

Milk sold as PART OF SCHOOL MEALS AND SEPARATELY FROM SCHOOL MEALS must comply with Section 10-221q of the Connecticut General Statutes (C.G.S), the U.S. Department of Agriculture (USDA) regulations for school meals and the USDA Smart Snacks nutrition standards for competitive foods. Milk must be low-fat (1%) unflavored, fat-free unflavored or fat-free flavored, and cannot contain artificial sweeteners or exceed 4 grams of sugar per ounce. Reduced-fat (2%) milk and whole milk cannot be served. These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The Connecticut State Department of Education (CSDE) encourages schools to choose products that also meet the "Better Choice" recommendations (see green and white columns on right).

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. The nutrition information below is based on the package label or manufacturer information supplied at the time of product review. If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, refer to [Submitting Food and Beverage Products for Approval](#).

The CSDE's List of Acceptable Foods and Beverages is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

MILK, 1% UNFLAVORED LOW-FAT AND UNFLAVORED OR FLAVORED FAT-FREE

STATE AND FEDERAL REQUIREMENTS FOR MILK (G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)

Better Choice Recommendations
Choose products that meet all recommendations.

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Product Code and Notes	Date of Review	Better Choice Recommendations	
																		No artificial flavors or colors	No high fructose corn syrup
Clover Farms Dairy	Cream-O-Land Fat-free Strawberry Milk, 8 fl oz paper carton	8 fl oz	110	0	0.0%	0	0.0%	0	105	0	20	2.5	yes	yes	Cream-O-Land Dairy	Cream-O-Land Code 23; Rutters Dairy Code 665	5/11/22	X	X
Clover Farms Dairy	Cream-O-Land 1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Cream-O-Land Dairy	Code 16	5/11/22	X	X
Clover Farms Dairy	Cream-O-Land Fat-free Chocolate Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	170	0	22	2.8	yes	yes	Cream-O-Land Dairy	Code 32	5/11/22		X
Clover Farms Dairy	Cream-O-Land Fat-free Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	150	0	12	1.5	yes	yes	Cream-O-Land Dairy	Code 20	5/11/22	X	X
Clover Farms Dairy	Rosenberger Fat Free Lactose-Free Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Cream-O-Land Dairy	Code 2177	5/11/22	X	X
Dairy Pure	1% Lowfat Milk, 8 fl oz aseptic carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 0-41900-07992-5; Case (27 count) UPC 000-41900-08067-9	4/22/22	X	X

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																					No artificial flavors or colors	No high fructose corn syrup
Dairy Pure	Fat Free Milk, 8 fl oz aseptic carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	yes	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 0-41900-08589-6; Case (27 count) UPC 000-41900-08590-2	4/22/22	X	X
Dairy Pure	Lactose Free 1% Lowfat Milk, 8 fl oz aseptic carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	yes	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 0-41900-08795-1; Case (27 count) UPC 000-41900-08811-8	4/22/22	X	X
Dairy Pure	TruMoo Fat Free Milk, Chocolate, 8 fl oz aseptic carton	8 fl oz	120	0	0.0%	0	0.0%	0	150	1	22	2.8	yes	yes	yes	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 0-41900-07866-9; Case (27 count) UPC 000-41900-08004-4	4/22/22	X	X
Dairy Pure	TruMoo Fat Free Milk, Strawberry, 8 fl oz aseptic carton	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes	yes	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 0-41900-08596-4; Case (27 count) UPC 000-41900-08597-1	4/22/22	X	X
Diversified Foods Inc.	Borden Lactose Free Fat-free Milk, 8 fl oz aseptic carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	yes	yes	yes	Ace Endico, New England Ice Cream, Thurston, Wades Dairy	UPC 8-15473-01897-7; Case (27 count) UPC 008-15473-01912-7	4/22/22	X	X
Guida's Dairy	1% Low-fat Milk, 8 fl oz paper	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	yes	yes	yes	Guida	UPC 0-22451-10700-8	8/8/13	X	
Guida's Dairy	Fat-free Skim Milk, 8 fl oz paper	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	yes	yes	yes	Guida, HPC	UPC 0-22451-01480-1	8/8/13	X	X
Guida's Dairy	Healthy Moo Chocolate Fat-free Milk, 8 fl oz paper	8 fl oz	120	0	0.0%	0	0.0%	0	190	0	20	2.5	yes	yes	yes	yes	yes	Guida	Code 22; UPC 0-22451-00220-4	2/22/17	X	X
Guida's Dairy	Healthy Moo Strawberry Fat-free Milk, 8 fl oz	8 fl oz	130	0	0.0%	0	0.0%	0	130	0	22	2.8	yes	yes	yes	yes	yes	Guida	Code 23; UPC 0-22451-00230-3	2/22/17		X
Harrisburg Dairies	Fat-free Chocolate Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	200	0	20	2.5	yes	yes	yes	yes	yes		Code 187	9/30/22		X

