



**Summer Meals
Annual Sponsor Training**

**Crediting Foods in the Summer
Food Service Program (SFSP)
Meal Patterns**

Part 2: Milk Component





Connecticut State Department of Education
Bureau of Child Nutrition Programs
Revised March 2026

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Summer Meals Recorded Training Modules

- Part of CSDE's required annual training for Summer Meals sponsors
- Reflects current requirements of the SFSP regulations




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Crediting Foods in the SFSP Meal Patterns: 5 Modules

- Part 1: Introduction to Crediting Foods
- Part 2: Milk Component
- Part 3: Meats/Meats Alternate Component
- Part 4: Grains/Breads Component
- Part 5: Vegetables/Fruits Component



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Annual Training Section of SFSP Webpage



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>




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This Module Applies Only To

- Summer Meals sites that follow SFSP meal patterns



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This Module Does Not Apply To

- School food authority (SFA) sponsors of SFSP that choose to follow school meal patterns
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - Afterschool Snack Program (ASP)
- Seamless Summer Option (SSO) of NSLP



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Meal Pattern Training for School Nutrition Programs

- What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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Topics

- Requirements for fluid milk
- State beverage statute for public schools
- Menu planning requirements
- Crediting milk in smoothies
- Fluid milk substitutes for disability reasons
- Fluid milk substitutes for non-disability reasons (school food authority sponsors only)
- Keeping milk cold
- Noncreditable milk
- Resources



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Requirements for Fluid Milk

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Requirements for Fluid Milk

- Pasteurized
- Meet all state and local requirements
- Contain vitamins A and D at levels specified by Food and Drug Administration (FDA)

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Allowable Types of Milk

- Whole milk
- Reduced-fat milk
- Low-fat milk
- Fat-free milk
- Buttermilk
- Lactose-reduced milk
- Acidophilus milk

Unflavored or flavored

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Requirements of State Beverage Statute (C.G.S. Section 10-221q)

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State Beverage Statute Applies Only To

- Summer sites operating in public schools



https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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Nutrition Standards for Milk

- No artificial sweeteners
- Cannot exceed 4 grams of sugars per fluid ounce




https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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State Beverage Statute Does Not Apply To

- Summer sites not operating in public schools



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Menu Planning Requirements for Meals and Snacks




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Menu Planning Requirements for Milk

- 1 cup for breakfast and lunch/supper
- 1 cup for snack, if milk is offered

Served as	Breakfast	Snack	Lunch/Supper
Beverage	X	X	X
On cereal	X	X	
Both	X	X	



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Menu Planning Requirements for Milk at Snack

- Only one meal component may be creditable beverage
- Cannot serve milk if juice is only other meal component




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Crediting Milk in Smoothies




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Milk in Smoothies Containing Fruits and Vegetables

- At least ¼ cup
- If less than 1 cup, meal must include additional milk to provide full serving
 - Milk in smoothie = ½ cup
 - Additional milk in meal = ½ cup



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Crediting Smoothies in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_smoothies_sfsp.pdf

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Fluid Milk Substitutes for Disability Reasons




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Fluid Milk Substitutes Required for Disability Reasons

- SFSP sponsors must make **reasonable** meal modifications on a **case-by-case** basis for children whose disability restricts their diet
 - Based on **written medical statement** from state licensed healthcare professional or registered dietitian




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Must Provide Appropriate Milk Substitute

- Based on child's medical statement
- Not required to meet SFSP meal patterns
- Medical statement may indicate any milk substitute that meets child's specific needs



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Fluid Milk Substitutes for Non-disability Reasons

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Fluid Milk Substitutes for Non-disability Reasons

- Allowed only for SFA-operated SFS sites
- SFAs may serve fluid milk substitutes
 1. Meet USDA's nutrition standards for fluid milk substitutes
 2. Comply with State beverage requirements (C.G.S. Section 10-221q)

Does not apply to sites not operated by SFAs



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Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs

Does not apply to sites not operated by SFAs

Allowable Fluid Milk Substitutes for Non-disability Reasons in the School Nutrition Programs

The present guidance for implementing fluid milk substitutes is intended to be used in conjunction with the Summer Food Service Program. These guidelines are not intended to be used in other school nutrition programs. The present guidance is based on the Summer Food Service Program Nutrition Standards (2010-2011) and the Summer Food Service Program Nutrition Standards (2011-2012).

Note: The information in this document is for informational purposes only. It is not intended to be used as a legal document. For more information, please contact the Connecticut State Department of Education at (860) 418-3000.

