



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

Answer Key for 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><b>Rice milk:</b> 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 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. Meals for children without a disability must always comply with the NSLP and SBP meal patterns. Rice milk is not an allowable substitute for fluid milk and cannot be served as part of reimbursable meals.</p> <p>The NSLP and SBP regulations do not require school food authorities (SFAs) to make meal modifications based on the food choices or personal preferences of a family or child. SFAs that choose to make milk substitutes available for children without a disability must always comply with the U.S Department of Agriculture’s (USDA) requirements for fluid milk substitutes. For more information, refer to the Connecticut State Department of Education’s (CSDE) resource, <i>Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs</i>.</p>
<p><b>Lactose-free milk:</b> 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Low fat or fat-free lactose-free milk credits as the milk component in the NSLP and SBP meal patterns and may be served at any meal. Remember that a written parent or guardian request is not required for lactose-free or lactose-reduced milk.</p>
<p><b>Soy milk:</b> 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Yes, if the soy milk meets the USDA’s nutrition standards for fluid milk substitutes and the parent or guardian submits a written request. Not all brands of soy milk meet the USDA’s requirements. Before purchasing any type of soy milk, make sure to review the product to determine if it complies with the USDA’s requirements. All nondairy milk substitutes require a written request from the parent or guardian</p>

## Answer Key for Module 7 Worksheet: Milk Substitutes for Children without a Disability

The CSDE's *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
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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