



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

Module 3: Milk Component

Answer Key for Knowledge Check: Crediting Milk

Instructions: For each age group below, check the box if the type of milk credits as the milk component in the [CACFP meal patterns for children](#).

| Type of milk | Credits in the CACFP meal patterns for children? | | | |
|-----------------------------|--|----------|-----------|------------|
| | 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 only during a **one-month transition** period (ages 24-25 months) when switching a child from whole milk to low-fat or fat-free milk

** The USDA's [CACFP Best Practices](#) recommends serving only unflavored milk.

Note: If a child has a disability that requires milk with a different fat content, the CACFP facility must make an appropriate substitution based on the medical statement signed by a recognized medical authority. For more information, refer to section 2 the Connecticut State Department of Education's (CSDE) guide, [Accommodating Special Diets in CACFP Child Care Programs](#). For guidance on milk substitutes for children without a disability, refer to the CSDE's resource, [Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs](#).

Answer Key for Knowledge Check: Crediting Milk

- **Bite Size** is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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