



# NATIONAL SCHOOL LUNCH PROGRAM



## FLUID MILK COMPONENT



## Transitional Standards for Milk, Whole Grains, and Sodium

- Flavored, low-fat (1%) milk can be offered as part of a reimbursable meal or as a competitive beverage
  - NSLP and SBP for grades K-12
- Flavored, low-fat (1%) milk can also be offered in:
  - SMP and CACFP for children ages 6+

Milk



Equity • Quality • Collaboration • Community



## NSLP Fluid Milk Component *Overview*

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)

- *Fluid Milk is a required meal pattern component for the NSLP.*
- *Serving sizes listed above are required at a weekly minimum.*
- *Serving sizes in parenthesis are the required daily minimum.*



## School Breakfast Program Fluid Milk Component

- Types of milk that may be offered include:
  - Fat-free (skim) unflavored
  - Fat-free (skim) flavored
  - Low-fat (1%) unflavored
  - **Low-fat (1%) flavored**
- At least two varieties of milk must be offered during the meal service
  - One of those must be unflavored





# NSLP Fluid Milk Component *Substitutions*

Nutrient	Per cup (8 fl oz)
Calcium	276 mg.
Protein	8 g.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.



# Crediting Smoothie- Fluid Milk

## Smoothie

- fruit ½ cup
- juice ½ cup
- Fluid milk 1 cup \*



**\*Two types of fluid milk must be offered separately to meet the milk requirement**

[Smoothies offered in Child Nutrition Programs USDA Memo SP40](#)