

My Food Program allows flexibility when it comes to recording fluid milk. Please review the two options below and begin using the milk type that works best for the requirements in your state.

Option #1:

Your State Agency does not require menus to be specific about the types of fluid milk served. When planning menus, you should use the menu item “Milk, fluid”. Using this as your menu item indicates to the state agency that children are receiving milk in the appropriate fat percentage for their age category, but does not track amounts by separate milk types.

Favorite Foods

Favorite Foods	
Fluid Milk	
Mark as Favorite	Name
<input type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
<input type="checkbox"/>	1% Milk for all participants 2 and older
<input type="checkbox"/>	1% milk for all participants 3 years and older
<input type="checkbox"/>	2% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Breast Milk/Iron-Fortified Formula
<input checked="" type="checkbox"/>	Milk, fluid
<input type="checkbox"/>	Milk, fluid (in gallons)
<input type="checkbox"/>	Skim milk for all participants 2 and older
<input type="checkbox"/>	Whole milk for ages 12-23 months
<input type="checkbox"/>	Skim milk for ages 24 months (transition month)
<input type="checkbox"/>	Skim milk for ages 25-35 months
<input type="checkbox"/>	Skim milk for ages 2+ (in gallons)
<input type="checkbox"/>	Skim milk for all participants 3 years and older
<input type="checkbox"/>	Soy milk nutritionally equivalent to cow's milk
<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	Select Milk, fluid	Search... <input type="button" value="Q"/>

Menu: Planning Menus: Milk Types for Age Ranges



Option #2:

Your State Agency requires menus to be specific about the types of milk served. Before you begin recording menus, you should set all the types of fluid milk that you use as “Favorite Foods”.

If you do not serve a different type of milk only to those children in the “transition month”, you will need to select two types of milk each time you plan a menu:

Fluid Milk Combination: Whole milk for ages 12-23 months and 1% milk for all participants 2 and older

Favorite Foods

Fluid Milk	
Mark as Favorite	Name
<input type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
<input checked="" type="checkbox"/>	1% Milk for all participants 2 and older
<input type="checkbox"/>	1% milk for all participants 3 years and older
<input type="checkbox"/>	2% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Breast Milk/Iron-Fortified Formula
<input type="checkbox"/>	Milk, fluid
<input type="checkbox"/>	Milk, fluid (in gallons)
<input type="checkbox"/>	Skim milk for all participants 2 and older
<input checked="" type="checkbox"/>	Whole milk for ages 12-23 months
<input type="checkbox"/>	Skim milk for ages 24 months (transition month)
<input type="checkbox"/>	Skim milk for ages 25-35 months
<input type="checkbox"/>	Skim milk for ages 2+ (in gallons)
<input type="checkbox"/>	Skim milk for all participants 3 years and older
<input type="checkbox"/>	Soy milk nutritionally equivalent to cow's milk
<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning: SELECT BOTH

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	Select 1% Milk for all participants 2 and older Whole milk for ages 12-23 months	q

Fluid Milk Combination: Whole milk for ages 12-23 months and skim milk for all participants 2 and older

Favorite Foods

Fluid Milk	
Mark as Favorite	Name
<input type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
<input type="checkbox"/>	1% Milk for all participants 2 and older
<input type="checkbox"/>	1% milk for all participants 3 years and older
<input type="checkbox"/>	2% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Breast Milk/Iron-Fortified Formula
<input type="checkbox"/>	Milk, fluid
<input type="checkbox"/>	Milk, fluid (in gallons)
<input checked="" type="checkbox"/>	Skim milk for all participants 2 and older
<input checked="" type="checkbox"/>	Whole milk for ages 12-23 months
<input type="checkbox"/>	Skim milk for ages 24 months (transition month)
<input type="checkbox"/>	Skim milk for ages 25-35 months
<input type="checkbox"/>	Skim milk for ages 2+ (in gallons)
<input type="checkbox"/>	Skim milk for all participants 3 years and older
<input type="checkbox"/>	Soy milk nutritionally equivalent to cow's milk
<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning: SELECT BOTH

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	Select Skim milk for all participants 2 and older Whole milk for ages 12-23 months	q

