving.
2. Water:
 - a. Plain water can be served in any size. Seltzer can be any size, plain or flavored, but must be flavored without sweeteners. (As used in these recommendations, the term "sweeteners" means both natural and artificial sweeteners.)
 - b. Fitness waters and vitamin waters may be sold in any size serving, but must be flavored without sweeteners.
3. Fruit Juice:
 - a. Should be 100% juice, with no added sweeteners.
 - b. Fortified juice is preferred.
 - c. Serving size should be limited to 12 ounces.
4. Fruit Drinks and Punches a. May be sold if they contain at least 50% juice and a maximum of 15 grams of sugar in an 8-ounce serving. .
5. Soda:
 - a. By law, no soda is sold in school cafeterias.
6. Caffeinated drinks:
 - a. May not be sold, excluding low-fat or fat-free chocolate milk.
 - b. Hot chocolate may be sold at the high schools.
 - c. Tea must be herbal or decaffeinated.
 - d. Only decaffeinated coffee will be sold.

Packaged snacks:

7. **Fat:**
 - a. Total fat: Snacks must have no more than 30% of the total calories from fat, or a maximum of 7 grams per serving (with the exception of nuts and seeds).
 - b. Saturated fat: Snacks must have no more than 10% of total calories from saturated fat, or a maximum of 2 grams per serving.
 - c. Trans Fat: No snack containing Trans fat should be sold.
8. **Sugar:**
 - a. Snacks may contain no more than 15 grams of sugar per serving, with the exception of yogurt.
9. **Salt:**
 - a. No guidelines at this time, but lower-sodium snacks are to be encouraged.