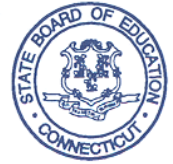




STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



**TO:** Sponsors of the National School Lunch Program, School Breakfast Program and Special Milk Program

**FROM:** Cheryl Resha, Education Manager *Cheryl Resha*  
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** December 3, 2010

**SUBJECT: Operational Memorandum #9-11**  
Reminder of USDA Requirements for Milk Substitutes for Nondisabled Students

The Connecticut State Department of Education (CSDE) handout, *Allowable Milk Substitutions* (updated November 2011), summarizes the federal and state requirements for milk substitutes in school meals. It is available at [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/Allowable\\_Milk\\_Substitutions.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/Allowable_Milk_Substitutions.pdf).

As a reminder, schools can offer one or more allowable fluid milk substitutions. These include lactose-free milk or an allowable nondairy beverage (such as soy or rice milk) that meets the U.S. Department of Agriculture (USDA) nutrition standards for milk substitutes. If schools choose to offer a nondairy milk substitute as part of reimbursable meals for nondisabled students, it **must** meet the USDA nutrition standards for fluid milk substitutions.

USDA Milk Substitute Nutrition Standards (Nutrients per Cup)

Calcium: 276 mg	Vitamin D: 100 IU	Potassium: 349 mg
Protein: 8 g	Magnesium: 24 mg	Riboflavin: 0.44 mg
Vitamin A: 500 IU	Phosphorus: 222 mg	Vitamin B-12: 1.1 mcg

This information was provided in *USDA Questions and Answers: Fluid Milk Substitutions in the School Nutrition Programs*, the attachment to Operational Memorandum #3-10, dated November 25, 2009 ([http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/10/OM\\_03\\_10.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/10/OM_03_10.pdf)). The Q&A is at [http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/10/OM\\_03\\_10\\_Q&A.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/10/OM_03_10_Q&A.pdf).

It is important to note that the product's Nutrition Facts label will **not** provide all required nutrition information. Schools must obtain additional nutrition information from manufacturers to document that products meet the specific USDA nutrition standards for fluid milk substitutes.

In addition to meeting the USDA nutrition standards, any nondairy milk substitutes used in school meals must also meet the state statutory beverage requirements. Section 10-221q of the Connecticut General Statutes specifies that nondairy milks may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat.

**If the milk substitute does not meet both the federal and state standards, the meal is not reimbursable.**

The CSDE is working to identify nondairy milk substitutes that meet both federal and state requirements. These products will be included on the CSDE *List of Acceptable Food and Beverages* (List 13) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>. The “notes” column of the CSDE list will indicate whether the nondairy milk substitute meets the federal nutrition standards. To date, the CSDE has identified the following acceptable single-serve products:

- Kikkoman Pearl Soymilk, Smart Creamy Vanilla, 8.25 fluid ounce single-serving container, Package UPC Code 0-41390-06141-7
- Kikkoman Pearl Soymilk, Smart Creamy Chocolate, 8.25 fluid ounce single-serving container, Package UPC Code 0-41390-06151-6
- Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Plain, 8.25 fluid ounce single-serving container, Package UPC 0-52603-08311-9

If you are aware of any other products that meet the federal and state requirements, please contact the CSDE so the list can be updated.

Questions may be directed to:

<i>COUNTIES</i>	<i>CONSULTANT</i>	<i>E-MAIL</i>	<i>PHONE</i>
<b>Hartford and Windham</b>	Teri Dandeneau	<a href="mailto:teri.dandeneau@ct.gov">teri.dandeneau@ct.gov</a>	860-807-2079
<b>Litchfield and Middlesex</b>	Fionnuala Brown	<a href="mailto:fionnuala.brown@ct.gov">fionnuala.brown@ct.gov</a>	860-807-2129
<b>Fairfield and New London</b>	Jackie Schipke	<a href="mailto:jackie.schipke@ct.gov">jackie.schipke@ct.gov</a>	860-807-2123
<b>New Haven and Tolland</b>	Bob Zwack	<a href="mailto:robert.zwack@ct.gov">robert.zwack@ct.gov</a>	860-807-2081

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