

Fit Facts



..... About Drink Choices in WJCC School Cafes

Stay Hydrated!

Water is available free of charge at fountains and bottle filling stations. It is for sale a la carte in a variety of sizes and brands.

Water

An 8-ounce carton or bottle of plain milk has 12 grams of the naturally occurring sugar, lactose. Flavored milks have about 22 grams of sugar, some of which is added sugar, in addition to the naturally occurring lactose in milk.

Milk

It's all Juice!

All the fruit & vegetable juice sold is 100% juice. Small 4-ounce juice cartons are available as a fruit choice as part of a healthy meal.

Some schools offer frozen juice (Juice Alive) in a 7-ounce portion, with about 25 grams of sugar per serving, with no added sugar.

Got Milk?

The best choice for growing bones in school aged children, especially teens, is milk available plain or flavored. Milk is offered as part of every balanced meal. Milk may also be purchased a la carte to add to a packed lunch.