

All About: Milk

Requirements

Milk is one of the required meal components in the National School Lunch and School Breakfast Programs. One cup (8 fl oz) needs to be served with each meal. If Offer vs. Serve is used, milk may be refused.

Fluid milk must be served as a beverage in a breakfast, lunch or supper meal. Milk may also be used on cereal.

Two different options of fluid milk must be offered. If flavored is offered, an unflavored milk must also be offered.

Milk may be sold a la carte if a child does not want a meal or brought one from home, or if they would like a second milk with their meal.

Types of Allowed Milks in NSLP/SSO

1. Fat free (non-fat) milk (flavored or unflavored)
2. Low-fat (1%) milk (unflavored or flavored with Transitional Standards for SY 2022-2023 and 2023-2024)
3. Fat free lactose reduced milk
4. Low-fat lactose reduced milk
5. Fat free lactose free milk
6. Low-fat lactose free milk
7. Fat free cultured buttermilk
8. Low-fat cultured buttermilk
9. Fat free acidified milk
10. Low-fat acidified milk
11. Cultured kefir milk
12. Cultured acidophilus milk
13. UHT (Ultra High Temperature) milk

All must be pasteurized to State and local standards. 7 CFR 210.10(d)(1)

Fluid Milk Substitutes (FMS)

FMS are allowed for students with medical or special dietary needs with a written request from a parent, guardian or medical authority that includes the medical or other special dietary reason for the substitution. 7 CFR 210.10(d)(3) and 7 CFR 210.10(m)(2)

FMS must provide the nutrients listed below in an 8 fl oz portion:

- Calcium 276 mg
- Protein 8 gm
- Vitamin A 500 IU
- Vitamin D 100 IU
- Magnesium 24 mg
- Phosphorus 222 mg
- Potassium 349 mg
- Riboflavin 0.44 mg
- Vitamin B12 1.1 mcg

Non-Creditable Non-Dairy Beverages

Non-Dairy Milk Alternatives (e.g. Almond, Coconut, Rice, a non-creditable soy beverage) that are not nutritionally equivalent to cow's milk cannot be used as a replacement for milk in a reimbursable meal. Keep in mind that if a student has a completed Special Diet Statement signed by a medical authority, then that needs to be followed and the meal is reimbursable, even if the meal does not meet the meal pattern requirements. For example, if the Special Diet Statement says Almond milk is the substitute for cow's milk, then it must be served, and the meal can still be claimed for reimbursement.

Dry Milk Powder, reconstituted or canned milk is not allowed as a replacement for fluid milk. 7 CFR 210.10(d)(2)(ii)

What happens if my dairy supplier only has 2% or whole milk for my school on delivery day?

Accept the delivery and document the milk change on your production record. Save a copy of the invoice. If possible, get documentation from the milk company that they did not have fat free or 1% milk available that day.