

OSPI CNS School Meal Programs Reference Sheet

Milk and Milk Substitutes

LEAs participating in the NSLP and SBP must offer students a variety of fluid milk, including at least two different choices.

Milk Requirements

- ✓ Schools **must** offer at least two milk choices at breakfast and lunch.
- ✓ All fluid milk **must** be pasteurized.
- ✓ All milk **must** be fat-free or low-fat.
 - Fat-free fluid milk may be unflavored **or** flavored
 - Low-fat (1%) fluid milk may be unflavored **or** flavored
- ✓ Low-fat or fat-free lactose-free and reduced-lactose fluid milk may also be offered.
- ✓ All fluid milk **must** have vitamins A and D at levels specified by the FDA.
- ✓ All fluid milk must be consistent with State and local standards for milk.

Milk Substitute Requirements

- ✓ Milk substitutes **must** be provided to students with a Request for Meal Modification signed by a medical authority – see the [Special Dietary Needs Reference Sheet](#) for details.
- ✓ Milk substitutes **may** be provided to any student if personal or family preference, religious, cultural, or ethical beliefs rule out the consumption of cow's milk.
 - LEAs **must** inform the State agency if it chooses to offer fluid milk substitutes other than for students with disabilities.
 - Complete and submit the [Milk Substitute Notification Form](#).
 - Nondairy beverages **must** meet the following nutrition.
 - Requirements:

Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg



Nutrient	Per Cup (8 fl oz)
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg

- Documentation that demonstrates the non-dairy milk substitute meets the nutrient requirements must be kept on file with other supporting menu documentation
- Schools may make these milk substitutes available to all students OR may offer these milk substitutes individually based on a written request from a parent or medical provider.
- Document milk substitutes on production records.

Reference

- [CFR 210.10](#)
- [SP 07-2010 Q&As: Milk Substitution for Children with Medical or Special Dietary Needs \(Non-Disability\)](#)
- [Special Dietary Needs Reference Sheet](#)
- [Milk Substitute Notification Form](#)

Acronym Reference

- CFR – Code of Federal Regulations
- CNS - Child Nutrition Services
- FDA – Food and Drug Association
- LEAs – Local Education Agencies
- NSLP – National School Lunch Program
- OSPI - Office of Superintendent of Public Instruction
- SBP – School Breakfast Program