



National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

Module 7 Worksheet: Milk Substitutes for Non-disability Reasons

Is each milk substitute below allowed in National School Lunch Program (NSLP) and School Breakfast Program (SBP) meals for a child without a disability? Why or why not?

Parent Request	Allowed?
<p>Rice milk: A child does not like regular milk. Her parent requests rice milk as a substitute.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Lactose-free milk: A parent requests low-fat lactose-free milk for her daughter.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Soy milk: A parent requests soy milk as a substitute for regular milk.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

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The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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