

## Preschool Meal Pattern Training for the School Nutrition Programs

### Answer Key for 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	Yes <sup>1</sup>	No	Whole milk is required for age 1 but is not allowed for ages 2-4. However, whole milk may be served to children ages 24-25 months during a 1-month period when transitioning from whole milk to low-fat or fat-free milk.
Reduced-fat (2%) milk, unflavored	No	No	The preschool meal patterns do not allow reduced-fat milk. However, reduced-fat milk may be served to children ages 24-25 months during a 1-month period when transitioning from whole milk to low-fat or fat-free milk.
Low-fat (1%) milk, unflavored	No	Yes <sup>1</sup>	Whole milk is required for age 1. Low-fat milk is allowed for ages 2-4.
Fat-free milk, unflavored	No	Yes <sup>1</sup>	Whole milk is required for age 1. Fat-free milk is allowed for ages 2-4.

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Flavored milk with appropriate fat content	No	No	Flavored milk is not allowed in the preschool meal patterns
<p><sup>1</sup> For public schools, milk must also meet the requirements of the state beverage statute. Check <a href="#">list 16</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>			

### 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	Depends	Depends	Some brands of commercial soy milk products meet the USDA’s nutrition standards for fluid milk substitutes, but many brands do not. Soy milk that meets the USDA’s nutrition standards credits as the milk component. For public schools, soy milk must also meet the requirements of the state beverage statute.
Lactose-free whole milk, unflavored	Yes <sup>1</sup>	No	Lactose-free milk credits the same as regular milk in the preschool meal patterns. Whole milk is required for age 1 but is not allowed for ages 2-4. However, whole milk may be served to children ages 24-25 months during a 1-month period when transitioning from whole milk to low-fat or fat-free milk.
Lactose-free low-fat milk, unflavored	No	Yes <sup>1</sup>	Lactose-free milk credits the same as regular milk in the preschool meal patterns. Low-fat milk is allowed for ages 2-4 but whole milk is required for age 1.
Juice	No	No	Juice can never be served as a milk substitute for children without a disability
Water	No	No	Water can never be served as a milk substitute for children without a disability

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Nondairy milk substitute meeting USDA standards	Yes <sup>1</sup>	Yes <sup>1</sup>	Nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes credit as the milk component for both age groups.
<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 eight 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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1400 Independence Avenue, SW  
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2. fax: (833) 256-1665 or (202) 690-7442; or
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