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MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

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Harrisburg Dairies	Fat-free Cookies & Cream Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	21	2.6	yes	yes	Wade's Dairy	Code 178	9/30/22					X
Harrisburg Dairies	Fat-free Strawberry Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	105	0	21	2.6	yes	yes	Wade's Dairy	Code 177	9/30/22					X
Harrisburg Dairies	Low-fat Chocolate Milk, 8 fl oz carton	8 fl oz	150	2.5	15.0%	1.5	9.0%	0	200	0	23	2.9	yes	yes			9/30/22					
Harrisburg Dairies	Low-fat Milk, 8 fl oz carton	8 fl oz	100	2.5	22.5%	1	9.0%	0	105	0	12	1.5	yes	yes			9/30/22	Code 137				
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4 fl oz	45	0	0.0%	0	0.0%	0	65	0	6	1.5	yes	yes			9/30/22	Code 168. Portion size for the USDA NSLP and SBP meal patterns must be 8 fluid ounces.				
Harrisburg Dairies	Skim Milk, 8 fl oz carton	8 fl oz	80	0	0.0%	0	0.0%	0	100	0	12	1.5	yes	yes			9/30/22	Code 167				
Hershey's	Shelf Stable 1% Fat free Chocolate Milk, 8 fl oz aseptic	8 fl oz	120	0	0.0%	0	0.0%	0	150	0	20	2.5	yes	yes	Jay Bee, Thurston	27 cartons/case	2/27/15					X
Hershey's	Shelf Stable 1% Low-fat White Milk, 8 fl oz aseptic	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	13	1.6	yes	yes	Jay Bee, Thurston	27 cartons/case	2/27/15					X
HP Hood, LLC	Chocolate Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	220	0	22	2.8	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-11244-7	12/22/21					X

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HP Hood, LLC	Lowfat Milk, 1% Milkfat, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	125	0	12	1.5	yes	yes	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-11183-9	12/22/21	X	X
HP Hood, LLC	Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	150	0	22	2.8	yes	yes	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-11506-6	12/22/21		X
HP Hood, LLC	Ultra-Pasteurized Fat Free Milk, 8 fl oz paper carton	8 fl oz	80	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-10088-8	12/22/21	X	X
HP Hood, LLC	Ultra-Pasteurized Lactaid® Lactose Free Calcium Fortified Fat Free Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-41383-09032-5	12/22/21	X	X
Oakhurst Dairy	Oakhurst Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	100	0	22	2.8	yes	yes	yes	yes	Guida	UPC 0-73438-00238-0	9/30/14		X
Organic Valley	1% Low-fat Milk, 6.75 fl oz aseptic package	6.75 fl oz	90	2	20.0%	1.5	15.0%	0	105	0	10	1.5	yes	yes	yes	yes	Green Nature Marketing	UPC 0-93966-00567-7; 12-pack UPC 0-93966-00568-4; 24-pack UPC 0-93966-00569-1	7/31/15	X	X
Organic Valley	1% Low-fat Milk, 8 fl oz aseptic package	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	yes	yes	UNFI	UPC 0-93966-00222-5	8/2/13	X	X
Shamrock Farms	Fat Free Plus (Calcium Enriched) Milk, 12 fl oz plastic bottle	12 fl oz	150	0	0.0%	0	0.0%	0	220	0	20	1.7	yes	yes	yes	yes	Vistar	UPC 0-28300-00092-6; Case UPC 100-28300-00092-3	7/26/13	X	X
Shamrock Farms	Lowfat mmmilk, 1% Low-fat Fat Milk, 12 fl oz plastic bottle	12 fl oz	160	3.5	19.7%	2.5	14.1%	0	180	0	17	1.4	yes	yes	yes	yes	Berkshire, Vistar	UPC 0-28300-00231-9; Case UPC 100-28300-00231-6	7/26/13	X	

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																					No artificial flavors or colors	No high fructose corn syrup
Shamrock Farms	% Low-fat Fat Milk, 7 fl oz plastic bottle	7 fl oz	90	2	20.0%	1	10.0%	0	90	0	10	1.4	yes	yes	yes	yes	Vistar	UPC 0-28300-00382-8; Case (24 count) UPC 000-28300-55035-3. Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.	6/16/22	X	X	
Shamrock Farms	% Low-fat Fat Milk, Chocolate, 7 fl oz plastic bottle	7 fl oz	140	2.5	16.1%	1.5	9.6%	0	160	0	23	3.3	yes	yes	yes	yes	Vistar	UPC 0-28300-00380-4; Case (24 count) UPC 108-53778-00410-0. Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.	6/16/22	X	X	