

MILK SUBSTITUTIONS FOR STUDENTS

Milk Substitute Rule – If a student has a disability (such as lactose intolerance or a milk allergy), the SFA must provide an appropriate substitute, and if a student has a disability, it is no longer allowable to require the student to decline the milk under offer versus serve. The SFA must provide a substitute. However, it is up to the SFA to determine if they will offer milk substitutes for students due to religious or lifestyle choices.

Disability/Physical Impairment within the Meal Pattern

- If there is a medical need/disability/impairment and a complete meal can be accommodated within the meal pattern such as providing a milk substitute nutritionally equivalent to cow's milk, SFAs are not required to obtain a medical statement signed by a health care provider with prescriptive authority. A written request from a parent/guardian would be acceptable.
- If a SFA would like to have a medical statement, they may ask the household to provide this documentation but cannot delay implementation of the requested substitution. The SFA must accommodate the student as soon as possible.
- If a SFA wants to offer lactose free/reduced milk, no documentation is needed.
- SFAs must have either the medical statement signed by a health care provider with prescriptive authority or a written request from the parent/guardian to identify the student's medical or other special dietary need that precludes the consumption of cow's milk.
- If a written request or medical statement is not immediately provided, the SFA must document the initial interaction with the household and should document all attempts to contact the household regarding obtaining a written request.

Disability/Physical Impairment outside the Meal Pattern

- If a student needs juice, water, or a milk substitute not nutritionally equivalent to cow's milk due to a medical need/disability/impairment, SFAs need a medical statement signed by a health care provider with prescriptive authority such as a physician.
- When the medical statement is required, it must include:
 - Information about the child's physical or mental impairment that is sufficient to allow the SFA to understand how it restricts the child's diet,
 - An explanation of what must be done to accommodate the child's disability, and
 - The food or foods to be omitted and recommended alternatives, in the case of a modified meal.
- SFAs cannot delay implementation until it receives the medical statement and must accommodate the student as soon as possible.
- If a medical statement is not immediately provided, the SFA must document the initial interaction with the household and should document all attempts to contact the household regarding obtaining a medical statement.

Religious or Lifestyle Choice

- SFAs are not required to accommodate students for religious or lifestyle choices.
- If implementing this option, students can be given a milk substitute that is nutritionally equivalent to cow's milk with a written request from the parent/guardian.
- If implementing offer versus serve, SFAs can have the students decline the milk due to religious or lifestyle choice.

General Guidelines

1. Lactose-free/reduced milk may be served in place of regular milk unless the medical statement signed by a health care provider with prescriptive authority states otherwise. Lactose free/reduced milk (skim or 1%) is reimbursable without any documentation.
2. If option 1 cannot be implemented, then the SFA must provide a milk substitute in place of cow's milk which meets specific nutrient standards unless the medical statement signed by a health care provider with prescriptive authority states otherwise. A medical statement or written request from a parent/guardian must be on file.
 - a. If a medical statement or written request is not immediately provided, the SFA must document the initial interaction with the household and should document all attempts to contact the household regarding obtaining a medical statement or written request.
 - b. The nutrient standards for an acceptable milk substitute are listed below. For a list of potential milk substitute's nutritionally equivalent to cow's milk, click [here](#).

Milk Substitute Nutrition Standards Nutrient Per Cup (8 Fl. Oz.)

Calcium - 276 mg	Phosphorus - 222 mg
Protein - 8 g	Potassium - 349 mg
Vitamin A - 500 IU	Riboflavin - .44 mg
Vitamin D - 100 IU	Vitamin B 12 - 1.1 mcg
Magnesium - 24 mg	

This institution is an equal opportunity provider.