

List of Acceptable Foods and Beverages

List 16: Milk

List 16: Milk includes milk that meets the requirements of the state beverage statute (G.C.S. Section 10-221q), the USDA regulations for the school nutrition programs, and the USDA Smart Snacks nutrition standards. Milk must be low-fat (1%) or fat-free and may be unflavored or flavored.

Elementary schools: Portion size limit of 8 fluid ounces

Middle and high schools: Portion size limit of 12 fluid ounces

Better Choice Recommend

Manufacturer	Beverage item	Package or serving size (fluid ounces)	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Sodium (mg)	Fiber (g)	Total sugars (g)	Grams of sugars per ounce: ≤ 4 g	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No caffeine	Vendors	Product code and notes	Review date	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	110	2.5	20.5%	1.5	12.3%	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	130	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	90	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	110	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	90	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
Diversified Foods Inc.	Borden Lactose Free Fat-free Milk, 8 fl oz aseptic carton	8	90	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	110	2.5	20.5%	1.5	12.3%	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	90	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	110	2.5	20.5%	1.5	12.3%	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	120	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

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Diversified Foods Inc.	Dairy Pure TruMoo Fat Free Milk, Strawberry, 8 fl oz aseptic carton	8	110	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	110	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	90	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	110	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	110	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
Harrisburg Dairies	Fat-free Chocolate Artificially Flavored Milk, 8 fl oz carton	8	120	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	120	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	120	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	100	2.5	22.5%	1.5	13.5%	105	0	12	1.5	yes	yes	Wade's Dairy	Code 137; 50 count case	12/28/23	X	X
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4	40	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	X	X

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Harrisburg Dairies	Skim Milk, 8 fl oz carton	8	80	0	0.0%	0	0.0%	100	0	12	1.5	yes	yes	Wade's Dairy	Code 167; 75 count case	12/28/23	X	X
HP Hood, LLC	Chocolate Fat-free Milk, 8 fl oz paper carton	8	130	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	80	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	110	2.5	20.5%	1.5	12.3%	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	120	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
Marcel's Modern Pantry	Lactose Free Lowfat 1% Chocolate Milk, 8 fl oz	8	140	2.5	16.1%	1.5	9.6%	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	110	2.5	20.5%	1.5	12.3%	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	110	2.5	20.5%	1.5	12.3%	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	150	2.5	15.0%	1.5	9.0%	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	110	2.5	20.5%	1.5	12.3%	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

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Shamrock Farms	1% Low-fat Fat Milk, 7 fl oz plastic bottle	7	90	2	20.0%	1	10.0%	90	0	10	1.4	yes	yes	Vistar	UPC 0-28300-00382-8; Case (24 count) UPC 000-28300-55067-4. Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.	1/4/24	X	X
Shamrock Farms	Chocolate Milk 1% Low-fat, 7 fl oz plastic bottle	7	140	2.5	16.1%	1.5	9.6%	160	1	23	3.3	yes	yes	Vistar	UPC 0-28300-00380-4; Case (24 count) UPC 000-28300-55034-6. Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.	1/4/24	X	X