



# Fluid Milk in School Meals

Food Sources,  
Health Benefits,  
and Nutrients

## Health Benefits

Heart Health

Bone Health

## Nutrients

Fiber

Protein

Vitamin D

Calcium

Potassium

## Creditable Food Sources for Reimbursable School Meals

Low-Fat (1%) Milk

Fat-Free Milk

Unflavored

Flavored

Please check with your State agency regarding menu planning flexibilities and what is applicable in your state.



# Food Source

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