

A dark blue silhouette of a person sitting and reading a book, set against a lighter blue background with a subtle texture. The person is positioned on the left side of the frame, facing right.

MAINE DEPARTMENT
OF EDUCATION

Serving Milk in the CACFP

Presented by: The Maine CACFP Team



Serving Milk in the CACFP

- Requirements for Serving Fluid Milk
- DGA Meal Pattern Changes Regarding Fluid Milk
- Creditable Milks
- Non-creditable Milks
- Creditable Milks by Age Group
- Fluid Milk Substitutes
- Smoothies
- Implementing Milk Service
- Milk Resources
- Milk BINGO!





Requirements for Serving Fluid Milk in the CACFP

Milk is a required component of the CACFP meal pattern because it provides essential nutrients which are crucial for growth and development, including:

- Calcium
- Vitamin D
- Protein

Requirements for Serving Fluid Milk in the CACFP

- For Children: Fluid milk is a required component at all CACFP meals (Breakfast, Lunch & Supper)
- For Adults: Fluid milk is an optional component at supper; 6 oz/ $\frac{3}{4}$ cup yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day
- Fluid milk may be served as one of the 2 required components at snack
 - If milk is served as a creditable component at snack, the second required component cannot be a beverage

Requirements for Serving Fluid Milk in the CACFP



Fluid milk is creditable when served as either a beverage or on cereal or a combination of both



Except for smoothies made with milk, fluid milk is not creditable when used as an ingredient in recipes



Milk must be pasteurized and meet State and local standards



Requirements for Serving Fluid Milk in the CACFP: Serving Sizes

Meal Service	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Breakfast	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Lunch	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Supper	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Snack	4 fl. oz	4 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz

DGA Meal Pattern Changes Regarding Fluid Milk



Units of measurement for Vitamin A and Vitamin D were updated from International Units (UIs) to micrograms (mcg) to be consistent with FDA labeling requirements



Clarified that registered dietitians- as well as State licensed healthcare professionals- may write medical statements to request meal modifications on behalf of participants with disabilities.

Creditable Milks by Age Group- Overview

Age 1:

- Whole, unflavored milk
- Whole Lactaid milk
- Breastmilk
- Iron Fortified Infant Formula (12-13 mo. only)
- Nutritionally-equivalent non-dairy beverages

Ages 2-5:

- 1% (low-fat) unflavored milk
- Skim unflavored milk
- 1% Lactaid milk
- Skim Lactaid milk
- Breastmilk
- Whole and/or 2% milk (24-25 mo. only)
- Nutritionally-equivalent non-dairy beverages

****All age groups: Any milk or non-dairy beverage prescribed by a medical professional****

Creditable Milks by Age Group- Overview

Ages 6-18:

- 1% (low-fat)milk, flavored and unflavored
- Skim milk, flavored and unflavored
- Skim and 1% Lactaid milk
- Nutritionally-equivalent non-dairy beverages

Ages 18 and Over:

- 1% (low-fat) milk, flavored and unflavored
- Skim milk, flavored and unflavored
- Skim and 1% Lactaid milk
- Nutritionally-equivalent non-dairy beverages

****All age groups: Any milk or non-dairy beverage prescribed by a medical professional****

Creditable Milks Continued

- Ultra High Temperature (UHT) milk (also called 'shelf stable milk')
- Cultured milks (such as cultured buttermilk, cultured kefir milk and cultured acidophilus milk)
- Acidified milks (such as acidified kefir milk and acidified acidophilus milk)
- Goat's milk may be served in place of cow's milk if it meets State and local standards for fluid milk
- Breastmilk is creditable for children of any age

Remember: Age-specific requirements for percent fat content and flavored vs unflavored apply regardless of type of fluid milk served

Non-creditable Milks

Raw, unpasteurized
milks

Sheep's milk

Cream

Eggnog

Sweetened,
condensed milk

Milk in
cooking/recipes*
(**except for milk
used in smoothies*)

