



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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:** (833) 256-1665 or (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 equal opportunity/affirmative action 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, 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.