

CACFP TRAINING Spotlight

DPI COMMUNITY NUTRITION TEAM

IN THIS HANDOUT:

SERVING MILK

This handout provides information on serving milk to help programs ensure the correct type and minimum required amount of milk is served to each participant.



Minimum Serving Sizes

The table below lists the CACFP meal pattern minimum required serving sizes for milk. This amount must be served to each participant at breakfast, lunch, and supper, and at snack when milk is served as one of the two components.

Age Group	Breakfast	Lunch/Supper	Snack
1-2 years	½ cup (4 oz)	½ cup (4 oz)	½ cup (4 oz)
3-5 years	¾ cup (6 oz)	¾ cup (6 oz)	½ cup (4 oz)
6-18 years	1 cup (8 oz)	1 cup (8 oz)	1 cup (8 oz)
Adult Participants (Adult Day Care (ADC)) *	1 cup (8 oz)	1 cup (8 oz)	1 cup (8 oz)



* ADC participants only: Milk is optional at supper. Yogurt may be served in place of milk once per day.

Creditable Milk and Required Milk Types

Creditable milk includes whole, low-fat (1%), fat-free (skim), lactose-reduced, lactose-free, acidified, cultured, cultured buttermilk and goat's milk. Milk must be pasteurized and meet State or local standards. Breastmilk is also creditable at any age. The table below lists milk types required to be served by age.

Age Group	Required
1 year	Unflavored whole milk <i>(Iron-fortified infant formula may be served to children ages 12-13 months to help with the transition to whole milk)</i>
2-5 years	Unflavored fat-free (skim) or low-fat (1% milk)
6-18 years	Unflavored or flavored fat-free (skim) or low-fat (1% milk)
Adult Participants (Adult Day Care)	Unflavored or flavored fat-free (skim) or low-fat (1% milk)



A [creditable non-dairy beverage](#) may be served in place of milk. Non-creditable non-dairy beverages (ex. oat, rice, and almond milk) cannot be served in place of milk unless a valid medical statement for a disability is on file.



Serving Milk at Meals and Snacks

Family Style Dining: When milk is served family style (pitchers of milk are passed around the table and participants serve themselves), enough milk must be put in each pitcher to provide the minimum serving size for each participant seated at the table. Participants determine how much milk they want to take, however, should be encouraged to take the minimum serving size.



Pre-plated meal service: When staff pour milk for participants, the minimum serving size must be poured into each cup.



Tip: Pour the required serving size (ex. 4 oz) into a measuring cup and then pour into the serving cup. Mark where the amount is on the cup. Use as a guide when pouring milk for participants.



Using the Correct Cup Size

With both meal service methods used (i.e., pre-plated and family style dining), programs must use a cup large enough to hold the minimum serving size of milk required for each age group. When choosing cup sizes to use, keep in mind that it is not feasible to pour an amount of milk into a cup of the same size (ex. 6 ounces of milk into a 6 oz cup).

Recommended Cup Sizes

- **6 oz. cup:** When serving $\frac{1}{2}$ cup (4 oz) milk
- **8 oz. cup:** When serving $\frac{1}{2}$ cup (4 oz) and $\frac{3}{4}$ cup (6 oz) milk
- **10 and 12 oz. cup:** When serving 1 cup (8 oz) milk



Small Cups (Not Recommended)

Cup sizes too small to hold the required serving amounts must not be used. For example, a 3 oz. cup is not large enough to hold any required amount of milk. A 5 oz. cup can only hold $\frac{1}{2}$ cup (4 oz.) of milk if it is filled to almost the top of the cup, which may be difficult for younger participants to manage. Last, as previously stated, it is not feasible to pour an amount of milk into a cup of the same size; therefore a 6 oz. cup, for example, must not be used when the serving size is $\frac{3}{4}$ cup (6 oz.).

