



Summer Meals
Annual Sponsor Training

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

Part 2: Milk Component




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Bureau of Child Nutrition Programs

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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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Summer Meals Recorded Training Modules






<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)
 - After-school 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
- Recommended types of milk for different ages
- 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
- Noncredible 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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Recommended Types of Milk for Different Ages



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No Fat Restriction for Milk

- CSDE recommends following Dietary Guidelines for Americans




<https://www.dietaryguidelines.gov/>
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Recommended Types of Milk

- Age 1
Unflavored whole milk
- Ages 2-5
Unflavored low-fat or fat-free milk
- Ages 6 and older
Unflavored or flavored low-fat or fat-free milk



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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
- ≤ 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

Snack

- Only 1 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

| Meal Component | Amount |
|-------------------------|--------|
| Milk in smoothie | ½ cup |
| Additional milk in meal | ¼ 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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Fluid Milk Substitutes Required for Disability Reasons

- Must provide appropriate 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 SFSP sites operated SFAs
- SFAs may serve fluid milk substitutes
 - Meet USDA’s nutrition standards for fluid milk substitutes
 - 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



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


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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



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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Keeping Milk Cold

- Food safety ≤40 degrees
- Best taste 35 degrees



Maintain at 35 degrees during meal service



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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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Noncreditable Foods in the Summer Food Service Program



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

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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/creditingfsfp/component_milk_sfsp.pdf

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USDA Resource

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet



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

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Crediting Foods in the Summer Food Service Program

- Milk section




<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 (SFSP) 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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Resources for the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/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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Office of the Assistant Secretary for Civil Rights
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