



**Preschool Meal Pattern Training for the School Nutrition Programs**

**Module 4: Milk Component**

Connecticut State Department of Education  
Bureau of Child Nutrition Programs  
School Year 2023-24

December 2023

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**Preschool Meal Pattern Training Modules**

1. Introduction to Training
2. Introduction to Preschool Meal Patterns
3. Meal Pattern Comparison of Preschool and Grades K-12
4. Milk Component
5. Meat/Meat Alternates Component
6. Fruits Component and Vegetables Component
7. Grains Component
8. Meal Service for Preschoolers

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/How-To>

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**Module Topics**

- Required servings of milk
- Requirements for fluid milk
- Allowable types of milk
- Menu documentation
- Requirements for milk substitutes for children without disability
- Noncreditable milk
- Knowledge Check: Crediting Milk
- Resources



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**Required Servings of Milk**

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**Required Servings of Milk**

Preschool Meal Pattern	Minimum Quantity	
	Ages 1-2	Ages 3-4
Breakfast	½ cup	¾ cup
Lunch	½ cup	¾ cup
Snack *	½ cup	½ cup

\* Not required but may be 1 of 2 snack components

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**Menu Planning Considerations for Serving Milk**

- Meals and snacks with breakfast cereals may include milk as beverage, on cereal, or both
- Only one snack component can be creditable beverage
  - Cannot serve milk when juice is only other snack component

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### Requirements for Milk

[https://www.ecfr.gov/current/title-7/part-210#p-210.10\(d\)\(1\)](https://www.ecfr.gov/current/title-7/part-210#p-210.10(d)(1))

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### Requirements for Milk

- Fluid milk
  - Does not credit in other foods
  - Exception for milk in smoothies
- Pasteurized
- Meet all state and local requirements
- Vitamins A and D at levels specified by Food and Drug Administration (FDA)

Same as NSLP and SBP meal patterns for grades K-12

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### Required Fat Content

- Age 1: Whole milk
- Ages 2-4: Low-fat or fat-free milk

Flavored milk is not allowed

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### Transitioning 2-year-old from Whole Milk to Low-fat or Fat-free Milk

- 1-month transition period for ages 24-25 months
- Meals and snacks may contain whole or reduced-fat milk

Not allowed after transition period

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### Other Allowable Types of Milk

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

Unflavored with required fat content

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### Summary of USDA Milk Requirements for Preschoolers

- Pasteurized fluid milk
- Vitamins A and D at FDA levels
- Meets all state and local requirements
- Unflavored
- Required fat content

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**Additional State Requirements for Milk: C.G.S. Section 10-221q**

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

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**CSDE Resource**

**List of Acceptable Foods and Beverages: List 16**

- Unflavored milk
- Flavored milk (not allowed for preschoolers)



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

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**Required Menu Documentation**

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**Preschool Menus Must Indicate Type of Milk**

Age group	Correct	Incorrect
Age 1	Unflavored whole milk	Whole milk
Ages 2-4	Unflavored low-fat milk	Low-fat milk
	Unflavored fat-free milk	Fat-free milk

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**Milk Substitutes for Children without a Disability**

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**Milk Substitutes for Children without Disability**

- Same as grades K-12
- Optional
- Modifications must comply with USDA's requirements for fluid milk substitutes
- Each offered milk substitute option must be available to all children



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### Allowable Milk Substitutes for Children without Disability

Lactose-reduced/free milk	Nondairy milk substitute
<ul style="list-style-type: none"> <li>Must meet required fat content for each age group                             <ul style="list-style-type: none"> <li>Age 1: Whole milk</li> <li>Ages 2-4: Low-fat/fat-free milk</li> </ul> </li> <li>Same crediting as regular fluid milk</li> <li>Public schools must comply with state beverage statute                             <ul style="list-style-type: none"> <li>No artificial sweeteners</li> <li>Sugars: ≤ 4 grams per fluid ounce</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Must meet USDA's nutrition standards for fluid milk substitutes</li> <li>Requires written parent/guardian request</li> <li>Public schools must comply with state beverage statute                             <ul style="list-style-type: none"> <li>No artificial sweeteners</li> <li>Sugars: ≤ 4 grams per fluid ounce</li> <li>Calories from fat: ≤ 35%</li> <li>Calories from saturated fat: ≤ 10%</li> </ul> </li> </ul>

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### CSDE Resource

#### List of Allowable Foods and Beverages: List 17

- Unflavored nondairy milk substitutes
- Flavored nondairy milk substitutes (not allowed for preschoolers)



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

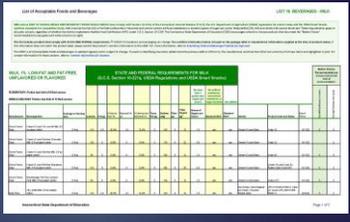
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### CSDE Resource