The present guidance is based on the Summer Food Service Program Nutrition Standards (2010-2011) and the Summer Food Service Program Nutrition Standards (2011-2012).

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https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_snp.pdf

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CSDE Resource

Guidance for Meal Modifications in the Summer Food Service Program

- Required Modifications for Disability Reasons
- Medical Statement
- Procedural Safeguards
- Optional Meal Modifications for Non-disability Reasons
- Summary Chart

Guidance for Meal Modifications in the Summer Food Service Program

The document provides guidance on the requirements for meal modifications in the Summer Food Service Program. It includes information on the types of modifications that are allowed, the process for requesting modifications, and the documentation required. The document is intended for use by school nutrition programs that participate in the Summer Food Service Program.

www.ct.gov/sde/nutrition

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https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/meal_modification_guidance_sfsp.pdf

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Keeping Milk Cold

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Guidance for Keeping Milk Cold

- Food safety 40 degrees or below
- Best taste 35 degrees

Maintain at 35 degrees during meal service





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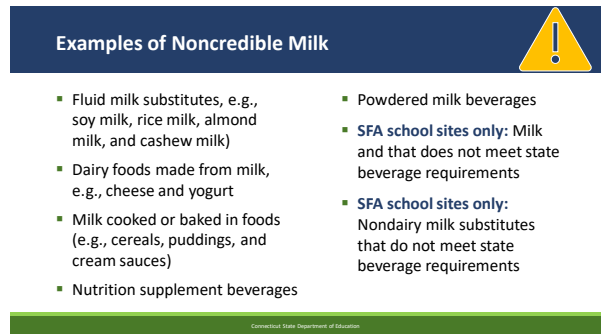
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Noncredible Milk

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Examples of Noncredible Milk

- Fluid milk substitutes, e.g., soy milk, rice milk, almond milk, and cashew milk
- Dairy foods made from milk, e.g., cheese and yogurt
- Milk cooked or baked in foods (e.g., cereals, puddings, and cream sauces)
- Nutrition supplement beverages
- Powdered milk beverages
- **SFA school sites only:** Milk and that does not meet state beverage requirements
- **SFA school sites only:** Nondairy milk substitutes that do not meet state beverage requirements

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Noncredible Foods in the Meal Patterns for the Summer Food Service Program

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/noncredible_foods_sfsp.pdf

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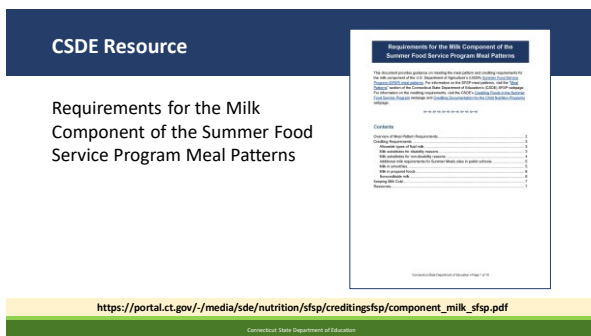
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Resources

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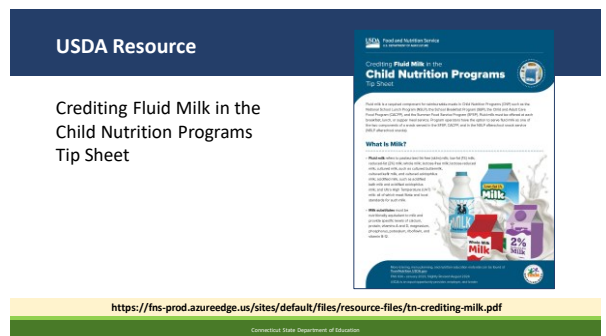
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Requirements for the Milk Component of the Summer Food Service Program Meal Patterns

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/component_milk_sfsp.pdf

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USDA Resource

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet

<https://tns-prod.azureedge.us/sites/default/files/resource-files/tn-crediting-milk.pdf>

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Milk section of CSDE's Crediting Foods in the Summer Food Service Program webpage




<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program>

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Crediting Summary Charts for the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/crediting_summary_charts_sfsp.pdf

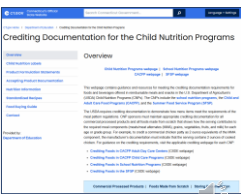
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Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs




<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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Meal Pattern and Crediting Resources for the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpatterns/resources_sfsp_meal_patterns.pdf

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**Questions?
 Contact CSDE's
 Summer Meals Staff**

https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county_assign_summer_meals.pdf

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Thanks for participating!

- More guidance and resources



<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training>

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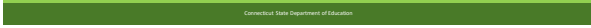
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