



United States Department of Agriculture

Food and Nutrition Service

CACFP Trainer's Tool

# Serving Milk

B i n g o

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**1**

What is the minimum amount of breastmilk or iron-fortified formula you must serve to infants 0 through 5 months of age at breakfast?

## **4 to 6 fluid ounces**

The minimum amount of breastmilk or iron-fortified infant formula you must serve to an infant 0 through 5 months of age is 4 to 6 fluid ounces.

A dynamic splash of white milk against a dark purple background, with a stream of milk falling from the top center and splashing outwards.

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

## **Bones and teeth**

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

A dynamic splash of white milk against a dark purple background, with a stream of milk falling from the top right.

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

## **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.

Which meal component is optional at supper for adult participants?

## **Fluid milk**

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



**Fill in the blank:** Children ages **<blank>** may receive iron-fortified infant formula as part of a reimbursable meal or snack.

## **0 to 13 months**

You may serve breastmilk or iron-fortified infant formula as part of a reimbursable meal to children 0 through 12 months of age. You may also serve iron-fortified infant formula to children from 12 to 13 months of age as they transition to whole milk.



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

## 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.



**Fill in the blank:** You may serve a non-dairy milk beverage (milk substitute) that is nutritionally equivalent to **<blank>** 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.



Having this space at your child care site can help support mothers who wish to breastfeed onsite.

## **Breastfeeding room**

Having a breastfeeding room onsite can help support mothers who wish to continue breastfeeding after they return to school or work.



**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.



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.



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.



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

## **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.



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

## Snack

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

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

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.



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.



**Fill in the blank:** Unless you have a signed medical statement, infant formula must be **<blank>**.

## Iron-fortified

To determine if an infant formula is iron-fortified, look for a statement on the product's label that says "Infant Formula with Iron" or other similar wording.



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 0-12 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 should serve only breastmilk or iron-fortified formula to the 11-month-old. You should serve only unflavored low-fat (1%) or fat-free (skim) milk to the 2-year-old.



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

## 22

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.



**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 menu. The menu must indicated the fat content of the milk and whether or not the milk is flavored.



**Required or not required:** Documenting the amount of breastmilk an infant consumes when the mother breastfeeds onsite.

## **Not required**

If a mother chooses to breastfeed her infant onsite, you are not required to document the amount of breastmilk consumed.



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 **<blank>** 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.



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.



This type of milk usually comes in a can and does not credit toward the milk component in the CACFP.

## **Evaporated milk**

Evaporated milk does not meet the definition of fluid milk and may not count toward the milk component at CACFP meals and snacks.



**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 **<blank>**. 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.



A nutrient that starts with the letter “P” is found in milk and may help the body maintain a healthy blood pressure. What is it?

## Potassium

Diets rich in potassium may help the body maintain a healthy blood pressure. Milk provides potassium.



This type of milk is creditable when the availability of fluid milk is limited.

## **Reconstituted/powdered milk**

Reconstituted/powdered milk is creditable in the CACFP when the availability of fluid milk is limited.



**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 **<blank>** 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.