

Milk In A Nutshell



Crediting milk

- Measured in cups
- 8 fluid ounces = 1 cup = ½ pint = 1 carton

Allowable milk types

Flavored or unflavored, fat free (skim) or low-fat (1%)

- milk
- lactose reduced milk
- lactose-free milk
- buttermilk
- acidified milk

Milk variety

Two or more milk types must be available to all students at each meal, and One milk type must be unflavored at each meal.

Special Dietary Needs and substitutions

The school must accommodate the milk substitution request when a student with special dietary needs has documentation signed by a licensed medical practitioner.

Without documentation signed by a licensed medical practitioner:

- a DPI approved milk that is nutritionally equivalent to cow's milk may be offered, or
- the student may decline milk (only if the school uses Offer versus Serve).

Water

Water is not a substitution for milk.

Drinking water must be available free of charge at each meal.

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fluid milk (cups)	1 cup daily for all age-grade groups			

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid milk (cups)	1 cup daily for all age-grade groups				

This institution is an equal opportunity provider.