

FLUID MILK BASICS

AGES AND REQUIREMENTS

1 YEAR

Unflavored whole milk

2-5 YEARS

Unflavored low-fat (1%)
Unflavored fat-free (skim)

6 YEARS & OLDER

Unflavored low-fat (1%)
Unflavored fat-free (skim)
Flavored low-fat (1%)
Flavored fat-free (skim)

ADULTS (ONLY)

Yogurt may be served in place of fluid milk once per day. Yogurt may not be served as a substitute for fluid milk and as a meat alternate in the same meal.

REQUIREMENTS

- Breastmilk is an allowable substitute for fluid milk for children of any age.
- When a child turns 2 years old, there is a one-month transition period to switch from whole milk to low-fat or fat-free milk. During this period, operators may serve whole milk or reduced-fat milk (2%) to children 24 to 25 months old as part of a reimbursable meal or snack.
- Flavored milk, including flavored nondairy beverages, cannot be served to children 1 through 5 years old.
- Fat-free or low-fat flavored milk may be served to children 6 years and older and adults only. Flavored milk may be commercially prepared or flavored using syrup or flavored milk powders (includes flavored straws) using fat-free or low-fat milk.
- Yogurt may be served in place of fluid milk for adults once per day.

For nondairy needs, see the "Selecting Beverages that are Nutritionally Equivalent to Cow's Milk" handout.