

Milk sold as PART OF SCHOOL MEALS AND SEPARATELY FROM SCHOOL MEALS must comply with Section 10-221q of the Connecticut General Statutes (C.G.S), the U.S. Department of Agriculture (USDA) regulations for school meals and the USDA Smart Snacks nutrition standards for competitive foods. Milk must be low-fat (1%) unflavored, fat-free unflavored or fat-free flavored, and cannot contain artificial sweeteners or exceed 4 grams of sugar per ounce. Reduced-fat (2%) milk and whole milk cannot be served. These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The Connecticut State Department of Education (CSDE) encourages schools to choose products that also meet the "Better Choice" recommendations (see green and white columns on right).

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. The nutrition information below is based on the package label or manufacturer information supplied at the time of product review. If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see Submitting Food and Beverage Products for Approval ([www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf)).

The CSDE's List of Acceptable Foods and Beverages is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see Contact Information for Vendors ([www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf)).

**MILK, 1% LOW-FAT UNFLAVORED AND FAT-FREE UNFLAVORED OR FLAVORED**

**STATE AND FEDERAL REQUIREMENTS FOR MILK  
(G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)**

**Better Choice Recommendations**  
Choose products that meet all recommendations.

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) <sup>1</sup>	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	Better Choice Recommendations	
																		No artificial flavors or colors	No high fructose corn syrup
Byrne Dairy	1% Low-fat Milk, 8 fl oz	8 fl oz	100	2	18.0%	1	9.0%	0	125	0	11	1.4	yes	yes	Byrne Dairy	UPC 0-43119-00350-0	7/30/13	X	X
Byrne Dairy	Chocolate Fat-free Milk, 8 fl oz	8 fl oz	130	0	0.0%	0	0.0%	0	240	0	22	2.8	yes	yes	Byrne Dairy	UPC 0-43119-00373-9	7/30/13		X
Byrne Dairy	Fat-free Skim Milk, 8 fl oz	8 fl oz	80	0	0.0%	0	0.0%	0	125	0	11	1.4	yes	yes	Byrne Dairy	UPC 0-43119-00500-9	7/30/13	X	X
Byrne Dairy	Strawberry Fat-free Milk, 8 fl oz	8 fl oz	120	0	0.0%	0	0.0%	0	110	0	22	2.8	yes	yes	Byrne Dairy	UPC 0-43119-00394-4	7/30/13		X
Cream-O-Land	1% Low-fat Milk, 8 fl oz	8 fl oz	110	2	16.4%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Cream-O-Land	Code 16	7/29/13	X	X
Cream-O-Land	Chocolate Fat-free Milk, 8 fl oz carton	8 fl oz	130	0	0.0%	0	0.0%	0	170	0	22	2.8	yes	yes	Cream-O-Land	Code 32	7/29/13		X
Cream-O-Land	Fat-free Milk, 8 fl oz carton	8 fl oz	90	0	0.0%	0	0.0%	0	150	0	12	1.5	yes	yes	Cream-O-Land	Code 20	7/29/13	X	X
Cream-O-Land	LactoZero 100% Lactose-free Fat-free Milk, 8 fl oz	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Cream-O-Land, Guida	UPC 0-88365-02177-9; Case UPC 100-88365-02177-6	4/29/15	X	X
Cream-O-Land	Strawberry Fat-free Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	105	0	22	2.8	yes	yes	Cream-O-Land	Code 23	7/29/13		X
Garelick Farms	Dairy Pure 1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 32; UPC 0-07457-54500-8	11/20/15	X	X
Garelick Farms	Dairy Pure 1% Low-fat Milk, 8 fl oz plastic bottle	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 52676; UPC 0-75457-11408-0	11/20/15	X	X
Garelick Farms	Dairy Pure 100% Lactose Free Fat-free Skim Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 709; UPC 0-41900-07968-0	11/20/15	X	X

