



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in CACFP to those in your care.

Infants (newborn through 11 months)

- ✓ Breastmilk
- ✓ Iron-fortified infant formula
(Breastmilk is allowed at any age in the CACFP.)

Ages 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.)

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

Ages 6 years through 12 years

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

Credit: <https://www.fns.usda.gov/tn/serving-milk-cacfp>

It's Breakfast Time!

This easy-to-use menu planner and recipe booklet is designed for CACFP operators who provide breakfast meals for children 3–18 years of age. It includes sample menus, checklists, menu planning activities, and 20 USDA standardized breakfast recipes.

Click on the picture or the link to view or download the menu planner.



<https://www.fns.usda.gov/tn/its-breakfast-time>

Peachy Oat Bake



- 1 ½ cups rolled oats, dry (not quick)
- 1 cup milk, low-fat (1%)
- 4 cups peaches, canned, light syrup, drained, diced.
- 2 Tbsp. maple syrup
- 2 tsp. cinnamon, ground

Wash hands with soap and water for at least 20 seconds. Preheat oven to 400 °F. Spray baking dish (9" x 13") with non-stick cooking spray. In a small bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir. Add oatmeal mixture to baking dish. Bake for 30 minutes or until bubbling and golden brown. Heat to 140 °F or higher for at least 15 seconds. Remove from the oven and let sit for 14 minutes. Stir with a spoon to fluff before serving. Serve immediately or keep warm at 140 °F or higher.

Yield: 6 servings (1 cup per serving)

Crediting Information: Each serving provides a fruit (½ cup) and a grain (1 oz eq) at breakfast for children 3-5 years & 6-12 years.

Credit: https://fns-prod.azureedge.us/sites/default/files/resource-files/USDA-CACFP_BreakfastPlanner.pdf

Lactose Free Milk

Lactose-free and lactose reduced-milks are fluid milks that have been modified by the addition of lactase enzymes. The lactose (milk sugar) in the milk has been broken down into simple sugars. Children who cannot digest lactose may benefit from the use of lactose-free or lactose reduced milk.

Lactose-free and Lactose reduced milk **DO NOT** require a special diet statement or written parent request. However, they must meet the guidelines for the type of milks allowed by age (whole, low-fat, or fat-free) listed above.

