

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs

School Year 2021-22

The U.S. Department of Agriculture (USDA) has different requirements for the milk component in the meal patterns for grades K-12 and preschoolers (ages 1-4) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, Afterschool Snack Program (ASP) of the NSLP, and Special Milk Program (SMP). The SSO follows the NSLP and SBP meal patterns.

The milk requirements for grades K-12 are defined by the USDA regulations for the NSLP ([7 CFR Part 210](#)), SBP ([7 CFR Part 220](#)), and SMP ([7 CFR Part 215](#)). The preschool meal patterns follow the Child and Adult Care Food Program (CACFP) meal patterns. The milk requirements for the preschool meal patterns are defined by the USDA's Final Rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*.

In addition to the USDA's meal pattern requirements, milk and nondairy milk substitutes sold to students in public schools (as part of and separately from school meals) must also comply with the state beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.).



This document summarizes the federal and state milk requirements for each school nutrition program and provides applicable resources. School food authorities (SFAs) must ensure that milk meets the specific requirements for each school nutrition program and grade group. For additional guidance, refer to the Connecticut State Department of Education's (CSDE) [Operational Memorandum 06-19: Summary of Federal and State Milk Requirements for the National School Lunch Program \(NSLP\), School Breakfast Program \(SBP\), Afterschool Snack Program \(ASP\) of the NSLP, and Special Milk Program \(SMP\)](#).

For information on complying with the meal patterns for school nutrition programs, refer to the CSDE's guides, [Menu Planning Guide for School Meals for Grades K-12](#), [Menu Planning Guide for Preschoolers in the NSLP and SBP](#), and [Afterschool Snack Program Handbook](#). For information on crediting foods, visit the CSDE's [Crediting Foods in School Nutrition Programs](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages.

This information is subject to change as the USDA continues to issue policy guidance on the meal patterns for school nutrition programs. The CSDE will notify SFAs when new guidance is available.

Comparison of Requirements for the Milk Component in School Nutrition Programs

USDA Requirements for the Milk Component in the Meal Patterns for the NSLP, SBP, ASP, SSO, and SMP				
Requirement	Grades K-12		Preschoolers (Ages 1-4)	
	NSLP, SBP, and SSO	ASP and SMP	NSLP, SBP, and SSO	ASP and SMP
R1: Fat Content	Must be low-fat or fat-free milk	Same	Age 1: Must be whole milk Ages 2-4: Must be low-fat milk or fat-free milk	Same
R2: Flavored Milk	Must be fat-free. Note: Per USDA memo, COVID-19: Child Nutrition Response #90: Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022 , SFAs must request a waiver from the CSDE to serve flavored low-fat milk to grades K-12 from October 1, 2021, through June 30, 2022. For more information, visit the “How To” section of the CSDE’s Operating Child Nutrition Programs during COVID-19 Outbreaks webpage. Resources USDA Memo COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the CACFP for School Year 2021-2022	Same	Not allowed. Milk must be unflavored.	Same

Comparison of Requirements for the Milk Component in School Nutrition Programs

USDA Requirements for the Milk Component in the Meal Patterns for the NSLP, SBP, ASP, SSO, and SMP				
Requirement	Grades K-12		Preschoolers (Ages 1-4)	
	NSLP, SBP, and SSO	ASP and SMP	NSLP, SBP, and SSO	ASP and SMP
<p>R3: Allowable Types of Milk</p>	<ul style="list-style-type: none"> • Low-fat milk (unflavored only) • Fat-free milk (unflavored or flavored) <p>Additional state requirements for milk in public schools: In addition to the USDA’s requirements, milk sold in public schools (as part of and separately from school meals) must comply with the state beverage requirements of C.G.S. Section 10-221q. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet federal and state requirements are included in list 16 on the CSDE’s List of Acceptable Foods and Beverages webpage.</p> <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage)</p>	<ul style="list-style-type: none"> • Low-fat milk (unflavored only) • Fat-free milk (unflavored or flavored) 	<p>Age 1: Must be unflavored whole milk. Ages 2-4: Must be unflavored low-fat milk or unflavored fat-free milk.</p> <p>Note: Breastmilk meets the milk component and may be served in place of fluid milk. A written request is not required.</p> <p>Additional state requirements for milk in public schools: In addition to the USDA’s requirements, milk sold in public schools (as part of and separately from school meals) must comply with the state beverage requirements of C.G.S. Section 10-221q. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet federal and state requirements are included in list 16 on the CSDE’s List of Acceptable Foods and Beverages webpage.</p> <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) Serving Milk in the CACFP (USDA)</p>	<p>Same</p>
<p>R4: Variety of Milk</p>	<p>Required: SFAs must serve at least two different choices of milk. At least one choice must be unflavored fat-free or low-fat milk.</p>	<p>Not required: SFAs may serve one type of allowable milk (such as unflavored low-fat milk) to all grades.</p>	<p>Not required: SFAs may serve one type of allowable milk to each age group. For example, unflavored whole milk for age 1, unflavored low-fat milk for ages 2-5, and unflavored low-fat milk for ages 6 and older.</p>	<p>Same</p>

