

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

Module 7: Milk Component

CONNECTICUT
Education

Connecticut State Department of Education
Bureau of Child Nutrition Programs

School Year 2024-25

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What's in a Meal Training 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: Meats/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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Topics

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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 About Milk

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Key Messages About Milk

- 1 cup required at lunch and breakfast for all grades
- Must be low-fat or fat-free



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Key Messages About Milk

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



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Key Messages About Milk

- Milk substitutes
 - Required for disability reasons
 - Optional for non-disability reasons



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Minimum Daily and Weekly Servings of Milk



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Minimum Servings of Milk for Lunch and Breakfast

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

May serve larger amounts if weekly menu meets dietary specifications

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Requirements for Milk Component



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Milk Requirements

- Fluid milk
- Low fat or fat free
- Offer variety at each meal
- State beverage statute for public schools




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Requirement 1: 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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Milk Products Do Not Credit

- Dairy foods made from milk, e.g., yogurt and cheese
- Milk cooked in foods, e.g., quiche and macaroni and cheese



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Exception: Minimum Creditable Amount for Milk in Smoothies

- At least ¼ cup
- Meals must include full 1-cup serving of milk

Meal Component	Amount
Milk in smoothie	¼ cup
Additional milk in meal	¼ cup




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Crediting Smoothies for Grades K-12 in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/sde/nutrition/nsfp/crediting/credit_smoothies_snp_grades_k-12.pdf

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Requirement 2: Fat Content

- Low fat (1%) milk
- Fat free (nonfat or skim)

Unflavored or flavored



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Allowable Types of Low-fat and Fat-free Milk

- Lactose-free and lactose-reduced milk
- Cultured milk, e.g., cultured buttermilk, cultured kefir milk, and cultured acidophilus milk
- Acidified milk, e.g., acidified kefir milk and acidified acidophilus milk
- Ultra High Temperature (UHT) milk



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Requirement 3: Milk Variety

- At least 2 different milk choices
- At least 1 unflavored milk choice



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Milk Variety Example 1

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



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Milk Variety Example 2

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



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Milk Variety Example 3

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




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

- Public schools only
- Nutrition standards for milk
 - No artificial sweeteners
 - ≤ 4 grams of sugars per fluid ounce




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

- Applies to all milk in public schools
- Reimbursable meals
- A la carte sales
- Reimbursable afterschool snacks in ASP



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

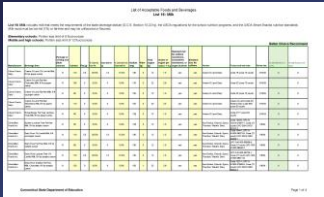
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List of Acceptable Foods and Beverages

- List 16: Milk



<https://portal.ct.gov/sde/nutrition/list-of-acceptable-foods-and-beverages>


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Final Rule Change to Flavored Milk Crediting for School Year 2025-26

New added sugars limit

- In school meals ≤10 grams of added sugars per 8 fluid ounces
- A la carte in middle and high schools ≤15 grams of added sugars per 12 fluid ounces



Beginning planning now to meet requirements

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

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Fluid Milk Substitutes in School Meals

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Fluid Milk Substitutes in School Meals

Different Requirements

- Disability reasons
- Non-disability reasons

Overview only

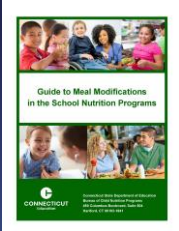


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Guide to Meal Modifications in School Nutrition Programs



https://portal.ct.gov/-/media/sde/nutrition/nsnp/specdiet/guide_meal_modifications_snp.pdf

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Milk Substitutes for Disability Reasons

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Milk Substitutes for Disability Reasons

- Required when disability restricts child's diet
 - Milk allergy
 - Lactose intolerance
- Based on child's medical statement
 - State-licensed healthcare professionals
 - Registered dietitians




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State Licensed Healthcare Professional

An individual who is authorized to write medical prescriptions under state law

- Defined by Connecticut State Department of Public Health (DPH)



Terms to Know

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Connecticut State Licensed Healthcare Professionals

- Physicians (MD)
- Physician assistants (PA or PAC)
- Doctors of osteopathy (DO)
- Advanced practice registered nurses (APRN)




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Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)

An individual with a minimum of a graduate degree from an accredited dietetics program and who completed a supervised practice requirement, passed a national exam, and completes continuing professional educational requirements to maintain registration



Terms to Know

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USDA Final Rule Added Registered Dietitians

- Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans
 - Optional: July 1, 2024
 - Required: July 1, 2025



<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

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Medical Statement

An official document signed by a state-licensed healthcare professional or registered dietitian that identifies a child's specific medical condition and the appropriate meal modifications



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Medical Statement

- Based on assessment of child by state-licensed healthcare professional or registered dietitian
- 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 alternative



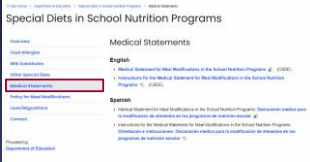
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Special Diets in School Nutrition Programs

- Medical Statement for Meal Modifications in the School Nutrition Programs
- Instructions for the Medical Statement for Meal Modifications in the School Nutrition Programs



<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/medical-statements>

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Milk Substitutes for Disability Reasons

- 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 Disability Reasons

- 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

Different requirements for non-disability reasons



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Examples of Milk Substitutes for Disability Reasons

Example 1: Milk Fat Content

A medical statement signed by a state licensed healthcare professional indicates that a child's disability requires whole milk instead of low-fat milk

