Module 4 Worksheet: Crediting Milk

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 2-5	Explanation
Whole milk, unflavored			
Lactose-free whole milk, unflavored			
Reduced-fat (2%) milk, unflavored			
Low-fat (1%) milk, unflavored			
Lactose-free low-fat milk, unflavored			
Fat-free milk, unflavored			
Flavored milk			

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Part 2: Milk Substitutes for Non-disability Reasons

Instructions: Indicate if each type of milk substitute credits as the milk component for non-disability reasons in the preschool meal patterns for each age group.

Milk substitute	Age 1	Ages 2-5	Explanation
Soy milk			
Oat milk			
Rice milk			
Juice			
Water			

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The CSDE's *Preschool Meal Pattern 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.

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2. fax: (833) 256-1665 or (202) 690-7442; or
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