

WHAT'S IN A MEAL
Grades K-12

National School Lunch Program
and School Breakfast Program
Meal Patterns for Grades K-12

School Year 2023-24

Module 7: Milk Component

CONNECTICUT STATE DEPARTMENT OF EDUCATION
BUREAU OF CHILD NUTRITION PROGRAMS

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What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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WHAT'S IN A MEAL
Grades K-12

Module Topics
and Key
Messages

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Module 7 Topics

- Required daily and weekly servings
- Allowable types of milk
- Requirements for fluid milk substitutes in school meals
- Serving considerations
- Noncreditable milk
- Resources

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Key Messages for Milk Component

- 1 cup required at lunch and breakfast for all grades
- Low-fat or fat-free

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Key Messages for Milk Component

- Meals with breakfast cereals may offer fluid milk
 - as a beverage
 - on cereal
 - or both

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Key Messages for Milk Component

- Milk substitutes
 - Disability: required
 - No disability: optional



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Daily and Weekly Servings

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Lunch and Breakfast Meal Patterns

Grades	Milk Component (cups)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	5	1	7
6-8	1	5	1	7
9-12	1	5	1	7

May serve larger amounts if weekly menu meets dietary specifications

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Requirements for Milk

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Milk Requirements

1. Fluid milk
2. Fat content: low-fat or fat-free
3. Offer variety
4. State beverage statute

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Fluid Milk

Must Be Fluid Milk

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

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Offer Variety

Variety Examples

- Unflavored fat-free milk
- Chocolate low-fat milk
- Unflavored low-fat milk
- Unflavored fat-free milk
- Unflavored fat-free milk
- Unflavored low-fat milk
- Chocolate fat-free milk



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State Beverage Statute

Section 10-221q of Connecticut General Statutes

- Public schools only
- Nutrition standards
 - No artificial sweeteners
 - ≤ 4 grams of sugars per fluid ounce
- Apply to reimbursable meals and a la carte sales

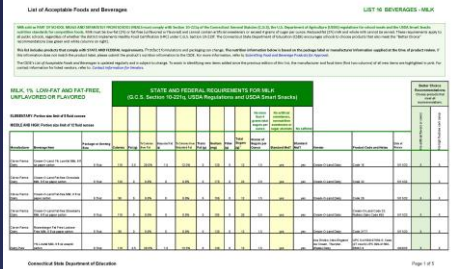
https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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List of Acceptable Foods and Beverages



<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

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Fluid Milk Substitutes in School Meals

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Fluid Milk Substitutes in School Meals

Disability

No disability

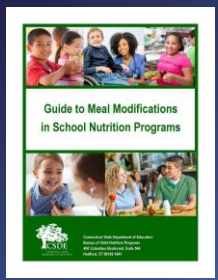


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USDA Resource


Guide to Meal Modifications in School Nutrition Programs



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Guide_Meal_Modifications_SNP.pdf

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Milk Substitutes for Children with a Disability

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Milk Substitutes for Children with a Disability

- Required when disability restricts child's diet
- Based on child's medical statement signed by recognized medical authority

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Recognized Medical Authority


A state-licensed health care professional who is authorized to write medical prescriptions under state law

Terms to Know

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Recognized Medical Authorities *




- Physicians
- Physician assistants
- Doctors of osteopathy
- Advanced practice registered nurses (APRN)

* Connecticut Department of Public Health

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Medical Statement

An official document signed by a recognized medical authority that identifies a child's specific medical condition and the appropriate meal modifications

Terms to Know

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Medical Statement

- Based on recognized medical authority's assessment of child

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Medical Statement

- Based on recognized medical authority's assessment of child
- Required when disability restricts child's diet

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Three Required Elements for Medical Statement


- Information about child's physical or mental impairment that is sufficient to allow school food authority (SFA) to understand how it restricts child's diet
- Explanation of what must be done to accommodate child's disability
- Type of milk to be omitted and recommended alternatives

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Medical Statement for Meal Modifications in School Nutrition Programs




<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs/Documents#MedicalStatements>

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Guidance and Instructions for the Medical Statement for Meal Modifications in School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs/Documents#MedicalStatements>

