



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

Module 7 Worksheet: Milk Substitutes for Children
without a Disability

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?

Scenario	Allowed?
<p>Rice milk: A child does not like regular milk. Her parent requests that you substitute rice milk for regular milk. Can you serve oat milk to the child and claim these meals for reimbursement?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Lactose-free milk: A parent requests that you serve lactose-free milk to her daughter. Can you serve low-fat or fat-free lactose-free milk to the child and claim these meals for reimbursement?</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. Can you serve soy milk to the child and claim these meals for reimbursement?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

Module 7 Worksheet: Milk Substitutes for Children without a Disability

The Connecticut State Department of Education's (CSDE) *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the 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
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