

## Answer Key for 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?
<b>Rice milk:</b> A child does not like regular milk. Her parent requests rice milk as a substitute.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No  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 or afterschool snacks.  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, these products 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, <a href="#">Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs</a> .
<b>Lactose-free milk:</b> A parent requests low-fat lactose-free milk for her daughter.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  Low fat and fat-free lactose-free milk credit as the milk component in the NSLP, SBP, and ASP meal patterns and may be served at any meal or afterschool snack. A written request from the parent or guardian is not required for lactose-free or lactose-reduced milk.
<b>Soy milk:</b> A parent requests soy milk as a substitute for regular milk.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  The request must meet two requirements: 1) the soy milk must meet the USDA's nutrition standards for fluid milk substitutes; and 2) the parent or guardian must submit a written request that identifies the reason for the fluid milk substitute. Not all brands of soy milk meet the USDA's nutrition standards for fluid milk substitutes. Before purchasing any type of soy milk, SFAs must review the product to determine if it complies. A list of fluid milk substitutes that meet the USDA and state requirements is on <a href="#">list 17</a> of the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.

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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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