



Children’s Meals: What Food Service Operators Need to Know

The New York City Council enacted Local Law 75 of 2019, which limits the beverage options a food service establishment can list on a menu or menu board as part of a children’s meal. **This law has been in effect since April 30, 2020.** This document provides information on the requirements and how to comply.

Who is affected by Local Law 75?

Any food service establishment that offers children’s meals on a menu or menu board and lists a beverage as part of the meal must comply with this local law.

How is a children’s meal defined?

A children’s meal is any food item or combination of foods intended for children and shown on a menu or menu board along with the following:

- The word “child,” “kids,” “junior,” “little,” “kiddie,” “kiddo,” “tyke” or similar language
- A cartoon illustration, puzzle or game
- An offer for a toy or kid’s game with the meal
- A maximum age limit for the meal

What are the beverage options for children’s meals now that Local Law 75 is in effect?

With the law in effect, food service establishments are only allowed to list the following beverages and serving sizes as part of a children’s meal:

- Water, sparkling water or flavored water, with no added natural or artificial sweeteners
- Eight ounces or less of flavored or unflavored nonfat or 1% fat dairy milk
- Eight ounces or less of flavored or unflavored nondairy beverage that is nutritionally equivalent to dairy milk
- Eight ounces or less of 100% fruit or vegetable juice (or a combination of juices), with no natural or artificial sweeteners; the juice may contain water or sparkling water

What nondairy beverages are nutritionally equivalent to dairy milk?

To be nutritionally equivalent to dairy milk, a nondairy beverage must meet nutritional standards set by the United States Department of Agriculture (USDA) for Child Nutrition Programs. A nondairy beverage must contain, at a minimum, the following nutrient levels per cup (8 fluid ounces):

- Calcium 276 milligrams (mg)
- Protein 8 grams (g)
- Vitamin A 500 international units (IU)
- Vitamin D 100 IU
- Magnesium 24 mg
- Phosphorus 222 mg
- Potassium 349 mg
- Riboflavin .44 mg
- Vitamin B12 1.1 micrograms (mcg)