

## 5 — MEAL PATTERN COMPONENTS: MILK

### USDA REQUIREMENTS

The CACFP Meal Pattern for Adults requires fluid milk to be served for breakfast and lunch. Additionally, fluid milk may be served as one of the two required components for snack. Milk is not required at supper.

When planning the milk component for CACFP menus, adult day care centers must ensure that the following requirements are met.

- To be credited, milk must be pasteurized and meet state and local standards for fluid milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration.
- Only low-fat (1%) milk or less may be served, including:
  - ▶ fat-free or low-fat milk;
  - ▶ fat-free or low-fat lactose-reduced milk;
  - ▶ fat-free or low-fat lactose-free milk;
  - ▶ fat-free or low-fat buttermilk; and
  - ▶ fat-free or low-fat acidified milk.
- Whole milk and reduced-fat (2%) milk cannot be served to CACFP participants without a medical statement. For more information, see *Nutrition Policies and Guidance for Adult Day Care Centers: Accommodating Special Diets*.
- At breakfast, fluid milk can be served as a beverage, used on cereal or used in part for each purpose. Lunch must contain a serving of fluid milk as a beverage.
- If milk is one of the two components served for a snack, it must be low-fat (1%) or fat-free fluid milk served as a beverage, used on cereal or used in part for each purpose.
  - ▶ Milk cannot be credited for snack when juice is served as the only other component.
  - ▶ To increase nutrient variety, the CSDE recommends that milk not be served when yogurt is the only other snack component.
- Milk cannot be credited when cooked in cereals, puddings, cream sauces or other foods.
- While the USDA regulations allow flavored milk, the CSDE recommends only unflavored milk in the CACFP.

### NUTRITION INFORMATION FOR MILK

Milk provides protein and carbohydrate, calcium, phosphorus, potassium, riboflavin and vitamins B<sub>12</sub> and A. Fortified milk also contains vitamin D. Milk contains fat, saturated fat and cholesterol. One cup (8 ounces) of fat-free (skim) milk contains only a trace amount of fat, while whole milk and 2% reduced-fat milk provide significantly more. All varieties of milk provide about the same amount of calcium. Flavored milk contains added sugars.

Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Acidified milk	X		Acidified milk is fluid milk produced by souring fluid whole, low-fat or skim milk with an acidifying agent. Examples of acidified milk include acidified kefir milk and acidified acidophilus milk. Only low-fat (1%) or fat-free acidified milk can be served.	
Almond milk	*	*	Almond milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Buttermilk	X		Most buttermilk contains 1 or 2 percent milk fat or the same fat content as the milk from which it is made. Only low-fat (1%) or fat-free buttermilk can be served.	
Cashew milk	*	*	Cashew milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Certified raw milk		X	Certified raw milk is not pasteurized. Regulations require the use of pasteurized milk. Pasteurized milk is heated at a high temperature for a period of time to destroy microorganisms.  <i>See: raw milk</i>	
Cheese		X	Cheese cannot be credited toward the milk requirement as it does not meet the definition of milk. Cheese can be credited toward the meat/meat alternate requirement.  For crediting information, see Meat/Meat Alternates section.	
Chocolate milk	⊗		The CSDE recommends that CACFP facilities serve only plain milk. If flavored milk is served, it must be fat-free or low-fat (1%) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.
Cocoa, made from scratch	⊗		Cocoa made with low-fat or fat-free fluid milk is creditable. Credit only the fluid portion of milk.	Cocoa is high in sugar.