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Milk Substitutes for Children with a Disability

- Must provide appropriate substitute based on child's medical statement



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Milk Substitutes for Children with a Disability

- Must provide appropriate substitute based on child's medical statement

Not required to meet NSLP and SBP meal patterns



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Milk Substitutes for Children with a Disability

- Medical statement may indicate any milk substitute that meets child's specific needs
 - Milk with different fat content
 - Nondairy milk substitute beverages
 - Juice
 - Water
 - Any other beverage

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Examples of Milk Substitutes for Children with a Disability

Milk fat content

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires whole milk instead of low-fat milk



SFA must provide substitution

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Examples of Milk Substitutes for Children with a Disability

Rice milk

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires rice milk



SFA must provide substitution

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Examples of Milk Substitutes for Children with a Disability

Juice


A medical statement signed by a recognized medical authority indicates that a child has a disability that requires juice instead of milk



SFA must provide substitution

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Milk Substitutes for Children without a Disability

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Milk Substitutes for Children without a Disability

Optional

- Not required for
 - personal food preferences
 - general health concerns

Modifications must always comply with meal patterns



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Milk Substitutes for Children without a Disability

Optional

- Each offered milk substitute option must be available to all children who request it



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Milk Substitutes for Children without a Disability

Dietary Specifications

- Meals with milk substitutes are subject to weekly dietary specifications



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Milk Substitutes for Children without a Disability

Two Allowable Milk Substitutes

-  Lactose-free or lactose-reduced milk (low fat or fat free)
-  Nondairy milk substitute that meets USDA's nutrition standards for fluid milk substitutes *

* Requires written parent/guardian request



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Milk Substitutes for Children without a Disability

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

- Public schools only
- Nutrition standards for milk and nondairy milk substitutes
- Applies to reimbursable meals and a la carte sales

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



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Milk Substitutes for Children without a Disability

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

State Nutrition Standards

Milk	Nondairy Milk Substitutes
<ul style="list-style-type: none"> No artificial sweeteners ≤ 44 grams of sugar per ounce 	<ul style="list-style-type: none"> No artificial sweeteners Sugars: ≤ 4 grams per fluid ounce Calories from fat: ≤ 35% Calories from saturated fat: ≤ 10%

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



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List of Allowable Foods and Beverages: List 17

List of Acceptable Foods and Beverages

LIST OF BEVERAGES - DAIRY ALTERNATIVES

DAIRY ALTERNATIVE BEVERAGES
Including any milk, milk or milk derivative

STATE AND FEDERAL REQUIREMENTS FOR DAIRY ALTERNATIVE BEVERAGES
(C.G.S. Section 10-221q, 102a Regulation and 102a-1a Regulation)

Product Name	Volume	Total Fat	Total Sugar	Total Fat %	Total Sugar %	Calories	Calories from Fat %	Calories from Saturated Fat %	Artificial Sweeteners	Artificial Flavors	Artificial Colors	Other
Almond Milk	8 oz	2.5g	6g	31%	38%	60	31%	10%	No	No	No	None
Coconut Milk	8 oz	2.5g	6g	31%	38%	60	31%	10%	No	No	No	None
Lactose-free Milk	8 oz	2.5g	6g	31%	38%	60	31%	10%	No	No	No	None
Nondairy Milk Substitute	8 oz	2.5g	6g	31%	38%	60	31%	10%	No	No	No	None

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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/AcceptableFoodsList17.pdf>

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List of Allowable Foods and Beverages: List 16

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/AcceptableFoodsList16.pdf>

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Milk Substitutes for Children without a Disability

Nondairy Milk Substitutes

Allowed	Not Allowed
<ul style="list-style-type: none"> Certain brands of soy milk 	<ul style="list-style-type: none"> Most brands of soy milk Almond milk Cashew milk Most brands of oat milk Rice milk Other nondairy milk products

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Milk Substitutes for Children without a Disability

Never Allowed as Milk Substitute

- Juice
- Water
- Any other beverages

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Milk Substitutes for Children without a Disability

Remember: Only 2 Options Allowed

- Lactose-free or lactose-reduced milk
- Nondairy beverage that meets USDA's nutrition standards for fluid milk substitutes

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Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf

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Knowledge Check: Milk Substitutes for Children without a Disability


Determine if milk substitute is allowed

https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_7_Milk_Component.pdf

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Knowledge Check: Milk Substitutes for Children *without* a Disability

Parent requests rice milk 


Can you substitute rice milk and claim these meals for reimbursement?

