

Fluid Milk Substitutions in the School Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria

	USDA Criteria Per Cup* and minimum percent allowable on a nutrient facts label	8 th Continent Original Soymilk	8 th Continent Light Chocolate	Pacific Natural Ultra Soymilk	Pacific Natural Ultra Soymilk,	Kikkomon Pearl Organic Soymilk	Kikkomon Pearl Organic Soymilk
		Per Cup	Soymilk	Plain	Vanilla	Creamy Vanilla	Chocolate
			Per cup	Per Cup	Per Cup	Per Cup	Per Cup
Calcium	276 mg-27.6%	300 mg	300 mg	284 mg	284 mg	341	388
Protein	8 grams	8 grams	8 grams	10 grams	10 grams	9	8
Vitamin A	500 IU-10%	500 IU	500 IU	500 IU	500 IU	578	613
Vitamin D	100 IU-25%	100 IU	100 IU	100 IU	100 IU	118	110
Magnesium	24 mg-6%	24 mg	24 mg	52 mg	52 mg	80	96
Phosphorus	222 mg-22.2%	250 mg	300 mg	254 mg	254 mg	401	456
Potassium	349 mg-9.7%	360 mg	440	380 mg	380 mg	410	550
Riboflavin	.44 mg-25.9%	.51 mg	.51 mcg	.5 mg	.5 mg	.75	.77
Vitamin B12	1.1 mcg-18.3%	1.2 mcg	1.2 mcg	1.47 mcg	1.47 mcg	1.58	1.54
Container Size/ Packaging		Half Gallon or 8 oz carton (12 or 40/case)	8 oz carton (12 or 40/case)	32 oz. carton	32 oz. Carton	8.25 oz. boxes (24 per case)	8.25 oz. boxes (24 per case)
Shelf Stable		No	No	Yes	Yes	Yes, 1 year (unopened)	Yes, 1 year (unopened)
Storage Tips		8 oz = refrigerated shelf life of 30 days after receipt of product. Use within 10 days after opening.	Refrigerated shelf life of 30 days after receipt of product	Refrigerate after opening and use within 7-10 days	Refrigerate after opening and use within 7-10 days	Refrigerate after opening	Refrigerate after opening

*any approved non-dairy milk substitute **must** meet these nutrient values at a minimum. School food authorities (SFAs) are responsible for selecting and purchasing food products to be offered as part of the school meals programs. USDA does not evaluate, approve, or endorse any nondairy beverage intended to be offered as a milk substitute.

As of the date of this document, these companies and products meet or exceed the minimum nutrient requirements when nutrient values are the same as identified above. When contacting the vendors that provide other food items for your Child Nutrition Program, you must make them aware of the required minimum nutrients. In an informal survey, some Wal-Mart, Fareway and Hy-Vee stores in Iowa do carry at least one of the items identified above.

Statements from the USDA memo SP 07-2010, dated November 2009. This memo identified common questions and answers about milk substitutions in Child Nutrition Programs.

Schools have the option to offer a nondairy milk substitute to a student with a medical or special dietary need other than a disability. The final rule *Fluid Milk Substitutions in the School Nutrition Programs* (73 FR 52903, September 12, 2008) addresses the substitution of fluid milk for children whose non-disabling allergies, culture, religion, or ethical beliefs preclude the consumption of cow's milk. The final rule sets nutrition standards for the nondairy milk substitutes that may be offered as part of the reimbursable meal. For a student with a recognized disability who cannot consume cow's milk, the school must omit or substitute fluid milk based on the written statement from a licensed physician.

Under Offer v. Serve (OvS), a meal without fluid milk is reimbursable. If there is no OvS, a reimbursable meal must include milk or an acceptable milk substitute as described in this rule, except for a student with a disability (in which case this rule does not apply because the school must follow the licensed physician's written statement).

A school needs to comply with a statement from a licensed physician **only** when a milk substitution is necessary due to a disability. When the milk substitution request is due to a medical or special dietary need other than a disability, the school chooses whether to accommodate the student and selects the nondairy beverage(s) in accordance with the final milk substitution rule.

The school does not have the option to refuse a parent's request. Section 9(a)(2)(B) of the NSLA and program regulations at 7 CFR 210.10(g)(2)(ii)(B) allow a statement from a parent/guardian, as well as a medical authority.

A school may offer one or more acceptable milk substitutes for children with medical or special dietary needs.

Section 9(a)(2)(B) of the National School Lunch Act does not specify the medical or special dietary needs that are covered by the milk substitution provision. Any reasonable request could be accepted. For example, a request due to a milk allergy, vegan diet, as well as religious, cultural or ethical reasons would be acceptable and could be accommodated. If a request only states that a child does not like milk, the student can be offered flavored milk instead of a milk substitute that meets the requirements of this rule.

Water or juice can no longer be offered as a fluid milk substitute for a student with medical or special dietary needs. Water is not considered an acceptable substitute for fluid milk. Only a beverage meeting the nutrient standards at levels specified in the final rule may be substituted for fluid milk. For practical reasons, lactose-free milk should be the first choice for a student who has lactose intolerance. Lactose-free milk provides the same key nutrients found in regular cow's milk and is readily available nationwide. Furthermore, FNS allows lactose-free milk to be provided as part of the reimbursable meal without documentation.

SFAs that wish to offer a milk substitute for a student with a medical or special dietary need other than a disability must offer a beverage that meets the nutrient standards established in the final rule.