Flavored milk
served to
participants 5 years
of age and younger

Creditable Milks by Age Group: 1 yo

- Whole unflavored milk
- Whole unflavored lactose reduced milk
- Whole unflavored lactose-free milk
- Whole cultured milk
- Whole acidified milk
- Nutritionally-equivalent fluid milk substitutes
- Breastmilk
- Iron-fortified infant formula between age 12-13 months
- Other milks with note from a State licensed healthcare professional or registered dietitian



Creditable Milks by Age Group: 2-5 yo

- 1% (low-fat) unflavored milk
- Skim (fat-free) unflavored milk
- 1% or skim reduced lactose milk
- 1% or skim lactose-free milk
- 1% or skim buttermilk
- 1% or skim acidified milk
- Nutritionally equivalent fluid milk substitutes
- Breastmilk
- Whole or 2% milk- **only between age 24-25 months**
- Other milks with note from a State licensed healthcare professional or registered dietitian



Creditable Milks by Age Group: 6-18

- 1% (low-fat) unflavored and flavored* milk
- Skim (fat-free) unflavored and flavored* milk
- 1% or skim reduced lactose milk
- 1% or skim lactose-free milk
- 1% or skim buttermilk
- 1% or skim acidified milk
- Nutritionally equivalent fluid milk substitutes
- Breastmilk
- Other milks with note from a State licensed healthcare professional or registered dietitian

*Best practice (optional): serve flavored milk that contains no more than 22g total sugars per 8 fluid ounces



Creditable Milks by Age Group: Adults

- 1% (low-fat) unflavored and flavored milk
- Skim (fat-free) unflavored and flavored milk
- 1% or skim reduced lactose milk
- 1% or skim lactose-free milk
- 1% or skim buttermilk
- 1% or skim acidified milk
- Nutritionally equivalent fluid milk substitutes
- Other milks with note from a State licensed healthcare professional or registered dietitian
- Milk is optional at supper for adult participants
- 6 oz/ $\frac{3}{4}$ cup yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day (when yogurt is not served as a MA in the same meal)



Fluid Milk Substitutes: Non-disability Reasons

For Participants who do not consume fluid milk due to **non-disability reasons** (including cultural, ethical, Tribal and religious preferences):

- Fluid milk substitutes may be served in place of fluid milk to better meet dietary preferences
- CACFP operators are encouraged to meet these dietary preferences, if possible
- Fluid milk substitutes requested must meet meal pattern requirements:
 - ✓ Must be nutritionally equivalent to cow's milk
 - ✓ Must meet nutrition standards for cow's milk (calcium, protein, vitamin A, vitamin D, etc.)
 - **Must meet nutrition standards for meals/snacks to be reimbursable!**
- Must be documented in the form of a **written request** from the parent/guardian or adult participant. A medical statement is NOT required.

Fluid Milk Substitutes: Non-disability Reasons

Fluid milk substitutes requested must be nutritionally equivalent to cow's milk:

➤ Code of Federal Regulations:
7 CFR 226.20(g)(3)(ii)

➤ Maine CACFP Website:
<https://www.maine.gov/doe/schools/nutrition/cacfp/resources/applicanttraining>

Nutrition Requirements for Fluid Milk Substitutes*	
Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8g
Vitamin A	150 mcg retinol activity equivalents (RAE)
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorous	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

* Fluid milk substitutes served to children 1 through 5 years old must be unflavored.

Silk Original Soymilk

Serving Size	1 Cup (240ml)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat: 4.5g	6%
Saturated Fat: 0.5g	3%
Trans Fat: 0g	
Polyunsaturated Fat: 2.5g	
Monounsaturated Fat: 1g	
Cholesterol: 0mg	0%
Sodium: 90mg	4%
Total Carbohydrate: 9g	3%
Dietary Fiber: 2g	7%
Total Sugars: 6g	
Includes 5g Added Sugars	10%
Protein: 8g	16%
Vitamin D: 3mcg	15%
Calcium: 450mg	30%
Iron: 1.3mg	6%
Potassium: 380mg	8%
Vitamin A: 150mcg	15%
Riboflavin: 0.4mg	30%
Folate: 40mcg DFE	10%
Vitamin B12: 3mcg	120%
Magnesium: 50mg	10%



