

Milk



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**Milk: Quick Reference**

**One Gallon =**  
**16, 1 cup servings**  
**21, 3/4 cup servings**  
**32, 1/2 cup servings**  
**64, 1/4 cup servings**

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**Milk, Fluid: reduced fat (2%) milk, lowfat (1%) milk, fat free, skim milk, buttermilk, whole milk, unflavored milk, or flavored milk**

Purchase Unit: gallon

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Milk at breakfast, lunch, and supper for 1 to 3 year olds and snack for 1 to 6 year olds.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

**Milk, Fluid: reduced fat (2%) milk, lowfat (1%) milk, fat free, skim milk, buttermilk, whole milk, unflavored milk, or flavored milk**

Purchase Unit: gallon

Serving Size: 3/4 cup

Meal Component Requirement: Meets one serving of Milk at breakfast, lunch, and supper for 3 to 6 year olds.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.25
		100	4.75

**Milk, Fluid: reduced fat (2%) milk, lowfat (1%) milk, fat free, skim milk, buttermilk, whole milk, unflavored milk, or flavored milk**

Purchase Unit: gallon

Serving Size: 1 cup

Meal Component Requirement: Meets one serving of Milk at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50