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Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cocoa, made with water		X	Cocoa made from water is not creditable.	
Coconut milk	*	*	Coconut milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Cream		X	Cream does not meet the definition of milk.	
Cream sauces		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
Cream soups		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
Cultured milk	X		Cultured milk is fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk include cultured buttermilk, cultured kefir milk and cultured acidophilus milk. Only low-fat (1%) or fat-free cultured milk can be served.	
Custard		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
Drinkable or squeezable yogurt products and smoothies, e.g., "Go-Gurt" or Stonyfield smoothies		X	See: <i>Yogurt, drinkable or squeezable yogurt products and smoothies</i>	

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	YES	NO		
Eggnog, (commercial or made from scratch)		X	Eggnog is not creditable as milk. Eggnog made with pasteurized frozen eggs or store bought pasteurized eggnog may be served as an extra food.  Eggnog made with uncooked eggs should not be served due to the possibility of contracting <i>Salmonella enteritidis</i> , a foodborne illness related to the consumption of uncooked or undercooked eggs.	
Eggnog-flavored milk	⊗		The CSDE recommends that CACFP facilities serve only plain milk. If flavored milk is served, it must be fat-free or low-fat (1%) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.
Evaporated milk		X	Evaporated milk does not meet the definition of milk.	
Fat-free milk	X		See: <i>Nonfat milk</i>	
Flavored milk, e.g., chocolate, strawberry, vanilla	⊗		The CSDE recommends that CACFP facilities serve only plain milk. If flavored milk is served, it must be fat-free or low-fat (1%) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.
Frozen yogurt		X	Frozen yogurt does not meet the definition of milk.	
Goat's milk	X		Goat's milk must meet state standards for fluid milk to be creditable. Only low-fat (1%) or fat-free goat's milk can be served.	
Half and half		X	Half and half does not meet the definition of milk.	
Hazelnut milk	*	*	Hazelnut milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	

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	YES	NO		
Hemp milk	*	*	Hemp milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Hot chocolate	⊗		Cocoa made with low-fat or fat-free fluid milk is creditable. Credit only the fluid portion of milk.	Limit hot chocolate due to the added sugar content.
Hot chocolate mix, made with water		X	Hot chocolate made from water is not creditable.	
Ice cream		X	To be credited, milk must be provided as fluid milk.	Ice cream contains 11-20 percent fat.
Ice cream, low-fat (ice milk)		X	To be credited, milk must be provided as fluid milk.	Low-fat ice cream contains 2-6 percent fat.
Imitation milk		X	Imitation milk does not meet the definition of milk.	
Lactose-free or lactose-reduced milk, low-fat (1%) or fat-free	X		Lactose-reduced milk has part of the lactose removed and lactose-free milk (e.g., Lactaid) has all the lactose removed. Like regular milk, these milks come in a variety of flavors and fat contents, such as fat-free (skim), low-fat and whole. If served, lactose-reduced and lactose-free milk must be low-fat (1%) or fat free:	Adults who cannot digest lactose found in standard milk may be able to drink lactose-reduced milk.
Lactose-free or lactose-reduced milk, whole or 2%		X	Only low-fat (1%) or fat-free milk can be served in the CACFP. Reduced-fat (2%) lactose-free or lactose-reduced milk cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Low-fat milk (1%)	X		Only low-fat (1%) or fat-free milk can be served in the CACFP.	Low-fat (1%) milk contains less fat than whole or reduced-fat (2%) milk.
Milk and fruit juice beverage	X		When low-fat or fat-free milk and full-strength juice are combined as a beverage, the fruit juice or milk may be credited as a snack component but not both. Credit only the fluid portion of milk.	

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	YES	NO		
Milk-based nutritional beverages, e.g., Ensure		X	Milk-based nutritional beverages do not meet the requirements for fluid milk, as they are made from water and nonfat milk.	
Milkshakes, commercial	* ⊕	*	Commercial products may be credited toward the milk component only if they are made with low-fat or fat-free milk; and 1 )CN labeled products are used (see page 5); or 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the <i>amount of milk in the product per serving</i> is on file.	
Milkshakes, made from scratch	* ⊕	*	Milkshakes containing the minimum required quantity of low-fat or fat-free fluid milk per serving are creditable at lunch, supper and snack. Only the fluid milk portion is creditable.	
Nondairy milk substitute beverages, e.g., almond milk, hemp milk, rice milk, soy milk, cashew milk, hazelnut milk, coconut milk	*	*	Nondairy milk substitute beverages do not meet the requirements for fluid milk. They cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Nonfat milk	X		Nonfat milk is fat-free milk. Only low-fat (1%) or fat-free milk can be served in the CACFP.	Nonfat milk contains less fat than other milk. Nonfat milk provides equivalent amounts of the same nutrients as whole, reduced-fat or low-fat milk.
Nonfat dry milk, reconstituted		X	Dry or powdered milk may not be reconstituted to meet the milk component.	
Pudding		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
Pudding pops		X	To be credited, milk must be provided as a serving of fluid milk.	