No

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Knowledge Check: Milk Substitutes for Children *without* a Disability

Parent requests lactose-free milk 


Can you substitute low-fat or fat-free lactose free milk and claim these meals for reimbursement?

Yes

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Knowledge Check: Milk Substitutes for Children *without* a Disability

Parent requests soy milk 


Can you substitute soy milk and claim these meals for reimbursement?

Yes

- Must meet USDA's nutrition standards for fluid milk substitutes
- Requires written parent/guardian request

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Noncreditable Milk

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Examples of Noncreditable Milk

- Milk that does not meet required fat content, e.g., whole milk and reduced-fat (2%) milk
- Nondairy milk substitutes that do not meet USDA's nutrition standards for fluid milk substitutes, e.g., almond milk, cashew milk, rice milk, most brands of oat milk, and most brands of soy milk
- Milk cooked or baked in prepared foods, e.g., cereals, puddings, and cream sauces
- Nutrition supplement beverages, e.g., Abbott's Pediasure
- Powdered milk beverages


Allowed for children with a disability

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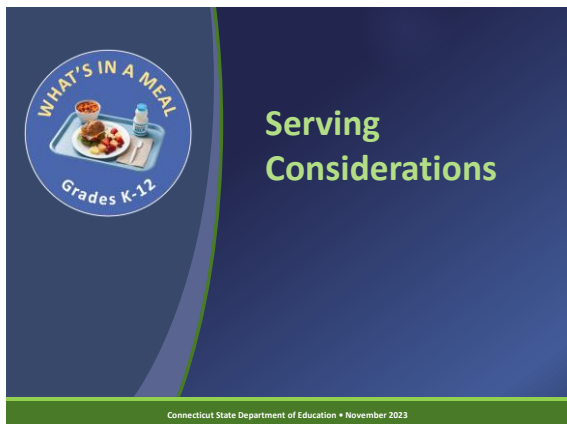
Noncreditable Foods for Grades K-12 in the NSLP and SBP



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf

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WHAT'S IN A MEAL
Grades K-12

Serving Considerations

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Grab a milk!

Serving Considerations

- No water, juice, or other beverages in milk coolers

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Grab a milk!

Serving Considerations

- Keeping milk cold



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New England Dairy Webpage



<https://www.newenglanddairy.com/school-meals/keep-milk-cold/>

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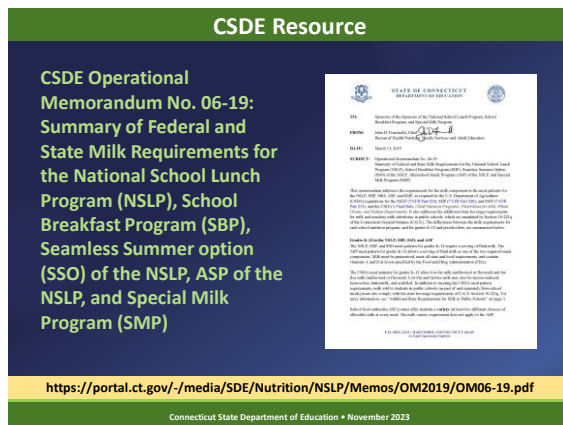


WHAT'S IN A MEAL
Grades K-12

Resources for Milk Component


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CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer option (SSO) of the NSLP, ASP of the NSLP, and Special Milk Program (SMP)



<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM06-19.pdf>

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Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf

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Crediting Foods in School Nutrition Programs

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Milk>

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Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf

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Resources for the School Meal Patterns for Grades K-12

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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Questions?

Contact the school nutrition programs staff

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating in module 7!

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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1400 Independence Avenue, SW
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2. fax: (833) 255-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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