Nutrition Requirements for Fluid Milk Substitutes*

Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8g
Vitamin A	150 mcg retinol activity equivalents (RAE)
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorous	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

- Calcium= ✓
- Protein= ✓
- Vitamin A= ✓
- Vitamin D= ✓
- Magnesium= ✓
- Phosphorus= ✗
- Potassium=
- Riboflavin=
- Vitamin B-12=

Silk Original Soymilk

Servings Per Container About 8

Serving Size

1 Cup (240ml)

Amount per serving

Calories

110

Protein: 8g	16%
Vitamin D: 3mcg	15%
Calcium: 450mg	30%
Iron: 1.3mg	6%
Potassium: 380mg	8%
Vitamin A: 150mcg	15%
Riboflavin: 0.4mg	30%
Folate: 40mcg DFE	10%
Vitamin B12: 3mcg	120%
Magnesium: 50mg	10%

Fluid Milk Substitutes- Disability Reasons

For Participants who do not consume fluid cow's milk due to **disability reasons**:

- Programs are required to provide fluid milk substitutions requested for disabilities
- If the fluid milk substitute requested for a disability results in you not meeting meal pattern requirements, you must obtain a written medical statement signed by a healthcare professional or registered dietitian.
- The medical statement should identify the food(s) to be avoided and the recommended alternatives.

Smoothies

- Smoothies are the only recipe in which fluid milk may be credited
 - Milk is not creditable when used in cooking for such foods as cooked cereals, bread, custard, pudding, etc.
- Fluid milk in smoothies can credit toward meal pattern requirements if a portion of the smoothie contains at least $\frac{1}{4}$ cup (2 oz) fluid milk
- If a smoothie contains less than the required amount of milk required by the meal pattern, additional fluid milk must be offered.
- Use the type(s) of fluid milk allowed by the meal pattern for the age group served
- Smoothies may be served at any meal or snack

Ingredient:

8 fl oz skim milk

$\frac{1}{2}$ cup frozen blueberry puree

4 oz lowfat yogurt

Crediting:

=1 cup milk

= $\frac{1}{2}$ cup fruit juice

=1 oz meat alternate

- **Grain ingredients are not creditable when added to smoothies**
- **Yogurt is the only creditable M/MA ingredient**

Implementing Milk Service

- Remember to document type(s) of milk served on CACFP menus
- If serving multiple age groups in the same meal service, remember to serve each child the type of milk required for their age
- Remember that age-specific requirements for percent fat content and flavored vs unflavored apply regardless of type of fluid milk served
- For participants age 1-18:
 - Milk is required at all meals
 - Milk may be served as one of the two required snack components (=optional at snack)
- For adult participants:
 - $\frac{3}{4}$ cup yogurt can replace 1 cup fluid milk once per day
 - A serving of fluid milk is optional for suppers served to adult participants

Implementing Milk Service

- When serving **pre-plated meals/snacks**, participants must be served the minimum serving size of milk required for their age group
 - Milk cups must be large enough to hold the full required minimum serving size of milk
- When serving **Family Style meal service**, enough milk must be placed on the table to provide the minimum serving size for each participant seated at the table
 - Participants should be encouraged to take the full required minimum serving size of milk
 - It's **best practice** to provide milk cups that are large enough to hold the full minimum serving size- but it's not required

Implementing Milk Service

- State staff have started verifying that programs purchased a sufficient amount of milk during CACFP administrative reviews:
 - Save all dated, itemized receipts containing CACFP milk purchases
 - Maintain inventory records if you keep a significant amount of milk in inventory for use in the next month
- State staff verify that you have parent and doctor notes on file to support non-dairy beverages served during CACFP administrative reviews

CACFP Milk Resources

➤ USDA Milk Resources:

- Policy Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers (<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas>)
- <https://www.fns.usda.gov/tn/milk-cacfp-resources> :
 - *Serving Milk in the CACFP* (1 page handout)
 - *Serving Milk in the CACFCP* training and BINGO game
 - Meal pattern posters

➤ Federal CACFP Regulations: <https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226>

➤ Maine CACFP Milk Resources: <https://www.maine.gov/doe/schools/nutrition/cacfp/resources/applicanttraining>

➤ National CACFP Sponsors Association: <https://www.cacfp.org/?s=milk>

Questions?