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																					No artificial flavors or colors	No high fructose corn syrup
Garelick Farms	Dairy Pure Fat-free Milk, 8 fl oz plastic bottle	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes		yes	yes	Garelick Farms	Code 52673; UPC 0-41900-07713-6	11/20/15	X	X
Garelick Farms	Dairy Pure Fat-free Skim Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes		yes	yes	Garelick Farms	Code 114; UPC 0-07545-75460-0	11/20/15	X	X
Garelick Farms	TruMoo Chocolate Fat-free Milk, 8 fl oz paper carton	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 45837; UPC 0-41900-07282-0	11/20/15		X
Garelick Farms	TruMoo Chocolate Fat-free Milk, 8 fl oz plastic bottle	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 47703; UPC 0-4190007293-3	11/20/15	X	X
Garelick Farms	TruMoo Coffee Fat-free Milk, Naturally Flavored, 8 fl oz paper carton	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 47573; UPC 0-04190-00734-3	11/20/15	X	X
Garelick Farms	TruMoo Coffee Fat-free Milk, Naturally Flavored, 8 fl oz plastic bottle	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 47581; UPC 0-04190-07346-6	11/20/15	X	X
Garelick Farms	TruMoo Strawberry Fat-free Milk, Naturally Flavored, 8 fl oz paper carton	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 46073; UPC 0-41900-07324-4	11/20/15		X
Garelick Farms	TruMoo Strawberry Fat-free Milk, Naturally Flavored, 8 fl oz plastic bottle	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes		yes	yes	Garelick Farms	Code 47704; UPC 0-41900-07324-4	11/20/15	X	X
Guida's Dairy	1% Low-fat Milk, 8 fl oz paper	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes		yes	yes	Guida	UPC 0-22451-10700-8	8/8/13	X	
Guida's Dairy	Chocolate Fat-free Milk, 8 fl oz paper	8 fl oz	140	0	0.0%	0	0.0%	0	220	0	22	2.8	yes	yes		yes	yes	Guida	UPC 0-22451-01380-4	8/8/13	X	
Guida's Dairy	Fat-free Skim Milk, 8 fl oz paper	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes		yes	yes	Guida, HPC	UPC 0-22451-01480-1	8/8/13	X	X
Guida's Dairy	Strawberry Fat-free Milk, 8 fl oz	8 fl oz	130	0	0.0%	0	0.0%	0	130	0	22	2.8	yes	yes		yes	yes	Guida	UPC 0-22451-01290-6	7/30/13		
Harrisburg Dairies	Fat-free Chocolate Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	210	0	21	2.6	yes	yes		yes	yes	Marcus	Code 218	1/26/16		X
Harrisburg Dairies	Fat-free Cookies & Cream Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	21	2.6	yes	yes		yes	yes	Marcus	Code 236	1/26/16		X
Harrisburg Dairies	Fat-free Strawberry Artificially Flavored Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	110	0	22	2.8	yes	yes		yes	yes	Marcus	Code 230	1/26/16		X
Harrisburg Dairies	Low-fat Milk, 8 fl oz carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	13	1.6	yes	yes		yes	yes	Marcus	Code 206	8/20/15		
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4 fl oz	45	2.5	50.0%	1.5	30.0%	0	65	0	7	1.8	yes	yes		yes	yes	Marcus	Code 273. Portion size for the USDA NSLP and SBP meal patterns must be 8 fluid ounces.	8/20/15		

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																					No artificial flavors or colors	No high fructose corn syrup
Harrisburg Dairies	Skim Milk, 8 fl oz carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	13	1.6	yes	yes	yes	yes	yes	Marcus	Code 275	8/20/15		
Hershey's	Shelf Stable 1% Fat free Chocolate Milk, 8 fl oz aseptic	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	13	1.6	yes	yes	yes	yes	yes	Jay Bee, Thurston		2/27/15	X	X
Hershey's	Shelf Stable 1% Low-fat White Milk, 8 fl oz aseptic	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	13	1.6	yes	yes	yes	yes	yes	Jay Bee, Thurston		2/27/15		X
HP Hood, LLC	1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	125	0	12	1.5	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-44100-11183-9	7/30/13	X	X
HP Hood, LLC	Chocolate Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	240	0	22	2.8	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-44100-11244-7	7/30/13		X
HP Hood, LLC	Coffee Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	125	0	22	2.8	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-44100-11245-4	7/30/13	X	X
HP Hood, LLC	Fat-free Milk, 8 fl oz paper carton	8 fl oz	80	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-44100-10088-8	7/30/13	X	X
HP Hood, LLC	Lactaid Ultra-Pasteurized Lactose Free Calcium Fortified Fat Free Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, Guida, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-41383-09032-5	7/30/13	X	X
HP Hood, LLC	Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	150	0	22	2.8	yes	yes	yes	yes	yes	All Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside Dairy	UPC 0-44100-11506-6	7/30/13		X
Oakhurst Dairy	Oakhurst Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	100	0	22	2.8	yes	yes	yes	yes	yes	Guida	UPC 0-73438-00238-0	9/30/14		X
Organic Valley	1% Low-fat Milk, 6.75 fl oz aseptic package	6.75 fl oz	90	2	20.0%	1.5	15.0%	0	105	0	10	1.5	yes	yes	yes	yes	yes	Green Nature Marketing	UPC 0-93966-00567-7; 12-pack UPC 0-93966-00568-4; 24-pack UPC 0-93966-00569-1	7/31/15	X	X
Organic Valley	1% Low-fat Milk, 8 fl oz aseptic package	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	yes	yes	yes	UNFI	UPC 0-93966-00222-5	8/2/13	X	X
Shamrock Farms	Fat Free Plus (Calcium Enriched) Milk, 12 fl oz plastic bottle	12 fl oz	150	0	0.0%	0	0.0%	0	220	0	20	1.7	yes	yes	yes	yes	yes	Vistar	UPC 0-28300-00092-6; Case UPC 100-28300-00092-3	7/26/13	X	X

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													No more than 4 grams total sugars per ounce	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols				No caffeine	No artificial flavors or colors
Shamrock Farms	Lowfat mmmilk, 1% Low-fat Fat Milk, 12 fl oz plastic bottle	12 fl oz	160	3.5	19.7%	2.5	14.1%	0	180	0	17	1.4	yes	yes	Berkshire, Vistar	UPC 0-28300-00231-9; Case UPC 100-28300-00231-6	7/26/13	X	
Shamrock Farms	Lowfat mmmilk, 1% Low-fat Fat Milk, 7 fl oz plastic bottle	7 fl oz	110	2	16.4%	1.5	12.3%	0	140	0	13	1.9	yes	yes	Vistar	UPC 0-28300-00383-5; Case UPC 100-28300-55003-2	7/26/13	X	X