



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

Answer Key for 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 checked="" type="checkbox"/> No</p> <p>This request is based on the child’s personal preference, not a disability that restricts the child’s diet. Rice milk does not meet the USDA’s nutrition standards for fluid milk substitutes and cannot be served as part of reimbursable meals.</p> <p>Remember that meal modifications based on personal preferences are optional. If the school food authority (SFA) chooses to make fluid milk substitutes available for non-disability reasons, they must always comply with the USDA’s nutrition standards for fluid milk substitutes. For more information, refer to the Connecticut State Department of Education’s (CSDE) resource, Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs.</p>
<p>Lactose-free milk: A parent requests low-fat lactose-free milk for her daughter.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Low fat and fat-free lactose-free milk credit as the milk component in the NSLP and SBP meal patterns and may be served at any meal. Remember that a written request is not required for lactose-free or lactose-reduced milk.</p>
<p>Soy milk: A parent requests soy milk as a substitute for regular milk.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Yes, if two requirements are met: 1) the soy milk meets the USDA’s nutrition standards for fluid milk substitutes; and 2) the parent submits a written request that identifies the reason for the fluid milk substitute. Keep in mind that not all brands of soy milk meet the USDA’s nutrition standards for fluid milk substitute. Before purchasing any type of soy milk, SFAs must review the product to determine if it complies.</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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Office of the Assistant Secretary for Civil Rights
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