SFA must provide substitution



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Examples of Milk Substitutes for Disability Reasons

Example 2: Rice Milk

A medical statement signed by a state licensed healthcare professional indicates that a child has a disability that requires rice milk



SFA must provide substitution

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Examples of Milk Substitutes for Disability Reasons

Example 3: Juice

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



SFA must provide substitution

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Milk Substitutes for Non-disability Reasons

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Milk Substitutes for Non-disability Reasons

- **Optional**
 - Religious or moral convictions
 - General health concerns
 - Personal food preferences

Example: Not required if child does not like milk or drinks a milk substitute at home for religious reasons or because they believe it is healthier



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When SFAs Offer Milk Substitutes

- Must meet USDA's nutrition standards
- Each option must be available to all children
- Weekly dietary specifications apply
- Two allowable milk substitutes



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Option 1: Lactose-free or Lactose-reduced Milk

- Must be low fat or fat free
- Same nutrition content and credit as fluid milk
- USDA recommends for children with lactose intolerance
- Public schools: Must also meet state beverage statute



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Option 2: Fluid Milk Substitutes

- Must meet USDA's nutrition standards for fluid milk substitutes



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Fluid Milk Substitutes

Plant-based beverages like soy milk that are designed to replace cow's milk

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Fluid Milk Substitutes

Plant-based beverages like soy milk that are designed to replace cow's milk

- Must contain minimum amounts of nine nutrients per 8 fluid ounces


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Option 2: Fluid Milk Substitutes

- Must meet USDA's nutrition standards for fluid milk substitutes
- Requires written request that identifies reason for substitute
 - Parent/guardian
 - State licensed healthcare professional
 - Registered dietitian



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Option 2: Fluid Milk Substitutes

- Must meet USDA's nutrition standards for fluid milk substitutes
- Requires written request that identifies reason
 - Parent/ guardian
 - State licensed healthcare professional
 - Registered dietitian
- Maintain requests on file
- Public schools: Must also meet state beverage statute




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

- Public schools only
- Nutrition standards for nondairy milk substitutes



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


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

Applies to all fluid milk substitutes in public schools

- Reimbursable meals
- A la carte sales
- Reimbursable snacks in ASP



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


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

Nutrition Standards for Fluid Milk Substitutes

- 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

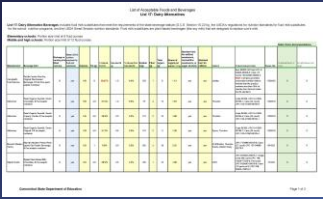
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List of Allowable Foods and Beverages

- List 17: Dairy Alternatives



<https://portal.ct.gov/-/media/sde/nutrition/hfc/fblast/acceptablefoodslist17.pdf>

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Summary of Fluid Milk Substitutes for Non-disability Reasons



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Summary of Fluid Milk Substitutes: Allowed

- Certain brands of soy milk
- One brand of oat milk

Review products before purchasing



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Summary of Fluid Milk Substitutes: Not Allowed

- Many brands of soy milk
- Most brands of oat milk
- Almond milk
- Cashew milk
- Rice milk
- Other nondairy milk products



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Beverages Never Allowed for Non-disability Reasons

- Juice
- Water
- Any other beverages



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Summary of Allowable Options for Non-disability Reasons


Allowable Milk Substitute	Written Request Required
Lactose-free or lactose-reduced milk (low fat or fat free)	No
Fluid milk substitutes that meet USDA's nutrition standards for fluid milk substitutes	Yes

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



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

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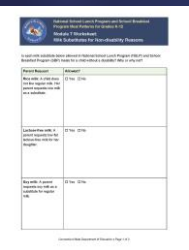
Knowledge Check: Milk Substitutes for Non-disability Reasons

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Knowledge Check: Milk Substitutes for Non-disability Reasons

- Determine if requested milk substitute is allowed



https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_7_milk_component.pdf

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Parent Request 1: Rice Milk

- A child does not like regular milk
- Her parent requests rice milk as a substitute



Allowed?
No, request based on personal preference

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Parent Request 2: Low-fat Lactose-free Milk

- A parent requests low-fat lactose-free milk for her daughter



Allowed?
Yes, credits as milk component

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Parent Request 3: Soy Milk

- A parent requests soy milk as a substitute for regular milk




Allowed?
Yes, if

- Product meets USDA's nutrition standards for fluid milk substitutes
- Parent submits written 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
- Fluid 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 many brands of soy milk
- Dairy foods made from milk, e.g., yogurt and cheese
- Milk cooked or baked in prepared foods, e.g., cereals, puddings, and cream sauces
- Nutrition supplement beverages, e.g., Pediasure
- Powdered milk beverages


Allowed for children with a disability

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Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/noncreditable_foods_snp_grades_k-12.pdf

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Requirements for Serving Milk

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Milk Coolers Must Contain Only Milk

- No water, juice, or other beverages
- SFAs cannot promote or offer water, juice, or any other beverage as an alternative selection to fluid milk throughout food service area




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Keeping Milk Cold

- Food safety ≤ 40 degrees
- Student appeal 35 degrees



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New England Dairy Webpage

Chill Out with Cold Milk

- Toolkit
- Webinar
- Checklist
- Other resources



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

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Resources



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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 the Milk Component Requirements in Six Meal Patterns for the 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

- MMA
- Grains
- Vegetables
- Fruits
- Milk




<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/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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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 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 CSDE's school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

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Thanks for participating!



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

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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