Let's Play...



Find the game here: <https://www.fns.usda.gov/tn/serving-milk-bingo>

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Fill in the blank: The calcium and vitamin D in milk help participants have strong _____.

Bones and teeth

Milk is a good source of calcium and vitamin D. Both of these nutrients help keep bones and teeth strong.

3

Fill in the blank: You may serve flavored milk as part of a reimbursable meal or snack to children ages _____.

6 years and older

You can serve flavored milk as part of a reimbursable meal or snack to children 6 years of age and older.

4

Which meal component is optional at supper for adult participants?

Fluid milk

Fluid milk is an optional component at supper for adult participants only.

6

Fill in the blank: To serve a milk substitute that is not nutritionally equivalent to cow's milk as part of a reimbursable meal or snack, you need a _____.

Medical statement

A medical statement is required in order to serve a milk substitute that is not nutritionally equivalent to cow's milk as part of a reimbursable meal or snack.

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Fill in the blank: You may serve a non-dairy milk beverage (milk substitute) that is nutritionally equivalent to _____ to children 12 months and older without a medical statement.

Cow's milk

You may serve non-dairy milk beverages (milk substitutes) that are nutritionally equivalent to cow's milk in place of milk without a medical statement.

9

True or false: You may serve unflavored whole milk and unflavored reduced-fat (2%) milk to children between the ages of 24 and 25 months to help them transition to low-fat (1%) or fat-free (skim) milk.

True

You may serve unflavored whole milk and unflavored reduced-fat (2%) milk as part of a reimbursable meal or snack to children when they are between 24 and 25 months of age to help them transition to low-fat (1%) or fat-free (skim) milk.

10

You may serve this item to adult participants in place of fluid milk once per day. What is it?

Yogurt

You may serve yogurt in place of milk once per day to adult participants only. All yogurts served in the CACFP must meet the sugar limit of no more than 23 grams of sugar per 6 ounces.

True or false: Flavored milk can count toward the reimbursable meal for a 4-year-old if you prepare the flavored milk onsite.

False

You may not serve homemade flavored milk as part of a reimbursable meal or snack for children 5 years of age and younger.

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Yes or no: You may serve low-fat (1%) lactose-free milk to children 2 years old and older as part of a reimbursable meal or snack in the CACFP.

Yes

Types of reimbursable milk for children 2 years of age and older and adults include:

- low-fat (1%) or fat-free (skim) lactose-reduced milk;
- low-fat (1%) or fat-free (skim) lactose-free milk;
- low-fat (1%) or fat-free (skim) buttermilk; and
- low-fat (1%) or fat-free (skim) acidified milk.

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Fill in the blank: Milk is a required component for children 1 through 18 years of age at the following meals: _____.

Breakfast, lunch, and supper

Milk is a required component at breakfast, lunch, and supper for children ages 1 through 18 years. You may also offer milk as one of the two components required for a reimbursable snack.

Correct or incorrect: Milk used to make cream soups can credit toward a reimbursable meal or snack.

Incorrect

Milk used in cream soups or other foods may not credit toward a reimbursable meal or snack. The only exception to this rule is when milk is used to make smoothies.

Unflavored whole milk is required as part of a reimbursable meal for which age group?

Children 12 through 23 months

You must serve children 12 through 23 months unflavored whole milk as part of a reimbursable meal. Note that breastmilk is an acceptable substitute for all or part of the whole milk requirement.

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Fill in the blank: For children 1 through 18 years of age, milk is an optional component at _____.

Snack

Reimbursable snacks in the CACFP must have items from two out of the five meal components:

- Milk
- Fruits
- Vegetables
- Meats/meat alternates
- Grains

Therefore, milk is optional, but not required at snack in the CACFP.

Yes or no: May CACFP participants 6 years old and older have flavored whole milk as part of a reimbursable meal?

No

Without a medical statement, flavored whole milk cannot count as part of a reimbursable meal or snack for any CACFP participant.

18

How many fluid ounces of milk must you serve to a child

3 through 5 years of age as part of a reimbursable breakfast, lunch, or supper?

