



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


Module 3: Milk Component



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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

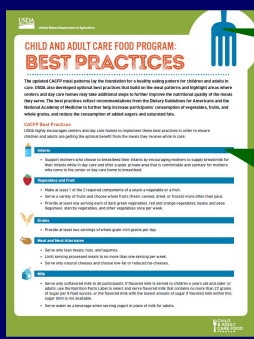
Age Group	Type of fluid milk
Age 1	<ul style="list-style-type: none"> • Whole milk, <i>unflavored</i>
Ages 2-5	<ul style="list-style-type: none"> • Low-fat (1%) milk, <i>unflavored</i> • Fat-free milk, <i>unflavored</i>
6 and older	<ul style="list-style-type: none"> • Low-fat (1%) milk, <i>unflavored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



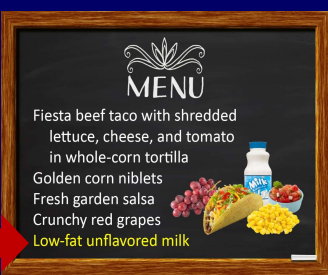
- Lactose-free and lactose-reduced milk
- Acidified milk, e.g., kefir and acidified acidophilus
- Cultured milk, e.g., cultured buttermilk, cultured kefir, and cultured acidophilus
- Ultra High Temperature (UHT) milk

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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	¾ 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



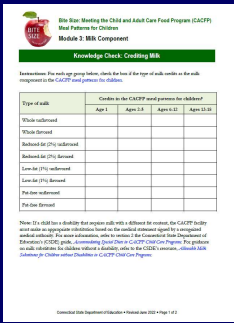
- 1-month transition period
 - Whole milk
 - Reduced-fat milk

Not allowed for any other ages

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Knowledge Check: Crediting Milk



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

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



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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Recognized Medical Authority

- Physicians
- Physician assistants
- Doctors of osteopathy
- Advanced practice registered nurses (APRN)



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Children with a Disability

Milk Substitutes

- Required when disability restricts child's diet
- Must be based on medical statement signed by recognized medical authority



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Medical Statement Requirements

Information about the child's physical or mental impairment that is sufficient to allow the CACFP facility to understand how this impairment restricts the child's diet

An explanation of what must be done to accommodate the child's disability

The type of milk to be omitted and recommended alternatives



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CSDE Resource

Medical Statement for Meal Modifications in CACFP Child Care Programs

English and Spanish



<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents#MedicalStatements>

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CSDE Resource

Guidance and Instructions: Medical Statement for Meal Modifications in CACFP Child Care Programs

English and Spanish



<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents#MedicalStatements>

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Children with a Disability

Milk Substitutes

- Must provide appropriate substitute based on medical statement
- Not required to meet CACFP meal patterns
- Can be any milk substitute that meets child's specific needs



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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 <i>without</i> a disability	Requires written parent/ guardian request?
1. Lactose-free or lactose-reduced milk <ul style="list-style-type: none"> 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 <i>without</i> 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

- Cannot substitute juice, water, or any other beverages *even if specified on medical statement*



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CSDE Resource

Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs

- Requirements for nondairy milk substitutes
- How to identify allowable milk substitutes
- List of allowable commercial products

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

Allowable Milk Substitutes for Children without Disabilities in the Child and Adult Care Food Program

The requirements in this document apply only to milk substitutes for children who do not meet the criteria for a disability. The information for children with a disability that appears in this document is for informational purposes only. For more information, please refer to the requirements of Federal (FAR) and State (Connecticut State) Child and Adult Care Food Program (CACFP) regulations. For more information, please refer to the requirements of Federal (FAR) and State (Connecticut State) Child and Adult Care Food Program (CACFP) regulations.

Child care facilities including child care centers, family day care homes, and child care centers, emergency shelters, and family day care homes that participate in the Child and Adult Care Food Program (CACFP) must follow the U.S. Department of Agriculture (USDA) requirements for milk substitutes for children without a disability. These requirements apply only to milk substitutes for children who do not meet the criteria for a disability.

