

MILK Guidelines



Effective October 1, 2011

0-12 Months

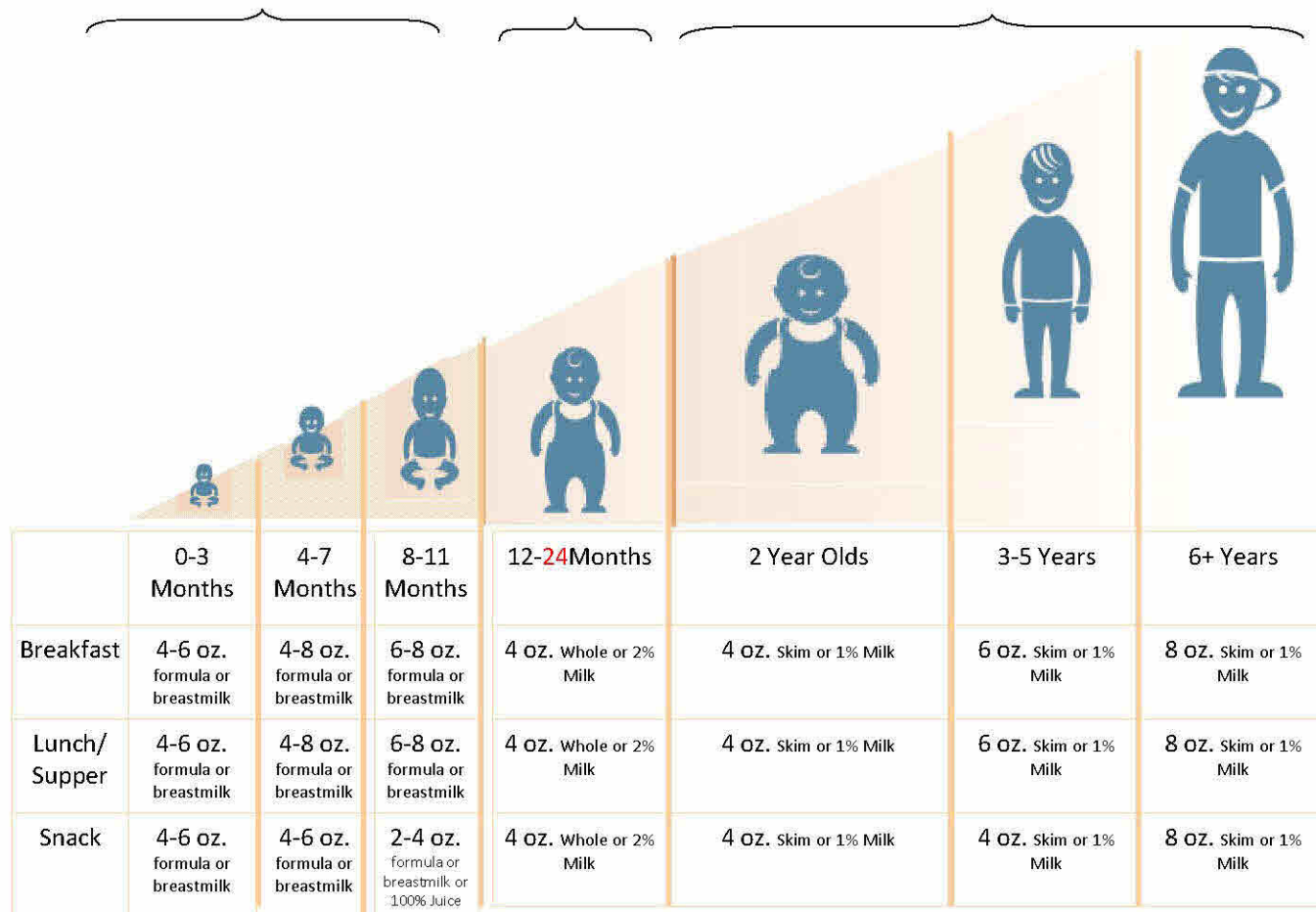
Iron-fortified
Infant Formula
Or
Breast-milk

12-24 Months

Whole Milk
Or
2% Milk

24+ Months

Skim Milk
Or
1% Milk



Babies 0-12 months must be served Iron-fortified Infant Formula or Breastmilk. Children ages 12 months to 24 months must be served Whole Milk or 2% Reduced Fat Milk. All children two years of age and older must receive either fat-free (Skim) or low-fat (1%) fluid milk. **Whole milk and reduced-fat (2%) milk may not be served to CACFP participants over two years of age.** Milk may be flavored or unflavored.

Parents can now request a non-dairy substitution in writing, without providing a medical statement. For example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the center asking that soy milk be served in lieu of cow's milk. The center, or the parent may provide the soy milk, and the center can still receive credit for the child's meal—as long as there is a written statement from the parent on file at the center and at the sponsor's office. If a child has a documented medical disability, the center must provide the substitute milk.