



Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 3: Milk Component

Connecticut State Department of Education
School Health, Nutrition and Family Services

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Bite Size Training Modules

Module 1	Introduction to Bite Size and Meal Pattern Overview
Module 2	Meal Pattern Documentation
Module 3	Milk Component
Module 4	Meat/Meat Alternates Component
Module 5	Fruits Component
Module 6	Vegetables Component
Module 7	Part A: Grains Component – Crediting Part B: Grains Component – Whole Grain-rich Part C: Grains Component – Ounce Equivalents
Module 8	Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>
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Key Points About Milk

- Different fat content for different ages
- Menus must document type of milk
- Children with a disability:** Milk substitutes are required and must follow medical statement
- Children without a disability:** Milk substitutes are optional and must meet USDA's nutrition standards for fluid milk substitutes
- Child care centers in public schools:** Additional state requirements

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Required Servings for Milk Component

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Breakfast	½ cup	¾ cup	1 cup
Lunch/supper	½ cup	¾ cup	1 cup
Snack ¹	½ cup	½ cup	1 cup

¹ Cannot serve milk when juice is the only other snack component
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Milk Requirements

- Must be fluid milk



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Milk Requirements

- Must be fluid milk
 - Pasteurized
 - Meet all state and local requirements
 - Contain vitamins A and D at levels specified by the Food and Drug Administration (FDA)

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Allowable Types of Milk

- Different *fat contents* required for different age groups
- *Flavored milk* does not credit for children younger than 6

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Allowable Types of Milk

Age Group	Type of fluid milk
Age 1	<ul style="list-style-type: none"> • Whole milk, <i>unflavored</i>
Ages 2-5	<ul style="list-style-type: none"> • Low-fat (1%) milk, <i>unflavored</i> • Fat-free milk, <i>unflavored</i>
6 and older	<ul style="list-style-type: none"> • Low-fat (1%) milk, <i>unflavored or flavored</i> * • Fat-free milk, <i>unflavored or flavored</i> *

* CACFP Best Practices: Serve only *unflavored* milk

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USDA CACFP Best Practices



- Serve only *unflavored* milk
- Flavored milk for ages 6 and older
 - No more than 22 grams of sugar in 8 fluid ounces **OR**
 - Lowest amount of sugar

https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Allowable Types of Milk

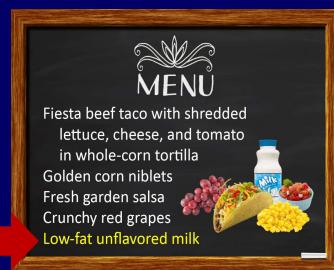
- Lactose-free and lactose-reduced milk
- Acidified milk, e.g., kefir and acidified acidophilus
- Cultured milk, e.g., cultured buttermilk, cultured kefir, and cultured acidophilus
- Ultra High Temperature (UHT) milk

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Required Documentation

- Menus must document type of milk



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Other Crediting Considerations



- Breastmilk past age 1
- Milk during transitional developmental periods
 - Ages 12-13 Infant formula to whole milk
 - Ages 24-25 months Whole milk to low-fat or fat-free milk

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Breastmilk Past Age 1



- Breastmilk allowed at any age
- May claim reimbursement when
 - parent provides expressed breastmilk
 - mother breastfeeds her child on site

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Breastmilk Past Age 1



- Breastmilk may be served in combination with other types of milk
 - Combined amount of breastmilk and milk must provide *minimum* serving

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Breastmilk Past Age 1



Breakfast meal pattern for age 2	Mother provides	CACFP facility must serve
½ cup of unflavored low-fat or fat-free milk	¼ cup breastmilk	¼ cup of unflavored low-fat or fat-free milk

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Ages 12-13 months

Transitioning from Infant Formula to Whole Milk



- Infant formula does not meet fluid milk requirement of CACFP meal patterns for children