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	YES	NO		
Raw milk		X	<p>Raw milk is milk from cows, sheep or goats that has not been pasteurized to kill harmful bacteria. Since raw milk is not pasteurized, it does not meet the definition of milk. According to USDA regulations (7 CFR 226.2), milk is defined as <i>pasteurized</i> fluid types of unflavored or flavored whole milk, low-fat milk, skim milk or cultured buttermilk that meet state and local standards and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).</p> <p>The FDA considers raw milk to pose a serious potential health threat. The USDA does not allow raw milk to be provided in CACFP meals.</p>	<p>Raw milk can contain dangerous microorganisms that can pose serious health risks. For more information, see <a href="http://www.fda.gov/Food/ResourcesForYou/Consumer/ucm079516.htm">http://www.fda.gov/Food/ResourcesForYou/Consumer/ucm079516.htm</a>.</p> <p>Pasteurization is a process that kills harmful bacteria by heating milk to a specific temperature for a set period of time.</p>
Reduced-fat milk (2%)		X	<p>Only low-fat (1%) or fat-free milk can be served in the CACFP. Reduced-fat (2%) milk cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i>.</p>	
Rice milk	*	*	<p>Rice milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i>.</p>	
Sherbet		X	<p>Sherbet does not meet the definition of milk.</p>	
Skim milk (nonfat or fat free)	X		<p>See: <i>Nonfat milk</i></p>	
Sour cream		X	<p>Sour cream does not meet the definition of milk.</p>	<p>Sour cream is high in fat.</p>
Soy milk	*	*	<p>Soy milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i>.</p>	

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	YES	NO		
Strawberry milk	⊗		The CSDE recommends that CACFP facilities serve only plain milk. If flavored milk is served, it must be fat-free or low-fat (1%) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.
Sunflower milk	*	*	Hazelnut milk is a nondairy beverage and does not meet the requirements for fluid milk. It cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
UHT (ultra-high temperature) milk	X		UHT milk must be fat-free or low-fat (1%) milk. Reduced-fat (2%) and whole milk cannot be served to adult participants in the CACFP.	UHT milk is grade A pasteurized fluid milk heated to 280 degrees Fahrenheit, then cooled and packaged. It can be stored without refrigeration until it is opened.
Vanilla milk	⊗		The CSDE recommends that CACFP facilities serve only plain milk. If flavored milk is served, it must be fat-free or low-fat (1%) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.
Whipped cream		X	Whipped cream does not meet the definition of milk.	
Whipped topping (Cool Whip, Reddi-whip)		X	Whipped topping does not meet the definition of milk.	
Whole milk		X	Only low-fat (1%) or fat-free milk can be served in the CACFP. Whole (2%) milk cannot be served to adult participants in the CACFP unless there is a signed medical statement on file. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	Whole milk contains about 3.5 percent fat. Reduced-fat (2%), low-fat (1%), or nonfat (skim) milk provide equivalent amounts of the same nutrients with less fat.
Yogurt		X	Yogurt does not meet the standard of identity for fluid milk. Yogurt can be credited as a meat alternate. See: <i>Yogurt</i> in the Meat/Meat Alternates section.	Yogurt is a good source of calcium, phosphorus and protein.

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	YES	NO		
Yogurt, drinkable or squeezable yogurt products and smoothies, e.g., "Go-Gurt" or Stonyfield smoothies		X	Drinkable or squeezable yogurt does not meet the standard of identity for fluid milk.	
Yogurt smoothie drinks		X	Yogurt smoothies do not meet the standard of identity for fluid milk.	

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