Milk Recipe Instructions

* Milk variety and usage by type must be documented either directly on your daily production records or using a milk recipe.
* In order to utilize a milk recipe, you must determine the usage of each milk variety served.
  + You may either count the actual milk cartons used at both breakfast and lunch independently for the week **OR**
  + You may use the percentage of milks served at both breakfast and lunch independently for the week
  + If milk is only offered at lunch, you may add up the milk invoices for a month and divide by the number of school days in that month.
* Please note that a milk recipe must be site specific and completed for breakfast and lunch individually. Therefore, a school food authority must have three lunch milk recipes if it has three sites serving lunch.
* Regulations require a minimum of two different types of milk be offered at breakfast and lunch.
* *Reminder:* Even with a milk recipe on file, milk varieties offered as well as a total milk count for the meal need to be documented on your production record.
* Your milk recipe should be reviewed and updated twice per school year or when you notice a significant shift in student preference.

# Example Milk Recipe

The school used 1580 cartons of milk in the week: 316 cartons 1% low-fat white, 1106 cartons of fat-free chocolate and 158 cartons fat-free white milk. Use either method below (actual counts or percentages) to create a recipe for your operation.

**Using Actual Counts**

Serving Size: ½ pint (1 cup)

Number of Servings: 1580

|  |  |
| --- | --- |
| **Milk types offered at lunch** | **Amounts per week (half pints)** |
| 1% low-fat white | 316 |
| Fat-free chocolate | 1106 |
| Fat-free white | 158 |
| Total | 1580 |

**Using Percentages**

Serving Size: ½ pint (1 cup)

Number of Servings: 1580

|  |  |
| --- | --- |
| **Milk types offered at lunch** | **Amounts per week**  **(# half pints used ÷ total number of servings)** |
| 1% low-fat white | 20% (316 ÷ 1580) |
| Fat-free chocolate | 70% (1106 ÷ 1580) |
| Fat-free white | 10% (158 ÷ 1580) |
| Total | 100% |

# Weekly Milk Recipe Template

1. School Selected for Analysis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Number of Servings: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Types of Milk Offered at**  **Breakfast or Lunch (circle)** | **Amounts per Week** |
|  |  |
|  |  |
|  |  |
|  |  |
| Total |  |

1. Percentage of students who choose milk as a component of their lunch meal: \_\_\_\_\_%