

5 — MEAL PATTERN COMPONENTS: MILK

USDA REQUIREMENTS

The CACFP Meal Pattern for Children requires fluid milk to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the two required components for snack. When planning the milk component for CACFP menus, child care centers, family day care homes, emergency shelters and at-risk afterschool 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.
- Whole milk must be served to children younger than 2. Reduced-fat milk (2%), low-fat milk (1%) and fat-free (skim) milk are not appropriate for children younger than 2, as young children need adequate amounts of fat for normal growth and development.
- For children ages 2 years and older, fluid milk must be low-fat (1%) or less, 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; or
 - ▶ fat-free or low-fat acidified milk.
- Whole milk and reduced-fat (2%) milk cannot be served to children 2 years and older. Whole and 2% milk are major sources of saturated fat in children's diets. After age 2, children do not need the added fat and saturated fat from whole or 2% milk.
- At breakfast, fluid milk can be served as a beverage, used on cereal or used in part for each purpose. Both lunch and supper 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 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.



For information on fluid milk substitutions in the CACFP, see *Substitutions for Fat Content of Milk* on the next page and *Meal Pattern Substitutions for Fluid Milk* in *Nutrition Policies and Guidance: Accommodating Special Diets*.

SUBSTITUTIONS FOR FAT CONTENT OF MILK

The CACFP requires that whole milk must be served to children from ages 12 through 23 months and low-fat (1%) or fat-free milk must be served to children ages 2 and older. **The CACFP facility cannot serve any different fat contents of milk to children unless there is a documented medical disability that requires a substitution for the fat content of milk and the family provides a medical statement signed by a licensed physician.** The physician's statement must specify:

- the child's disability and an explanation of why the disability restricts the child's diet;
- the major life activity affected by the disability; and
- the specific fat content of milk to be omitted from the child's diet and the specific fat content of milk that must be substituted.

If the milk substitution is not related to a medical disability, the CACFP facility cannot claim the meal for reimbursement. For children ages 2 and older without disabilities, the CACFP facility cannot claim a meal containing whole or 2% milk even with a medical statement. For children younger than 2 without disabilities, the CACFP facility cannot claim a meal containing low-fat (1%) or fat-free milk even with a medical statement.

The following scenarios help to illustrate when CACFP facilities can claim meals with different fat contents of milk. For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Accommodating Special Diets*.

Scenario	Can The Meal Be Claimed?
A parent requests that whole milk or reduced-fat (2%) milk is served to a child ages 2 or older who does not have disability.	No. All CACFP meals for ages 2 and older must contain low-fat (1%) or fat-free milk. Any request for whole or 2% milk must be made through a medical statement signed by a licensed physician and must be related to a medical disability.
A parent requests that low-fat (1%) or fat-free milk is served to a child ages 12 through 23 months who does not have disability.	No. All CACFP meals for children ages 12 through 23 months must contain whole milk. Any request for low-fat (1%) or fat-free milk must be made through a medical statement signed by a licensed physician and must be related to a medical disability.
A parent requests that whole milk or reduced-fat (2%) milk is served to a child ages 2 or older who needs higher fat milk because of a medical disability.	Yes. If the child has a medical disability that requires whole milk or reduced-fat milk. The family must provide a medical statement signed by a licensed physician that specifies the child's disability and an explanation of why the disability restricts the child's diet; the major life activity affected by the disability; and the specific fat content of milk to be omitted from the child's diet and the specific fat content of milk that must be substituted.
A parent requests that low-fat (1%) or fat-free milk is served to a child ages 12 through 23 who needs lower fat milk because of a medical disability.	Yes. If the child has a medical disability that requires low-fat (1%) or fat-free milk. The family must provide a medical statement signed by a licensed physician that specifies the child's disability and an explanation of why the disability restricts the child's diet; the major life activity affected by the disability; and the specific fat content of milk to be omitted from the child's diet and the specific fat content of milk that must be substituted.