Menu: Planning Menus: Milk Types for Age Ranges



If you do serve a different type of milk only to those children in the “transition month”, you will need to select **four types of milk** each time you plan a menu:

- Fluid Milk Combination:**
 12–23 months: Whole Milk
 24 months: 2% Milk
 25–35 months: 1% Milk
 36 months and older: 1% Milk

Favorite Foods

Fluid Milk	
Mark as Favorite	Name
<input type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
<input type="checkbox"/>	1% Milk for all participants 2 and older
<input checked="" type="checkbox"/>	1% milk for all participants 3 years and older
<input checked="" type="checkbox"/>	2% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Breast Milk/Iron-Fortified Formula
<input type="checkbox"/>	Milk, fluid
<input type="checkbox"/>	Milk, fluid (in gallons)
<input type="checkbox"/>	Skim milk for all participants 2 and older
<input checked="" type="checkbox"/>	Whole milk for ages 12-23 months
<input type="checkbox"/>	Skim milk for ages 24 months (transition month)
<input type="checkbox"/>	Skim milk for ages 25-35 months
<input type="checkbox"/>	Skim milk for ages 2+ (in gallons)
<input type="checkbox"/>	Skim milk for all participants 3 years and older
<input type="checkbox"/>	Soy milk nutritionally equivalent to cow's milk
<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning: SELECT ALL

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	<input checked="" type="checkbox"/> 1% Milk for ages 25-35 months <input checked="" type="checkbox"/> 1% milk for all participants 3 years and older <input checked="" type="checkbox"/> 2% Milk for ages 24 months (transition month)	<input type="text"/>

- Fluid Milk Combination:**
 12–23 months: Whole Milk
 24 months: 2% Milk
 25–35 months: Skim Milk
 36 months and older: Skim Milk

Favorite Foods

Fluid Milk	
Mark as Favorite	Name
<input type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
<input type="checkbox"/>	1% Milk for all participants 2 and older
<input type="checkbox"/>	1% milk for all participants 3 years and older
<input checked="" type="checkbox"/>	2% Milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Breast Milk/Iron-Fortified Formula
<input type="checkbox"/>	Milk, fluid
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<input type="checkbox"/>	Skim milk for all participants 2 and older
<input checked="" type="checkbox"/>	Whole milk for ages 12-23 months
<input type="checkbox"/>	Skim milk for ages 24 months (transition month)
<input checked="" type="checkbox"/>	Skim milk for ages 25-35 months
<input type="checkbox"/>	Skim milk for ages 2+ (in gallons)
<input checked="" type="checkbox"/>	Skim milk for all participants 3 years and older
<input type="checkbox"/>	Soy milk nutritionally equivalent to cow's milk
<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning: SELECT ALL

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	<input checked="" type="checkbox"/> 2% Milk for ages 24 months (transition month) <input checked="" type="checkbox"/> Whole milk for ages 12-23 months <input checked="" type="checkbox"/> Skim milk for ages 25-35 months	<input type="text"/>

- Fluid Milk Combination:**
 12–23 months: Whole Milk
 24 months: 1% Milk
 25–35 months: Skim Milk
 36 months and older: Skim Milk

Favorite Foods

Fluid Milk	
Mark as Favorite	Name
<input checked="" type="checkbox"/>	1% Milk for ages 24 months (transition month)
<input type="checkbox"/>	1% Milk for ages 25-35 months
<input type="checkbox"/>	1% milk for ages 2+ (in half-pints)
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<input type="checkbox"/>	Whole milk for 12-23 month (in half-pints)
<input type="checkbox"/>	Whole milk for 1 yr old (in gallons)
<input type="checkbox"/>	Whole milk for ages 24 months (transition month)
<input type="checkbox"/>	Yogurt for Fluid Milk (ADULT CARE ONLY)

Menu Planning: SELECT ALL

Category	Portion Size	Favorite Foods	Search Food
1 Fluid Milk	Adjust from one Age-Appropriate Portion	<input checked="" type="checkbox"/> 1% Milk for ages 24 months (transition month) <input checked="" type="checkbox"/> Whole milk for ages 12-23 months <input checked="" type="checkbox"/> Skim milk for ages 25-35 months	<input type="text"/>