

What's in a Meal Resource List for Module 9: Milk Component

This document contains the resources highlighted in Module 9: Milk Component of the Connecticut State Department of Education's (CSDE) training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. This training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in 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. To access the *What's in a Meal* training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#) webpage.

[Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#)

(CSDE):

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

[Chill Out with Cold Milk](#) (New England Dairy webpage):

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

[Comparison of the Milk Component Requirements in the Meal Patterns for the School Nutrition Programs](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_milk_requirements_snp.pdf

[County Assignments for School Nutrition Programs](#) (CSDE):

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

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

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

[Crediting Smoothies in the School Nutrition Programs](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf

[Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#)

(CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf

[Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for America](#) (USDA):

<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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[Guide to Meal Modifications in the School Nutrition Programs](#) (CSDE):

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

[Instructions for the Medical Statement for Meal Modifications in the School Nutrition Programs](#)

(CSDE):

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

[List of Acceptable Foods and Beverages](#) (CSDE webpage):

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

[Meal Pattern and Crediting Resources for the School Nutrition Programs](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources_school_meal_patterns_snp.pdf

[Medical Statements](#) (CSDE's Special Diets in School Nutrition Programs webpage):

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

[Milk Component](#) (CSDE's Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/milk>

[Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf

[Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs](#) (CSDE):

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

[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 \(SMP\)](#) (CSDE):

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2019/om06-19.pdf>

[State Beverage Statute: Connecticut General Statute \(C.G.S.\) Section 10-221q:](#)

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

[USDA Final Rule: Fluid Milk Substitutions in the School Nutrition Programs \(73 FR 52903\):](#)

<https://www.fns.usda.gov/school-meals/fr-091208>

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[USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation](https://www.fns.usda.gov/nslp/wmfhka-implementation)

[Requirements for the National School Lunch Program:](https://www.fns.usda.gov/nslp/wmfhka-implementation)

<https://www.fns.usda.gov/nslp/wmfhka-implementation>

[USDA Memo SP 08-2026 and CACFP 04-2026: Expanding Fluid Milk Options in Child Nutrition Programs:](https://www.usda.gov/sites/default/files/guidance-documents/fns-SP08-CACFP04-2026expandingFluidMilkOptions.pdf)

<https://www.usda.gov/sites/default/files/guidance-documents/fns-SP08-CACFP04-2026expandingFluidMilkOptions.pdf>

[What's in a Meal Module 9 Worksheet: Milk Substitutes for Non-disability Reasons](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_milk_component.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_milk_component.pdf

[What's in a Meal Answer Key for Module 9 Worksheet: Milk Substitutes for Non-disability Reasons](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_milk_component_answer.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_milk_component_answer.pdf

[What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials) (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

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

[Whole Milk for Healthy Kids Act of 2025:](https://www.congress.gov/bill/119th-congress/senate-bill/222/text)

<https://www.congress.gov/bill/119th-congress/senate-bill/222/text>



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