

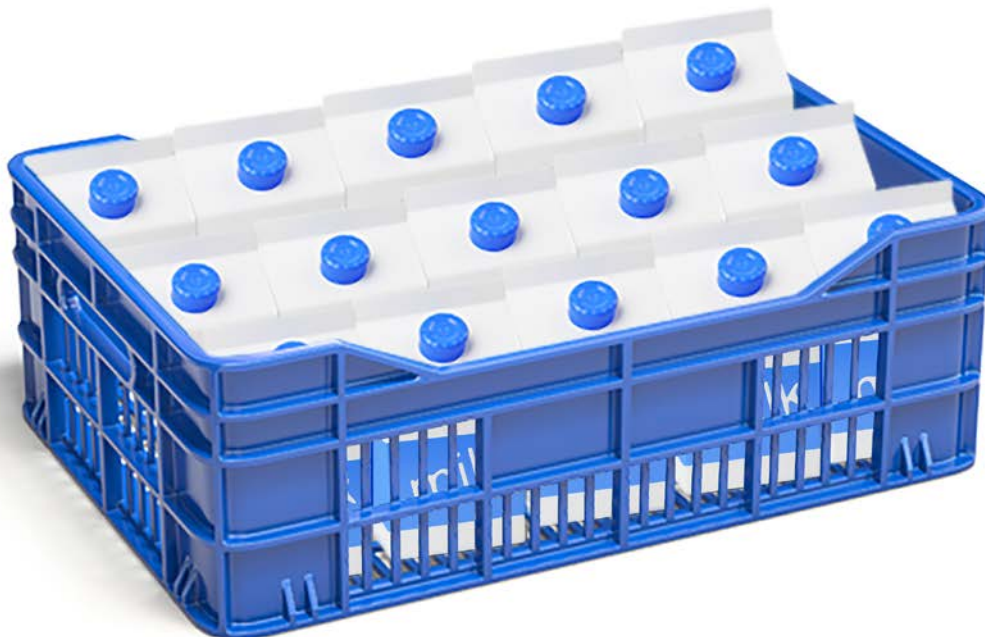
Fluid Milk Component

Minimum Requirements for Schools

BREAKFAST & LUNCH

Grades	Daily	Weekly
K–5	1 cup	5 cups
6–8	1 cup	5 cups
9–12	1 cup	5 cups

- The minimum creditable serving is 8 fluid ounces.
- Students must be offered a variety (at least two different options) of fluid milk daily at breakfast and lunch.
- All fluid milk must be:
 - Fat-free (skim) or low-fat (1 percent fat or less)
 - Pasteurized and have vitamins A and D at levels specified by the Food and Drug Administration
- Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.
 - By July 1, 2025, flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces.



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Institute of Child Nutrition. (2024). Meal pattern mini-poster. Fluid milk component. University, MS: Author.

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10/04/24