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Ages 12-13 months

Transitioning from Infant Formula to Whole Milk



- 1-month transition period
 - Meals with an allowable iron-fortified infant formula are reimbursable during this time

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Ages 24-25 months

Transitioning from Whole Milk to Low-fat or Fat-free Milk



- 1-month transition period
 - Whole milk
 - Reduced-fat milk

Not allowed for any other ages

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Knowledge Check: Crediting Milk

Bite Size: Meeting the Child and Adult Care Food Program (CACFP)
Module 3: Milk Component

Knowledge Check: Crediting Milk

Instructions: For each milk group below, check the box if the type of milk credits on the age group(s) in the CACFP meal patterns.

Type of milk	Credits in the CACFP meal patterns?	Age 1	Ages 2-5	Ages 6-12	Ages 13-18
Whole unflavored	✓	*			
Whole flavored					
Reduced-fat (2%) unflavored		*			
Reduced-fat (2%) flavored					
Low-fat (1%) unflavored	✓	✓	✓		
Low-fat (1%) flavored		✓ **	✓ **		
Fat-free unflavored	✓	✓	✓		
Fat-free flavored		✓ **	✓ **		

Note: It's okay to check a box that applies only with a difference for instance, the CACFP meal patterns make an exception for whole flavored milk on the medical statement signed by a recognized medical authority.

Source: USDA's CACFP Best Practices. According to the CACFP Child Care Program, the guidance on the use of flavored milk is based on the USDA's CACFP Best Practices, which can be found in the *Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)* document. For more information on the CACFP Child Care Program, contact Child Nutrition Division or Childcare Division in CACFP Child Care Programs.

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_3_Crediting_Milk.pdf

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Knowledge Check: Crediting Milk

Bite Size: Meeting the Child and Adult Care Food Program (CACFP)
Module 3: Milk Component

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Type of milk	Credits in the CACFP meal patterns?	Age 1	Ages 2-5	Ages 6-12	Ages 13-18
Whole unflavored	✓	*			
Whole flavored					
Reduced-fat (2%) unflavored		*			
Reduced-fat (2%) flavored					
Low-fat (1%) unflavored	✓	✓	✓		
Low-fat (1%) flavored		✓ **	✓ **		
Fat-free unflavored	✓	✓	✓		
Fat-free flavored		✓ **	✓ **		

* May be served to ages 24-25 months during 1-month transition period
** The USDA's CACFP Best Practices recommend serving only unflavored milk

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Fluid Milk Substitutes

- Different requirements for
 - Children with a disability
 - Children without a disability



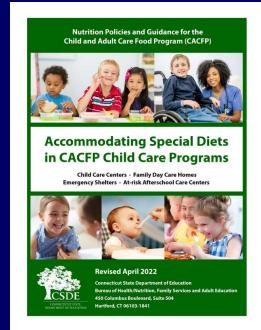
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CSDE Resource

Accommodating Special Diets in CACFP Child Care Programs

- Required meal modifications for children with a disability
- Optional meal modifications for children without a disability


 Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)
 Accommodating Special Diets in CACFP Child Care Programs
 Child Care Centers - Family Day Care Homes
 Emergency Shelters - At-risk After-school Care Centers
 Revised April 2022
 Connecticut State Department of Education
 416 Columbus Boulevard, Suite 304
 Hartford, CT 06106-1992

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Guide_Special_Diets_CACFP.pdf

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Terms to Know about Meal Modifications

- Medical Statement
- Recognized Medical Authority

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Medical Statement

- Official document signed by a recognized medical authority
- Identifies child's specific medical condition and appropriate meal modifications
- Based on recognized medical authority's assessment of child



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Children with a Disability



Examples of Milk Substitutes

- Milk with a different fat content
- Nondairy milk substitute beverages
- Juice
- Water
- Any other beverage

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Examples of Milk Substitutes for Children with a Disability

Milk fat content

A medical statement signed by a recognized medical authority indicates that a 5-year-old has a disability that requires whole milk instead of low-fat milk



