

# Preschool Meal Pattern Training for the School Nutrition Programs

## Module 4 Worksheet: Crediting Milk for Preschoolers



### Part 1 – Milk

**Instructions:** Indicate if each type of milk credits as the milk component in the preschool meal patterns for each age group.

Type of milk	Age 1	Ages 2-4	Explanation
Whole milk, unflavored			
Reduced-fat (2%) milk, unflavored			
Low-fat (1%) milk, unflavored			
Fat-free milk, unflavored			
Flavored milk with appropriate fat content			

<sup>1</sup> For public schools, milk must also meet the requirements of the state beverage statute. Check [list 16](#) of the CSDE's List of Acceptable Foods and Beverages webpage for a list of commercial products that meet the USDA and Connecticut requirements.

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### Part 2 – Milk Substitutes for Children without a Disability

**Instructions:** Indicate if each type of milk substitute credits as the milk component for preschool children without a disability in the preschool meal patterns for each age group.

Milk substitute	Age 1	Ages 2-4	Explanation
Soy milk			
Lactose-free whole milk, unflavored			
Lactose-free low-fat milk, unflavored			
Juice			
Water			
Nondairy milk substitute meeting USDA standards			
<p><sup>1</sup> For public schools, nondairy milk substitutes must also meet the requirements of the state beverage statute. Check <a href="#">list 17</a> of the CSDE’s List of Acceptable Foods and Beverages webpage for a list of commercial products that meet the USDA and Connecticut requirements.</p>			

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The Connecticut State Department of Education's (CSDE) **Preschool Meal Patterns Training for the School Nutrition Programs** is a series of recorded modules that provide comprehensive guidance on complying with the preschool meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the training modules and resources, visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

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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
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