

# USDA UPDATE

**Whole and 2% Milk** Allowed for **Ages 2 and Older** Starting June 8, 2026.

## WHAT HAS CHANGED:










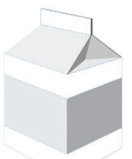

- **Whole and 2% Milk** can be served to children ages 2 and older. *Please note that if you prefer 1% or 0%/skim milk, you can continue to serve those milks to ages 2+.*
- KidKare will only have **ONE** entry for milk (**#5 - 2+:Wh,2%,1%,0% & 1 yr: Wh**). Any other types will say "DO NOT USE" to avoid deductions. These will be removed from the food list once menus are processed.

To make things **EASY**, sites can serve **whole milk** to **ALL** children **ages 1 and older!**

## WHAT STAYS THE SAME:

- **Whole milk** is **REQUIRED** for **one-year-olds** unless the child will be continuing on breast milk (or an approved non-dairy or medical form is on file at the DCR office)
- **Flavored milk** can only be served to **ages 6 and older**.
- Lactaid® (**lactose free cow's milk**) is creditable. *Note: Whole Lactaid® would need to be served to 1-year-olds.*
- **Creditable plant-based milk** can be served to kids ages 1+ with a **Non-Dairy Milk Form** filled out by the parent/guardian. Parents/guardians can only request plant milks that **meet requirements** for 9 nutrients.
- A **Medical Statement** is required to substitute any beverage that **CANNOT** meet milk requirements, such as water, juice, and low-nutrient milks like almond milk or oat milk. Exceptions to the meal pattern are only allowed when prescribed to treat a **disability or impairment** and must be signed by the child's Illinois-licensed health care provider or registered dietitian.

## MILK REQUIREMENTS BY AGE

1-year-olds	2 to 5-year-olds	Ages 6 and older
 <b>Whole</b> UNFLAVORED only	 <b>Whole</b>  <b>2%</b>  <b>1%</b>  <b>0% skim</b> UNFLAVORED only	 <b>Whole</b>  <b>2%</b>  <b>1%</b>  <b>0% skim</b> Can be FLAVORED
 <b>Creditable Plant-Based Milk</b> (Parent/Guardian Form Needed) UNFLAVORED only	 <b>Creditable Plant-Based Milk</b> (Parent/Guardian Form Needed) Can be FLAVORED	