CACFP facilities must provide substitution

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Examples of Milk Substitutes for Children with a Disability

Rice milk

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires rice milk



CACFP facilities must provide substitution

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Examples of Milk Substitutes for Children with a Disability

Juice

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires juice instead of milk



CACFP facilities must provide substitution

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Children without a Disability



Milk Substitutes

- Modifications are *optional*
- Not required for personal food preferences
- Must *always comply* with CACFP meal patterns

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Children without a Disability



Milk Substitutes

- 2 allowable milk substitutes

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Allowable milk substitutes for children without a disability	Requires written parent/ guardian request?
1. Lactose-free or lactose-reduced milk • Must meet fat content and flavor restrictions for each age group	No 
2. Nondairy milk substitute that meets USDA's nutrition standards for fluid milk substitutes	Yes 

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP.pdf

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Milk Substitutes for Children without a Disability	
Allowed	Not Allowed
Soy milk (only certain brands) 	<ul style="list-style-type: none"> Most brands of soy milk Almond milk Cashew milk Rice milk Oat milk Other nondairy milk products 

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Children without a Disability	Milk Substitutes
	<ul style="list-style-type: none"> Cannot substitute juice, water, or any other beverages even if specified on medical statement  

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CSDE Resource
<p>Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs</p> <ul style="list-style-type: none"> Requirements for nondairy milk substitutes How to identify allowable milk substitutes List of allowable commercial products <p>Allowable Fluid Milk Substitutes</p> <p>The USDA allows no types of milk substitutes for children whose dietary needs do not exceed a disability. Fluid milk substitutes for children with a disability must be USDA compliant. For more information, visit the USDA website at www.usda.gov/cacfp.</p> <p>Child care facilities providing child care services, must follow the requirements of the Child and Adult Care Food Program (CACFP) as set forth in the U.S. Department of Agriculture's (USDA) regulations. CACFP allows the use of lactose-free or lactose-reduced milk for children with a disability. If the CACFP facility chooses to make allowable substitutions for children with a disability, the facility must only substitute with whole milk. The USDA recommends the use of lactose-reduced milk for children with lactose intolerance.</p> <p>2. Nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes for children with a disability</p> <p>CACFP facilities may choose to offer only one milk substitute. If a facility decides not to take this option, the CACFP facility is not obliged to offer any other milk substitutes.</p>

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP.pdf

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Additional State Beverage Requirements	Milk and Nondairy Milk Substitutes
	<ul style="list-style-type: none"> Apply only to child care centers in public schools State beverage statute: Section 10-221q of the Connecticut General Statutes (C.G.S.)

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Additional State Beverage Requirements *	Milk	Nondairy Milk Substitutes
No artificial sweeteners	✓	✓
Sugars: ≤ 4 grams per fluid ounce	✓	✓
Calories from fat: ≤ 35%		✓
Calories from saturated fat: ≤ 10%		✓

* Apply only to child care centers in public schools

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List of Allowable Milk Substitutes

Table 2: Milk substitutes meeting the USDA's nutrition standards
Unflavored milk substitutes (allowed for ages 1 and older)

Manufacturer	Product	Container size (fluid ounces)	Container	UPC code
Pacific Natural Foods	Ultra Soy All Natural Beverage, Plain, aseptic package	32	0-5260-02000-4	
Kädekoos	Peak Organic Soyamilk, Smart Oatmeal, aseptic package	8	Code 06113, UPC 0-41360-00137-7 Code 06113, UPC 106-41390, 06113-4	
Kädekoos	Oatmeal Soyamilk, Plain	64	0-96113-49000-4	
Stonewall's Beverage Foods	8 fl. Container Soyamilk, Oatmeal, refrigerated	64	0-53839-07066-3	
Smooth Naturals	Soyamilk, Oatmeal, aseptic package ¹	8	7-02758-33108-8	
Smooth Naturals	Soyamilk, Oatmeal, aseptic package ¹	32	7-02758-33232-8	
Wal-Mart	Giant Value Soyamilk, Oatmeal, paper carton ¹	32	0-79742-69537-1	

¹ These beverages exceed the fat content for non-dairy milk substitutes required by Section 10.221(e) of the Connecticut General Statutes. These beverages may be served as a milk substitute at CACFP child nutrition programs located in public schools.

