

## School Nutrition Program: Allowable Milk Substitutes

A milk substitution **must** meet specific nutrient requirements in order to be considered an allowable, reimbursable substitution for fluid milk. The requirements are noted on [page 30](#) of the USDA-FNS *Accommodating Children with Disabilities in the School Meal Programs, 7/25/2017*.

Nutrition facts labels typically list the required nutrients as percentages of the recommended daily intake for a 2000-calorie diet. To provide clarity, the following table converts the required nutrient amounts to the percentage that must be met for the milk substitute to be considered as a *reimbursable milk substitution* of choice.

Note: These requirements **do not** have to be met for a **medically required** milk substitution.

### Percentage of Daily Value for Milk Substitutes to Meet USDA Nutritional Requirements

Nutrient	Per cup Required Nutrient Level	Rounded Percent Daily Value	Daily Value for 2000-Calorie Diet
Calcium	276 mg	28%	1000 mg
Protein	8 gm	<b>must meet 8 grams</b>	
Vitamin A	500 IU	10%	5000 IU
Vitamin D	100 IU	25%	400 IU
Magnesium	24 mg	6%	400 mg
Phosphorus	222 mg	22%	1000 mg
Potassium	349 mg	10%	3500 mg
Riboflavin	0.44 mg	26%	1.7 mg
Vitamin B-12	1.1 mcg	18%	6.0 mcg

## Questions and Answers

**1. *If a parent requests milk substitution, must the school food authority (SFA) provide the requested substitution for the student?***

No, the SFA is not required to provide milk substitutions upon written request, but USDA does encourage providing for the child's needs. If you do provide a milk substitution for one child, you must provide for all milk substitution requests with a substitute that meets the nutritional requirements, without any additional cost to the household.

**2. *Can juice or water be provided as a substitute without being specified in the medical statement and allow the meal served to be claimed for reimbursement?***

No, juice or water cannot be provided as a substitute for milk unless specifically included as a substitute in the medical statement. Children with disabilities must have the option to select all food components made available to other children. Accommodations must provide appropriate substitutions based on the provided medical statement.

**3. *Would it be allowed for the parent of a pre-K student to make a written request for juice to be served rather than milk?***

The following are three options for this situation:

- You could provide the meal without milk, but not all components would be provided, so the meal would be non-reimbursable.
- You could obtain a medical statement through the parent stating what prevents the child from being able to include fluid milk and what must be substituted.
- You could provide a nutritional equivalent milk substitution according to USDA requirements. The offered substitute would have to be offered to any additional students with a written request from their parent or guardian.

**4. *If a child has a medical statement excluding milk from their meals, what must be provided for this child in the afterschool snack program?***

If the child has a medical statement indicating what to substitute, you must make allowances for the child to participate in all available USDA meal programs available. When there is not milk or a milk product on the afterschool snack menu, the child can receive the menu as planned. If milk is on the menu, then the indicated milk substitute should be provided for the child.