Comparison of Requirements for the Milk Component in School Nutrition Programs

USDA Requirements for the Milk Component in the Meal Patterns for the NSLP, SBP, ASP, SSO, and SMP				
Requirement	Grades K-12		Preschoolers (Ages 1-4)	
	NSLP, SBP, and SSO	ASP and SMP	NSLP, SBP, and SSO	ASP and SMP
<p>R5: Nondairy Milk Substitutes for Children without a Disability</p>	<p>SFAs may choose to serve nondairy beverages (such as soy milk) to children whose dietary needs do not constitute a disability. The child’s parent or guardian must submit a written request for a nondairy milk substitute. The nutrition standards for fluid milk substitutes are defined by the NLSP regulations (7 CFR 210.10). For more information, refer to the CSDE’s resource, <i>Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs</i>.</p> <p>Note: SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals.</p> <p>Additional state requirements for nondairy milk substitutes in public schools: In addition to the USDA’s requirements, nondairy milk substitutes sold in public schools (as part of and separately from school meals) must comply with the state beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes cannot contain artificial sweeteners or more than 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet federal and state requirements are included in list 17 on the CSDE’s List of Acceptable Foods and Beverages webpage.</p>	<p>Same</p>	<p>SFAs may choose to serve nondairy beverages (such as soy milk) to children whose dietary needs do not constitute a disability. The child’s parent or guardian must submit a written request for a nondairy milk substitute. The nutrition standards for fluid milk substitutes are defined by the NLSP regulations (7 CFR 210.10). For more information, refer to the CSDE’s resource, <i>Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs</i>.</p> <p>Note: SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals.</p> <p>Additional state requirements for nondairy milk substitutes in public schools: In addition to the USDA’s requirements, nondairy milk substitutes sold in public schools (as part of and separately from school meals) must comply with the state beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes cannot contain artificial sweeteners or more than 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet federal and state requirements are included in list 17 on the CSDE’s List of Acceptable Foods and Beverages webpage.</p>	<p>Same</p>

Comparison of Requirements for the Milk Component in School Nutrition Programs

USDA Requirements for the Milk Component in the Meal Patterns for the NSLP, SBP, ASP, SSO, and SMP				
Requirement	Grades K-12		Preschoolers (Ages 1-4)	
	NSLP, SBP, and SSO	ASP and SMP	NSLP, SBP, and SSO	ASP and SMP
R5: Nondairy Milk Substitutes for Children Without a Disability, <i>continued</i>	Resources Accommodating Special Diets in School Nutrition Programs (CSDE) Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions	Same	Resources Accommodating Special Diets in School Nutrition Programs (CSDE) Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions	Same

Comparison of Requirements for the Milk Component in School Nutrition Programs

Regulations and Policy

Final Rule (77 FR 4088): Nutrition Standards in the National School Lunch and School Breakfast Programs):

<https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.fns.usda.gov/cacfp/fr-042516>

National School Lunch Program Regulations (7 CFR 210):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>

Program Legislation and Regulations (USDA):

<https://www.fns.usda.gov/cn/program-legislation-regulations>

School Breakfast Program Regulations (7 CFR 220):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220>

Special Milk Program Regulations (7 CFR 215):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-215>

USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers:

<https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers>

USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Q&As for Program Operators:

<https://www.fns.usda.gov/cn/meal-requirements-under-national-school-lunch-program-and-school-breakfast-program>

Comparison of Requirements for the Milk Component in School Nutrition Programs

Websites and Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

CSDE Operational Memorandum 06-19: Summary of Federal and State Milk Requirements for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, and Special Milk Program (SMP):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM06-19.pdf>

Food Buying Guide Section 5: Overview of Crediting Requirements for the Milk Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf

Food Buying Guide Section 5: Yield Table for Milk (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Meal Patterns for School Nutrition Programs: Grades K-12 (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Milk Component for Grades K-12 (CSDE):

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

Milk Component for Grades K-12 in the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MilkK12>

Comparison of Requirements for the Milk Component in School Nutrition Programs

Milk Component for Preschoolers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Milk>

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Policy Memos for Child Nutrition Programs (USDA webpage):

<https://www.fns.usda.gov/resources>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Resources for the Preschool Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ResourcesPreschoolMealPattern.pdf>

Seamless Summer Option (SSO) of the NSLP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Seamless-Summer-Option-SSO-of-the-NSLP>

Special Diets in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Special Milk Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Special-Milk-Program>

Comparison of Requirements for the Milk Component in School Nutrition Programs



For more information, visit the Connecticut State Department of Education's (CSDE) [Crediting Foods in School Nutrition Programs](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonMilkRequirementsSNP.pdf>.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of affirmative action/equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.