STATE NUTRITION RECOMMENDATIONS

In addition to the specified USDA requirements for milk, the CSDE strongly recommends that all milk served as part of CACFP meals and snacks meet the Connecticut Child Care Nutrition Standards (see *CCCNS for Milk* below). While the USDA regulations allow flavored milk, the CCCNS recommends that only unflavored milk be served. Flavored milk (such as chocolate, strawberry and vanilla) contains the same amount of calcium and other nutrients as unflavored milk but contains added sugar. The total amount of sugars in flavored milk varies depending on the brand but is generally about 25 grams, including 12 grams naturally occurring sugars (lactose) and 13 grams added sugars (about 3 teaspoons).

For more information, see the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies* (see *References*).

CCCNS for Milk

- **Ages 12 to 23 months:** Serve unflavored whole milk.
- **Ages 24 months or older:** Serve unflavored low-fat (1%) or fat-free (nonfat or skim) milk.

NUTRITION INFORMATION FOR MILK

Milk provides protein and carbohydrate, calcium, phosphorus, potassium, riboflavin and vitamins B₁₂ and A. Fortified milk also contains vitamin D. Milk contains fat, saturated fat and cholesterol. One cup (8 ounces) of nonfat or fat-free milk contains only a trace amount of fat, while whole milk and 2% reduced-fat milk provide significantly more (see chart below). All varieties of milk provide about the same amount of calcium. Flavored milk contains added sugars.

NUTRIENT CONTENT OF VARIOUS TYPES OF MILK					
Milk (8 fluid ounces)	Calories	Calcium	Total Fat Grams (g)	Saturated Fat Grams (g)	Sugars Grams (g)
Fat-free (Skim) or Nonfat	83	299	0.2 g	0.1 g	12.5
1% Low-fat	102	305	2.4 g	1.5 g	12.7
2% Reduced-fat	122	293	4.8 g	3.1 g	12.4
Whole	149	276	7.9 g	4.6 g	12.8
1% Chocolate	158	290	2.5 g	1.5 g	24.9
2% Chocolate	190	272	4.8 g	2.9 g	23.9
Whole Chocolate	208	280	8.5 g	5.3 g	23.9

Source: USDA National Nutrient Database for Standard Reference, Release 23,
http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00

Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Acidified milk	X		<p>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.</p> <p>Acidified milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.</p>	
Almond milk	*	*	<p>Almond milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i>.</p>	
Buttermilk	X		<p>Most buttermilk contains 1 or 2 percent milk fat or the same fat content as the milk from which it is made.</p> <p>If buttermilk is served to children ages 2 and older, it must be fat-free or low-fat milk.</p>	
Cashew milk	*	*	<p>Cashew milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i>.</p>	
Certified raw milk		X	<p>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.</p> <p>See: <i>raw milk</i></p>	
Cheese		X	<p>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.</p> <p>For crediting information, see Meat/Meat Alternates section.</p>	

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* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Chocolate milk	⊗		The CSDE recommends that CACFP facilities follow the CCCNS and serve only plain milk in the CACFP. If flavored milk is served to children ages 2 and older, it must be fat-free or low-fat (1% or less) 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 fluid milk is creditable (whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older). Credit only the fluid portion of milk.	Cocoa is high in sugar.
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 can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. 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 must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.	Cultured milk is a 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.

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Food item	Creditable		Comments	Nutrition Information
	YES	NO		
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>	
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 follow the CCCNS and serve only plain milk in the CACFP.	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		Fat-free milk cannot be served to children younger than 2. Children younger than 2 need the additional fat from whole milk for normal growth and development.	
Flavored milk, e.g., chocolate, strawberry, vanilla	⊗		The CSDE recommends that CACFP facilities follow the CCCNS and serve only plain milk in the CACFP. If flavored milk is served to children ages 2 and older, it must be fat-free or low-fat (1% or less) 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.	

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Food item	Creditable		Comments	Nutrition Information
	YES	NO		
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 can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Hemp milk	*	*	Hemp milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Hot chocolate	⊗		Hot chocolate made with fluid milk is creditable (whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older). 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.	

