

## 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
<b>Total</b>	<b>1580</b>

#### 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)
<b>Total</b>	<b>100%</b>

### 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
<b>Total</b>	

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