Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

✓ Breastmilk
✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months
(1 year through 1 year and 11 months)

✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years
(up to 6th birthday)

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

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

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

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and adults must be fat-free (skim).
Try It Out!  
Milk Matters!

Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

<table>
<thead>
<tr>
<th>Maya’s Age: 1 year</th>
<th>Type(s) of Milk:</th>
<th>Darrick’s Age: 2 years</th>
<th>Type(s) of Milk:</th>
</tr>
</thead>
</table>

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

<table>
<thead>
<tr>
<th>Olivia’s Age: 5½ years</th>
<th>Types of Milk:</th>
</tr>
</thead>
</table>

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

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