Table 3: Milk substitutes meeting the USDA's nutrition standards
Flavored milk substitutes (allowed only for ages 6 and older)²

Manufacturer	Product	Container size (fluid ounces)	Container	UPC code
Kädekoos	Peak Organic Soyamilk, Smart Chocolate, aseptic package	8	Code 06113, UPC 0-41360-00137-7 Code 06113, UPC 106-41390, 06113-4	
Kädekoos	Peak Organic Soyamilk, Smart Caramel Vanilla, aseptic package	8	Code 06113, UPC 0-41360-00138-4 Code 06113, UPC 106-41390, 06114-4	
Stonewall's Beverage Foods	8 fl. Container Soyamilk, Vanilla, refrigerated	64	0-53839-07067-0	
Smooth Naturals	Soyamilk, Unflavored, Oatmeal, aseptic package ¹	32	7-02758-33032-7	
Smooth Naturals	Soyamilk, Vanilla, aseptic package	32	7-02758-33132-1	
Smooth Naturals	Soyamilk, Vanilla, aseptic package	8	7-02758-33098-3	

² CACFP includes uses flavored non-dairy milk substitutes to ages 6 and older, but the USDA/CACFP child nutrition programs serving only unflavored milk substitutes.

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP.pdf

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Knowledge Check: Milk Substitutes for Children without a Disability



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Knowledge Check: Milk Substitutes for Children without a Disability

Oat milk



A newly enrolled child does not like regular milk and the parents request that you substitute oat milk

Can you claim these meals and snacks for reimbursement?

No

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Knowledge Check: Milk Substitutes for Children without a Disability

Lactose-free milk



A parent requests that you serve lactose-free low-fat milk to her 2-year-old daughter

Can you claim these meals and snacks for reimbursement?

Yes

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Knowledge Check: Milk Substitutes for Children without a Disability

Soy milk



A parent requests that you substitute soy milk for regular milk

Can you claim these meals and snacks for reimbursement?

Yes *

* If meets USDA's nutrition standards for fluid milk substitutes

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Examples of Noncreditable Foods: Milk Component *

Category	Examples
Milk that does not meet the required fat content and flavor restriction for each age group	<ul style="list-style-type: none"> Age 1: Low-fat (1%), fat-free, and reduced-fat milk, flavored milk Ages 2-5: Whole and reduced-fat (2%) milk (except for 1-month transition period), flavored milk Ages 6+: Whole and reduced-fat (2%) milk

* This list is not all-inclusive

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Examples of Noncreditable Foods: Milk Component *

Category	Examples
Nondairy milk substitutes that do not meet USDA's nutrition standards for fluid milk substitutes	Almond milk, cashew milk, rice milk, oat milk, and most brands of soy milk
Powdered milk beverages	Nestle's NIDO
Nutrition supplement beverages	Abbott's Pediasure
Milk cooked or baked in prepared foods	Cereals, puddings, cream sauces, quiche

* This list is not all-inclusive

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More Resources



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USDA Resource

**USDA Memo
CACFP 17-2016**

Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As

<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-and-fluid-milk-substitutions-cacfp-qas>

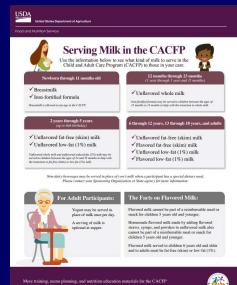
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USDA Webpage

Serving Milk in the CACFP

Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/serving-milk-cacfp>

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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

Milk Component for CACFP Child Care Programs

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk>

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<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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1400 Independence Avenue, SW
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