6 fluid ounces

Children ages 3 through 5 years of age must receive at least 6 fluid ounces ($\frac{3}{4}$ cup) of unflavored low-fat (1%) or unflavored fat-free (skim) milk as part of a reimbursable breakfast, lunch, and supper.

Reimbursable or not reimbursable: You serve yogurt in place of milk to 3-year-olds. Is the meal reimbursable or not reimbursable?

Not reimbursable

You may serve yogurt in place of milk to adult participants only. If you serve yogurt in place of milk to 3-year-olds, the meal is not reimbursable. In the CACFP, yogurt served to children may credit toward the meats/meat alternates component only.

This type of milk may not count toward a reimbursable meal or snack for children 0 through 5 years of age.

Flavored milk

Flavored milk may only count toward a reimbursable meal or snack for children ages 6 years and older, and adult participants.

You may serve:

- iron-fortified infant formula or breastmilk to infants 0-11 months;
- unflavored whole milk to children 12 months to 23 months; and
- unflavored low-fat (1%) or unflavored fat-free (skim) milk to children 2 through 5 years of age.

What is another name for Ultra High Temperature (UHT) milk?

Shelf-stable milk

UHT milk is milk that has been pasteurized at a high temperature and then packaged to ensure a long shelf life without the need for refrigeration. You may serve UHT milk as part of a reimbursable meal or snack in the CACFP.

Agree or disagree: You may serve flavored UHT (shelf-stable) milk to children 2 through 5 years of age.

Disagree

The only types of UHT milk you may serve to children 2 through 5 years of age as part of a reimbursable meal or snack are unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

This nutrient that begins with the letter “C” is found in milk and helps keep teeth strong for a healthy smile. What is the name of this nutrient?

Calcium

Calcium is a nutrient that is important for building and maintaining strong bones and teeth.

What other terms can you use to describe fat-free milk?

Skim milk and non-fat milk

Other terms or words to describe fat-free milk are non-fat milk and skim milk.

What is another term for low-fat milk?

1% milk

Another term or word to describe low-fat milk is 1% (one percent) milk.

Allowed or not allowed: Flavored non-dairy milk beverages (milk substitutes) for children 5 years of age or younger.

Not allowed

Just like cow's milk, non-dairy milk beverages (milk substitutes) like soymilk served to children 5 years of age or younger must be unflavored. Flavored non-dairy beverages (milk substitutes) that are nutritionally equivalent to cow's milk are allowed for children 6 years of age and older and adults.

Same or different: If an 11-month-old and a 2-year-old sit together at lunch, is the type of milk you offer to each child the same or different?

Different

If children of different ages are sitting together, you must serve each child the type of milk that is appropriate for his or her age. This means you must serve only breastmilk or iron-fortified formula to the 11-month-old. You must serve only unflavored low-fat (1%) or fat-free (skim) milk to the 2-year-old.

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Fill in the blank: As an optional CACFP best practice, if serving flavored milk, choose flavored milks that contain _____ grams of total sugars or less per 8 fluid ounces of milk.

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As a CACFP best practice, if you serve flavored milk to children 6 years of age and older or adults, serve flavored milk that contains no more than 22 grams of sugar/total sugars per 8 fluid ounces.

**As an optional CACFP best practice, if you serve yogurt in place of milk for adult participants at breakfast, lunch, or supper,
what should you offer as a beverage during that meal?**

Water

As an optional CACFP best practice, offer water as the beverage when serving yogurt in place of fluid milk at breakfast, lunch, or supper to adult participants. Additionally, offer and make water available as needed throughout the day at your site.

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Same or different: The reimbursement rates for a meal that includes cow's milk and a meal that includes a non-dairy beverage (milk substitute).

Same

The reimbursement rate for meals that include cow's milk or non-dairy beverages (milk substitutes) is the same.

Reimbursable or not reimbursable: A meal for an 8-year-old child that includes a flavored non-dairy beverage (milk substitute).

Reimbursable

Flavored non-dairy milk beverages (milk substitutes) may be part of a reimbursable meal for children 6 years of age and older, and adults.