CACFP facilities have the option to replace or supplement fluid milk substitutes for children who do not meet the criteria for a disability with other beverages, such as lactose-free milk, soy milk, or other nondairy milk substitutes, if the CACFP facility chooses to make allowable milk substitutes available. However, the USDA's CACFP Title 7, Part 225.12(a) requires that the facility use a product that is specifically labeled as a milk substitute. The USDA does not provide additional requirements for these substitutes.

Allowable Fluid Milk Substitutes

The USDA allows the use of fluid milk substitutes for children who do not meet the criteria for a disability.

1. **Standard fluid milk substitutes** must be the equivalent of standard fluid milk for each age group. Lactose-free or lactose-reduced milk must be available for children age 1 and older and for 2% or 1% fat milk for ages 1 and older. CACFP facilities must serve standard fluid milk to ages 1 and older. The USDA's CACFP Title 7, Part 225.12(a) requires that the facility use a product that is specifically labeled as a milk substitute. The USDA does not provide additional requirements for these substitutes.


2. **Nondairy milk substitutes** for use in the USDA's CACFP Title 7, Part 225.12(a) must be available for children who do not meet the criteria for a disability. CACFP facilities may choose to replace or supplement fluid milk substitutes for children who do not meet the criteria for a disability with other beverages, such as lactose-free milk, soy milk, or other nondairy milk substitutes.

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Additional State Beverage Requirements



Milk and Nondairy Milk Substitutes

- 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			
Enriched milk substitutes (allowed for ages 1 and older)			
Manufacturer	Product	Container size (fluid ounces)	Container UPC code
Pacific Natural Foods	1/2oz Soy All Natural Unsweetened Beverage, Plain, aseptic package	32	0-5303-08200-4
Kikkoman	Plain Organic Soy milk, Unsweet Original, aseptic package	8	Code 00118, UPC 0-41390-00101-7; Case (24 count) UPC 100-41390-00101-4
Kalshad Signature	Organic Soy milk, Plain	64	0-59618-49000-4
Hansen's Heritage Foods	8oz Container Soy milk, Original, unflavored	64	0-53857-07060-3
Sweet's Naturals	Soy milk, Original, aseptic package	8	7-82758-33018-9
Sweet's Naturals	Soy milk, Original, aseptic package	32	7-82758-33020-8
Walnut	Case "Van" Soy milk, Original, aseptic package	32	0-70742-00087-1

Table 2: Milk substitutes meeting the USDA's nutrition standards, continued			
Flavored milk substitutes (allowed only for ages 2 and older)			
Manufacturer	Product	Container size (fluid ounces)	Container UPC code
Kikkoman	Plain Organic Soy milk, Unsweetened, aseptic package	8	Code 00118, UPC 0-41390-00101-7; Case (24 count) UPC 100-41390-00101-4
Kikkoman	Plain Organic Soy milk, Sweet Cherry Vanilla, aseptic package	8	Code 00118, UPC 0-41390-00101-4; Case (24 count) UPC 100-41390-00101-1
Hansen's Heritage Foods	8oz Container Soy milk, Vanilla, unflavored	64	0-53857-07067-0
Sweet's Naturals	Soy milk, Unsweetened Vanilla, aseptic package	32	7-82758-33020-7
Sweet's Naturals	Soy milk, Vanilla, aseptic package	32	7-82758-33012-1
Sweet's Naturals	Soy milk, Vanilla, aseptic package	8	7-82758-33028-3

1. These beverages exceed the fat limit for another milk substitute required by Section 10-212 of the Connecticut General Statutes. They cannot be served as a milk substitute in CACFP child care programs located in public schools.

2. These beverages exceed the fat limit for another milk substitute required by Section 10-212 of the Connecticut General Statutes. They cannot be served as a milk substitute in CACFP child care programs located in public schools.

CACFP facilities may serve flavored another milk substitutes to ages 1 and older, but the USDA's CACFP Site Review assessors verify 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 <i>fat content and flavor restriction</i> 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 <i>USDA's nutrition standards for fluid milk substitutes</i>	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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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-gas>

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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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Thank you for participating in Bite Size!

<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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