MILK SUBSTITUTIONS FOR NON-DISABILITY STUDENTS

Milk Substitute Rule –If a student has a disability determined by a physician, the school must provide the substitution as prescribed in the physician's statement. However with non-disability situations, it is up to the school to determine if they will offer milk substitutes for these students. If the school chooses to do so, it must accept a written request from a medical authority or a parent/legal guardian.

Written Request - The written request from the medical authority or the parent/guardian must identify the student's medical or other special dietary need that precludes the consumption of cow's milk. No other information is required. For example, a request due to a milk allergy, vegan diet, as well as religious, or cultural/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.

Acceptable Milk Substitute - If a school or institution chooses to offer a milk substitute for a child with a medical or special dietary need **other than a disability**, water or juice can no longer be offered as a fluid milk substitute. If schools elect to make a milk substitute for a non-disabled student, the substitute must be nutritionally equivalent to milk even if the written request specifies water or juice.

Under the following circumstances (see 1-3 below), schools can offer milk substitutions for students who are NOT disabled.

1. Under Offer v. Serve (OvS), a milk MUST be offered but does not have to be taken. Therefore, schools with this option may have students deny the milk and the meal is still reimbursable.
2. If OvS is not implemented, lactose-free/reduced milk could be served in place of the regular milk. This product has the same nutritional value as regular cow's milk and is readily available nationwide. Furthermore, FNS allows this product to be provided as part of the reimbursable meal without any documentation.
3. If neither option 1, nor option 2 can be implemented, then the school must provide a beverage in place of the fluid milk which meets specific nutrient standards. The nutrient standards for an acceptable "Milk Substitute" are listed below.

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	

Currently, the Indiana Department of Education has only identified four products that meet the Milk Substitute Nutrition Standards. As more and more products are developed and implemented, we will update our list accordingly.

1. 8th Continent Soymilk – Regular Original and Vanilla
2. SunOpta Soymilk – Original and Vanilla (Shelf Stable)
3. Pearl Organic Soymilk – Chocolate and Vanilla (Shelf Stable)
4. Pacific Soymilk, Ultra – Plain and Vanilla (Shelf Stable)

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