

What's in a Meal Module 9 Worksheet: Milk Substitutes for Non-disability Reasons

For the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP), decide if each milk substitute below is allowed in reimbursable meals and snacks for a child without a disability. Indicate why or why not.

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

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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 meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, 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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