Yay or nay: A reimbursable breakfast, lunch, and supper offered to children in the CACFP must include milk.

Yay

A reimbursable breakfast, lunch, and supper offered to children in the CACFP must include milk. Milk can also be one of the two required components you offer as part of a reimbursable snack.

Yay or nay: CACFP operators are required to provide a non-dairy milk beverage (milk substitute) if the request is not related to a disability.

Nay

CACFP operators are not required to provide a non-dairy milk beverage (milk substitute) if the request is not related to a disability. However, operators are highly encouraged to make meal modifications to accommodate requests that are not the result of a disability.

Required or not required: Indicating the type of milk on menus.

Required

CACFP operators must document the type of milk served on the menu. The menu must indicate the fat content of the milk and whether or not the milk is flavored.

How many fluid ounces of milk must you serve to a child 13 years of age as part of a reimbursable lunch?

8 fluid ounces

Children 6 through 18 years of age must receive at least 8 fluid ounces (1 cup) of milk as part of a reimbursable breakfast, lunch, or supper.

How many fluid ounces of milk must a provider serve to a 1½-year-old child at lunch?

4 fluid ounces

Children 1 through 2 years of age must receive at least 4 fluid ounces (½ cup) of milk as part of a reimbursable breakfast, lunch, or supper.

Fill in the blank: Low-fat (1%) milk has less _____ and calories than whole milk.

Total fat

Low-fat (1%) milk has less total fat and calories than whole milk. Eight fluid ounces of low-fat (1%) milk provides 2.5 grams of total fat and 100 calories. Whole milk provides 8 grams of total fat and 150 calories.

At this age, you can help children get used to whole milk by serving whole milk and infant formula. Both whole milk and infant formula will credit toward a reimbursable meal for children of this age.

12 to 13 months

This 1-month period when a child is between the ages of 12 to 13 months is called a “transition period.” It can be a challenge to switch immediately from iron-fortified infant formula to whole milk when an infant turns one. You can use this transition period to help 1-year-olds adjust to the taste of whole milk.

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At this age, you can help children switch from unflavored whole milk to unflavored low-fat (1%) or fat-free (skim) milk by serving unflavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, and/or fat-free (skim) milk as part of a reimbursable meal or snack.

24 to 25 months

This 1-month period when a child is between the ages of 24 and 25 months is called a “transition period.” It can be a challenge to switch immediately from whole milk to low-fat (1%) or fat-free (skim) milk. You can use this transition period to help children adjust to the taste of low-fat (1%) or fat-free (skim) milk.

Creditable or not creditable: Milk poured over cereal at breakfast.

Creditable

Milk is a required component at breakfast. Providers must serve the full amount required for the age of the participant. The participant can use the milk as a beverage, on cereal, or a combination of both.

Creditable or not creditable: Sheep's milk.

Not creditable

Sheep's milk is not creditable in the CACFP. You may not count it toward the milk component in a reimbursable meal or snack.

Right or wrong: Adults no longer need the nutrients found in milk.

Wrong

Milk provides nutrients that are vital for the health and maintenance of the body regardless of age. These nutrients include calcium, potassium, and vitamin D, all of which help keep bones strong and reduce the risk for bone fractures and breaks.

Fill in the blank: Any milk you serve as part of a reimbursable meal in the CACFP must be _____. This process removes any harmful bacteria that may be present.

Pasteurized

CACFP regulations require that you may only serve pasteurized milk as part of a reimbursable meal.

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Agree or disagree: You may serve commercially prepared buttermilk that is low-fat (1%) or fat-free (skim) to participants 2 years of age and older and adults.

Agree

You may serve low-fat (1%) or fat-free (skim) commercially prepared buttermilk as part of a reimbursable meal or snack in the CACFP for children 2 years of age and older and adults.

Fill in the blank: A smoothie must contain at least

fluid ounces of milk to credit toward a reimbursable meal.

2 fluid ounces

A smoothie must contain at least 2 fluid ounces of milk in order to credit toward the milk component of a reimbursable meal or snack. If the smoothie contains less than the minimum amount of milk required at the meal or snack, you must provide the remaining required amount of milk at the same meal or snack.

Thank You!



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