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Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Lactose-free or lactose-reduced milk	X		Lactose-free or lactose-reduced milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older. Reduced-fat (2%) milk cannot be served in the CACFP.	Lactose-free (e.g., Lactaid) or lactose-reduced milk is fluid milk modified by the addition of lactase enzymes from a yeast source. The lactose content of this milk differs from that of unmodified low-fat milk in that the disaccharide lactose is split into the monosaccharides, glucose and galactose. Children who cannot digest lactose found in standard milk may be able to drink lactose-reduced milk.
Low-fat milk (1%)	X		Low-fat milk cannot be served to children younger than 2. Children younger than 2 need the additional fat from whole milk for normal growth and development.	Low-fat (1%) milk contains less fat than whole or reduced-fat (2%) milk.
Milk and fruit juice beverage	X		When 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. Milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.	
Milk-based nutritional beverages		X	Milk-based nutritional beverages, such as Toddler's Best by Similac 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 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. Milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.	
Milkshakes, made from scratch	* ⊗	*	Milkshakes containing the minimum required quantity of fluid milk per serving for the appropriate age group are creditable at lunch, supper and snack. Only the fluid milk portion is creditable. Milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.	

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Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
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 can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. 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. See: <i>Fat-free milk</i>	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.	
Raw milk		X	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). The FDA considers raw milk to pose a serious potential health threat. The USDA does not allow raw milk to be provided in the CACFP meals, either as part of meals and snacks provided by the child care site or under the provision that allows for parent-provided foods (see <i>Parent-Provided Meals and Snacks in Nutrition Policies and Guidance: Meal Pattern Requirements</i> at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326).	Raw milk can contain dangerous microorganisms that can pose serious health risks. For more information, see http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079516.htm . Pasteurization is a process that kills harmful bacteria by heating milk to a specific temperature for a set period of time.

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Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Reduced-fat milk (2%)		X	Reduced-fat (2%) milk cannot be served in the CACFP. For children younger than 2, only whole milk can be served. This age group needs the additional fat from whole milk for normal growth and development. For children ages 2 or older, only fat-free (skim) or low-fat (1%) milk can be served.	
Rice milk	*	*	Rice milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Sherbet		X	Sherbet does not meet the definition of milk.	
Skim milk (nonfat or fat free)	X		See: <i>Fat-free milk</i>	
Sour cream		X	Sour cream does not meet the definition of milk.	Sour cream is high in fat.
Soy milk	*	*	Soy milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk</i> in <i>Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Strawberry milk	⊗		The CSDE recommends that CACFP facilities follow the CCCNS and serve only plain milk in the CACFP. If flavored milk is served to children ages 2 and older, it must be fat-free or low-fat (1% or less) milk.	Flavored milk contains about 13 grams (3 teaspoons) of added sugar in 8 ounces, depending on the brand.

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Milk				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Sunflower seed milk	*	*	Sunflower seed milk is a nondairy beverage and does not meet the requirements for fluid milk. It can only be served as a fluid milk substitute if it 1) is requested in writing by the parent/guardian; and 2) meets the USDA Nutrition Standards for Fluid Milk Substitutes. For more information, see <i>Meal Pattern Substitutions for Fluid Milk in Nutrition Policies and Guidance: Accommodating Special Diets</i> .	
Toddler's Best (Similac)		X	See: <i>Milk-based nutritional beverages</i>	
UHT (ultra-high temperature) milk	X		Lactose-free or lactose-reduced milk must be whole milk for children younger than 2 and fat-free or low-fat milk for children ages 2 and older.	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 follow the CCCNS and serve only plain milk in the CACFP. If flavored milk is served to children ages 2 and older, it must be fat-free or low-fat (1% or less) 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	*	*	Whole milk must be served to children ages 12 to 23 months. It cannot be served to children ages 24 months or older.	Whole milk contains about 3.5 percent 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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Food item	Creditable		Comments	Nutrition Information
	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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