

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%) or fat-free (unflavored or flavored) and cannot contain artificial sweeteners or exceed 4 grams of sugar per ounce. 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 all 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 following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage 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](#).

For additional information on complying with the state beverage statute, refer to the CSDE's resources, [Allowable Beverages in Connecticut Public Schools](#) and [Questions and Answers on Connecticut Statutes for School Food and Beverages](#) and visit the CSDE's [Beverage Requirements](#) webpage.

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

**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 schools:** Portion size limit of 8 fluid ounces  
**Middle and high schools:** 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)	Grams of sugars per ounce	Standard met	Standard met	Vendors	Product code and notes	Review date	Better Choice Recommendations	
																		No artificial flavors or colors	No high fructose corn syrup
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 (case 70 count)	1/16/24	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 (case 70 count)	1/16/24		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 (case 70 count)	1/16/24	X	X
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 (case 50 count)	1/16/24	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 (case 50 count)	1/16/24	X	X

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

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 schools: Portion size limit of 8 fluid ounces  
Middle and high schools: 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)	Grams of sugars per ounce	Standard met	Standard met	Vendors	Product code and notes	Review date	Better Choice Recommendations	
																		No artificial flavors or colors	No high fructose corn syrup
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	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	Code 10425; UPC 8-15473-01897-7; Case (27 count) UPC 008-15473-01912-7	1/8/24	X	X
Diversified Foods Inc.	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, Driscoll, Sysco, Thurston, Wade's Dairy	Code 10441; UPC 0-41900-08972-6; Case (27 count) UPC 000-41900-09008-1	1/8/24	X	X
Diversified Foods Inc.	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	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08589-6; Case (27 count) UPC 000-41900-08590-2	1/8/24	X	X
Diversified Foods Inc.	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	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08795-1; Case (27 count) UPC 000-41900-08811-8	1/8/24	X	X
Diversified Foods Inc.	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	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	Code 10211; UPC 0-41900-07866-9; Case (27 count) UPC 000-41900-08004-4	1/8/24	X	X
Diversified Foods Inc.	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	Special Order: Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08596-4; Case (27 count) UPC 000-41900-08597-1	1/8/24	X	X
Garelick Farms	1% Lowfat Milk, 8 fl oz caron	8 fl oz	110	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-75457-54500-8	6/3/24	X	X
Garelick Farms	Fat Free Milk, 8 fl oz caron	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-75457-54600-5	6/3/24	X	X
Garelick Farms	TruMoo Chocolate Fat Free Milk, 8 fl oz caron	8 fl oz	110	0	0.0%	0	0.0%	0	210	0	18	2.3	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-41900-07294-0	6/3/24	X	X
Garelick Farms	TruMoo Strawberry Fat Free Milk, 8 fl oz caron	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-41900-07294-0	6/3/24		X

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**Elementary schools:** Portion size limit of 8 fluid ounces  
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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)	Grams of sugars per ounce	Standard met	Standard met	Vendors	Product code and notes	Review date	Better Choice Recommendations	
																		No artificial flavors or colors	No high fructose corn syrup
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	Wade's Dairy	Code 187; 50 count case	12/28/23		X
Harrisburg Dairies	Fat-free Cookies & Cream Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	170	0	21	2.6	yes	yes	Wade's Dairy	Code 178; 50 count case	12/28/23		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; 50 count case	12/28/23		X
Harrisburg Dairies	Low-fat Milk, 8 fl oz carton	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	12	1.5	yes	yes	Wade's Dairy	Code 137; 50 count case	12/28/23		
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4 fl oz	40	0	0.0%	0	0.0%	0	50	0	6	1.5	yes	yes	Wade's Dairy	Code 168; 75 count case. Portion size for USDA NSLP and SBP meal patterns for K-12 must be 8 fluid ounces.	1/8/24		
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	Wade's Dairy	Code 167; 75 count case	12/28/23		
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; Case (50 count) UPC 100-44100-11244-4	1/22/24		X
HP Hood, LLC	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	All Star Dairy, Crescent Creamery, HP Hood LLC	Item 1554; UPC 0-4410-001554-0; Case (50 count) UPC 100-44100-01554-7	1/22/24		X
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	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-11183-9; Case (50 count) UPC 100-44100-11183-6	1/22/24	X	X
Marcel's Modern Pantry	Fat Free Chocolate Milk, UHT pasteurized, 8 fl oz	8 fl oz	120	0	0.0%	0	0.0%	0	150	1	22	2.8	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00277-2; Case (27 count) UPC 107-54686-00277-9	11/27/23	X	X

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																		No artificial flavors or colors	No high fructose corn syrup
Marcel's Modern Pantry	Lactose Free Lowfat 1% Chocolate Milk, 8 fl oz	8 fl oz	140	2.5	16.1%	1.5	9.6%	0	150	1	22	2.8	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00282-6; Case (27 count) UPC 107-54686-00282-3	8/21/23	X	X
Marcel's Modern Pantry	Lactose Free Lowfat 1% Milk, UHT pasteurized, 8 fl oz	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00275-8; Case (27 count) UPC 107-54686-00275-5	11/27/23	X	X
Marcel's Modern Pantry	Lowfat 1% Milk, UHT pasteurized, 8 fl oz	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	105	0	12	1.5	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00276-5; Case (27 count) UPC 107-54686-00276-2	11/27/23	X	X
Organic Valley	Organic 1% Low-fat Chocolate Milk, 8 fl oz aseptic package	8 fl oz	150	2.5	15.0%	1.5	9.0%	0	200	0	21	2.6	yes	yes		UPC 0-93966-00827-2; Case (24 count) UPC 300-93966-00827-3	12/28/23	X	X
Organic Valley	Organic 1% Low-fat Milk, 8 fl oz aseptic package	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	125	0	12	1.5	yes	yes		UPC 0-93966-00222-5; Case (24 count) UPC 300-93966-00222-6	12/28/23	X	X
Shamrock Farms	1% 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	Vistar	UPC 0-28300-00382-8; Case (24 count) UPC 000-28300-55067-4. <b>Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.</b>	1/4/24	X	X
Shamrock Farms	Chocolate Milk 1% Low-fat, 7 fl oz plastic bottle	7 fl oz	140	2.5	16.1%	1.5	9.6%	0	160	1	23	3.3	yes	yes	Vistar	UPC 0-28300-00380-4; Case (24 count) UPC 000-28300-55034-6. <b>Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.</b>	1/4/24	X	X