

## Topic: Fluid Milk and Fluid Milk Substitutes

### Overview:

School Food Authorities (SFAs) participating in the National School Lunch Program (NSLP) and the School Breakfast Program (SPB) must offer students a variety of fluid milk, including at least two different choices. If a child has a milk preference other than fluid milk, the SFA can offer a nutritionally equivalent substitute to fluid milk, but is not required to.

### Requirements:

- ✓ Schools must offer at least two fluid milk choices at breakfast and lunch.
- ✓ All fluid milk must be pasteurized.
- ✓ All milk must be fat-free or low-fat (1%) and may be flavored or unflavored, provided unflavored milk is offered at each meal service
- ✓ Low-fat or fat-free lactose-free and reduced-lactose milk may also be offered.

### Milk Substitute Requirements:

- ✓ Students with a [Medical Statement to Request Special Meals and/or Accommodations](#) signed by a medical authority must be provided with their requested fluid milk substitute. This can include non-creditable or non-nutritionally equivalent fluid milk substitutes.
- ✓ Depending on the SFA's policies, students who have a [Meal Preference Request Form](#) may be provided with a fluid milk substitute that meets nutritional equivalency to the nutritional guidelines. Non-medical meal accommodations may include cultural, religious, lifestyle, or personal preferences.
  - SFA's must inform the state agency if it chooses to offer fluid milk substitutes other than for students with disabilities. This is reported in CNPweb on the sponsor information sheet, line 69.
- ✓ SFAs who choose to provide a non-nutritionally equivalent milk substitute without a medical statement must not claim the meals for reimbursement.
- ✓ Nondairy beverages offered as milk substitutions **must** meet the following nutritional guidelines:

Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU (150 mcg)
Vitamin D	100 IU (2.5 mcg)
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

- ✓ Milk substitutions must be documented on production records.

### Helpful Resources:

- ✓ [ODE CNP Child Nutrition Program Meal Accommodations and Modifications webpage](#)
- ✓ [Meeting Meal Accommodations Requirements Video](#)
- ✓ [USDA Fluid Milk Tip Sheet](#)

Regulatory Reference:

- ✓ [7 CFR 210.10](#)
- ✓ [SP 07-2010 Q & As; Milk Substitution for Children with Medical or Special Dietary Needs \(Non-Disability\)](#)

This institution is an equal opportunity provider.

**Acronym Reference and Definitions**

-CFR	Code of Federal Regulation
-ODE CNP	Oregon Department Education Child Nutrition Program
-SFA	School Food Authority

The Washington Office of Superintendent of Public Instruction created this document. The Oregon Department of Education modified the document to apply to Oregon.