#### List of Allowable Foods and Beverages: List 16

- Unflavored milk
- Flavored milk (not allowed for preschoolers)



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

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### CSDE Resource

#### Allowable Milk Substitutes for Children with Disabilities in School Nutrition Programs



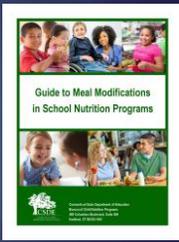
[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk\\_Substitutes\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf)

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### CSDE Resource

#### Guide to Meal Modifications in School Nutrition Programs



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Guide\\_Meal\\_Modifications\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Guide_Meal_Modifications_SNP.pdf)

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### Noncreditable Milk



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### Examples of Noncreditable Milk for Preschoolers

- Milk that does not meet required fat content for each age group
- Flavored 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
- Flavored nondairy milk substitutes
- Milk in other foods, e.g., cheese, yogurt, pudding, quiche, or macaroni and cheese
- Nutrition supplement beverages, e.g., Abbott's Pediasure
- Powdered milk beverages

Allowed if child's medical statement indicates their disability requires it

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### CSDE Resource

#### Noncreditable Foods for Preschoolers in the National School Lunch Program and School Breakfast Program



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable\\_Foods\\_SNP\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf)

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### Knowledge Check: Crediting Milk for Preschoolers

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### CSDE Resource

#### Module 4 Worksheet: Crediting Milk for Preschoolers



[https://portal.ct.gov/-/media/SDE/Nutrition/Training/Preschool/Preschool\\_Meal\\_Patterns\\_Worksheet\\_Module\\_4\\_Milk\\_Component.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Training/Preschool/Preschool_Meal_Patterns_Worksheet_Module_4_Milk_Component.pdf)

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### Knowledge Check: Crediting Milk for Preschoolers

#### Part 1: Type of Milk



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### Credits as milk component in preschool meal patterns?

Type of milk	Age 1	Ages 2-4
Whole milk, unflavored	Yes	No <sup>1</sup>
Reduced-fat (2%) milk, unflavored	No	No <sup>1</sup>
Low-fat (1%) milk, unflavored	No	Yes
Fat-free milk, unflavored	No	Yes
Flavored milk with appropriate fat content	No	No

<sup>1</sup> May be served to ages 24-25 months during 1-month transition period

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**Knowledge Check:  
Crediting Milk for Preschoolers**

**Part 2: Types of Milk Substitutes for Children without a Disability**



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**Credits as milk substitute in preschool meal patterns?**

Type of milk substitute (no disability)	Age 1	Ages 2-4
Soy milk	Depends <sup>1</sup>	Depends <sup>1</sup>
Lactose-free whole milk, unflavored	Yes <sup>1</sup>	No <sup>1,2</sup>
Lactose-free low-fat milk, unflavored	No	No <sup>1</sup>
Juice	No	No
Water	No	No
Nondairy milk substitute meeting USDA standards	Yes <sup>1</sup>	Yes <sup>1</sup>

<sup>1</sup> Public schools must also meet requirements of state beverage statute  
<sup>2</sup> May be served to ages 24-25 months during 1-month transition period

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**Resources for Milk Component**



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**CSDE Resource**

**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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**CSDE Resource**

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



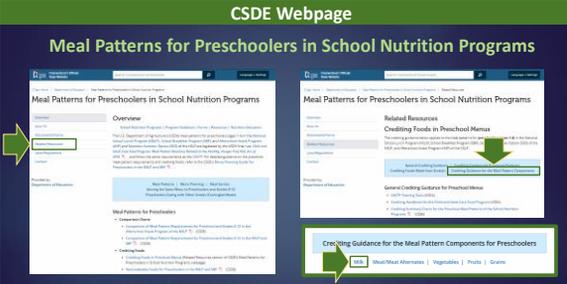
[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison\\_Milk\\_Requirements\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf)

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**CSDE Webpage**

**Meal Patterns for Preschoolers in School Nutrition Programs**



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

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**CSDE Resource**

### Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs

The table lists various milk products and their crediting requirements. It includes columns for 'Product', 'Type', 'How Much (ounces/100%)', 'Required', 'Units', and 'Notes'. Products listed include whole milk, 2% milk, 1% milk, and various flavored milks.

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting\\_Summary\\_Charts\\_SNP\\_Preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf)

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**CSDE Resource**

### Resources for the Preschool Meal Patterns

The document lists various resources for preschool meal patterns, including links to USDA's MyPlate for Preschoolers, USDA's National School Lunch Program (NSLP) website, and other relevant documents.

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources\\_Preschool\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf)

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## Questions?

Contact the school nutrition programs staff

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

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## Thank you for participating!

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

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