

Coffee Bar for High School Students



USDA Smart Snacks - Coffee Stand

The Healthy, Hunger-Free Kids Act of 2010 established nutrition standards for all foods and beverages sold to students from midnight to 30 minutes after school, including fundraisers, student run stores, and coffee shops.

Allowable Beverages



Fat-free or 1% flavored or unflavored milk*



100% or diluted 100% juice



Black Coffee, Americano, Plain Tea



8oz beverage < 40 calories



12oz beverage with < 60 calories

*Operators of the National School Lunch Program and School Breakfast Program are to permitted offer and sale as a competitive beverage, flavored, low-fat milk (1 percent fat) for students in grades K through 12. This rule will be in effect as of July 1, 2022.

For Instance,

1. If a student would like a latte with whipped cream topping, the calories from the espresso and fat free milk will not be taken into consideration but the calories from the measured amount of whipped cream would need to be counted and should not exceed the calorie limit.
2. A hot chocolate is ordered, the calories from the fat free or 1% milk would not be taken into consideration but the hot chocolate packet itself would need to be Smart Snack compliant.
3. A 12oz iced caramel mocha is ordered. To make sure the volume and calorie limits are followed, make sure to include the ice in the total volume and the caramel must be included in the calorie total.

Not included in total calories

Included in total calories

Black Coffee or Americano	Half and Half
Espresso	Heavy Cream or any whipped creams
Flavored or unflavored fat free milk	Flavored Syrups
Flavored or Unflavored 1 % milk*	Sauces or toppings such as chocolate, caramel, sprinkles, etc.
Milk substitutes that meet requirements**	Milk substitute, milk and creamers not meeting requirements**
Tea	Pre-mixed drinks such as hot cocoa packets and smoothie mixes

** Must be nutritionally equivalent to cow's milk per FDA requirements.

Tips for Success

- Create a recipe and instructions for each drink. This will ensure each drink is made to fit within Smart Snacks calorie parameters. This will also help train individuals working in the coffee shop.
- Ice must be included in the total volume of the drink.
- When adding syrups to drinks, even if sugar free, the calories must be within the acceptable calorie limit.
- If “pumps” are being used to dispense syrups, ensure that the number of “pumps” meets the parameters and can be repeated without error.
- Toppings (whipped cream topping, sauces, creamers, etc.) are allowable, but their calories must be calculated and monitored to ensure they do not exceed calorie limits.
- Having a procedure in place to limit the amount of sugar or creamer added by students will be necessary. A self-serve area can be hard to monitor and students can easily exceed the drinks appropriate calorie limit.
- If selling pre-packaged drinks such as hot chocolate or smoothie mixes with an allowable milk or juice, the packaged mix must be verified as Smart Snacks complaint.
- When using the Smart Snacks calculator for drinks like as cappuccinos, mochas, or lattes choose “other flavored and/or carbonated beverages” and then enter the volume and total calories.

