

Milk Component of the Summer Food Service Program Meal Patterns

This document provides guidance on meeting the meal pattern and crediting requirements for the milk component of the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) meal patterns. The [SFSP meal patterns](#) have different requirements for milk at breakfast, lunch and supper, and snack.

- **Breakfast:** The breakfast meal pattern requires 1 cup of milk. Milk may be served as a beverage, on cereal, or a combination of both.
- **Lunch and supper:** The lunch and supper meal pattern requires 1 cup of milk. Milk must be served as a beverage.
- **Snack:** A 1-cup serving of milk may be served as one of the two required snack components. Milk may be served as a beverage, on cereal, or a combination of both. Milk cannot be served when juice is the only other snack component. To increase nutrient variety, the Connecticut State Department of Education (CSDE) recommends not serving milk when yogurt is the only other snack component.

Crediting Requirements for Milk

The milk component includes only fluid milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).

- **Allowable types of fluid milk:** The SFSP milk component includes pasteurized unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. The recommendations below indicate the best types of milk for each age group.
 - **Age 1:** Serve unflavored whole milk.
 - **Ages 2-5:** Serve unflavored low-fat or fat-free milk.
 - **Ages 6 and older:** Serve unflavored or flavored low-fat or fat-free milk.

SFSP sponsors may offer lactose-reduced or lactose-free milk to children who are lactose intolerant.



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- **Milk substitutes for children with disabilities:** When a child has a medically documented disability that requires a milk substitute (such as a nondairy beverage, e.g., soy milk, almond milk, or rice milk; juice; or water) the SFSP sponsor must provide an appropriate substitute based on the child’s medical statement signed by a recognized medical authority. **The SFSP meal patterns do not allow milk substitutes for children without disabilities.** For more information, see [USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in CACFP and SFSP](#), and the “Meal Modifications in the SFSP” section of the USDA’s publication, *Nutrition Guide: Summer Food Service Program*.
- **Milk in smoothies:** Milk served in fruit and vegetable smoothies credits as the milk component. The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than 1 cup of milk per serving, the SFSP menu must include the additional amount from another serving of milk. **Note:** Crediting milk in amounts less than the full serving applies only to smoothies. SFSP menus must always offer the full 1-cup serving of milk with each meal.

To credit milk in smoothies made on site, SFSP sponsors must have a standardized recipe that documents the amount of milk per serving. To credit milk in commercial smoothies, SFSP sponsors must obtain a PFS that states the amount of milk per serving. The PFS must also attest that commercial mixes with milk are made using ingredients that meet federal, state, and local definitions for fluid milk. For more information, see the CSDE’s handout, *Crediting Smoothies in the SFSP*.

- **Milk in prepared foods:** The SFSP meal patterns require fluid milk as a beverage. Milk does not credit when cooked in cereals, puddings, cream sauces, or other foods. For example, milk does not credit when used to make quiche or macaroni and cheese. Foods made from milk (such as cheese, yogurt, and ice cream) do not credit as the milk component. For information on crediting cheese and yogurt as the meat/meat alternates component, see the CSDE’s handout, *Meat/Meat Alternates Component of the SFSP Meal Patterns*.

Keeping Milk Cold

Implementing procedures to keep milk cold is important for food safety, and helps make milk more appealing to children. Milk must be kept at 40°F or below, but has the best taste at 35°F. SFSP sponsors should develop procedures to help summer meals sites maintain milk at 35°F during all points of the meal service (receiving, storing, and serving).

New England Dairy’s [Keep Milk Cold](#) webpage contains resources to help staff serve cold milk. The U.S. Dairy has a [Milk Quality Checklist](#) that helps programs evaluate their current practices and implement procedures for



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keeping milk cold.

Resources

Crediting Milk in the SFSP (CSDE webpage):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditMilkSFSP.pdf>

Crediting Foods in the SFSP (CSDE webpage): webpage

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Smoothies in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditSmoothiesSFSP.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Keep Milk Cold (New England Dairy webpage):

<https://www.newenglanddairy.com/school-meals/keep-milk-cold/>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Milk Quality Checklist (U.S. Dairy):

<https://www.usdairy.com/news-articles/milk-quality-check-list>

Noncreditable Foods in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/NoncreditableFoodsSFSP.pdf>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in CACFP and SFSP:

<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals 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/SFSP/CreditingSFSP/ComponentMilkSFSP.pdf>.

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1400 Independence Avenue, SW
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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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