

CACFP MILK SUBSTITUTIONS FOR PARTICIPANTS WITH SPECIAL DIETARY NEEDS

Milk Substitute Rule – If a participant has a disability/medical condition, the facility is required to provide a substitution. If the request is related to a preference (non-medical), such as religious or cultural/ethical reason, it is up to the facility to determine if they will offer accommodations.

Written Request – When substitutions can be made within the meal pattern (including approved milk substitutes that are nutritionally equivalent to cow's milk), a doctor's statement is not required. Instead, a written request from a parent/guardian/adult participant is acceptable. The written request from the doctor or the parent/guardian/adult participant must identify why the participant cannot consume cow's milk.

Milk substitutes that are offered without a doctor's statement must be nutritionally equivalent to cow's milk. The following chart outlines the requirements for milk substitutes.

Milk Substitute Nutrition Standards Nutrient Per Cup (8 Fl. Oz.)

- Calcium – 276 mg
- Protein – 8 g
- Vitamin A – 500 IU
- Vitamin D – 100 IU
- Magnesium – 24 mg
- Phosphorus – 222 mg
- Potassium – 349 mg
- Riboflavin – .44 mg
- Vitamin B-12 – 1.1 mcg

Currently, the Indiana Department of Education has identified the following products that meet the Milk Substitute Nutrition Standards. Sponsors are responsible for ensuring that products meet nutrient requirements at the time of ordering by comparing nutrient amounts listed on the nutrition label to the USDA nutrient requirements listed on this resource. As more products are developed and identified, the list will be updated accordingly.

Creditable For Ages 1-5:

- 8th Continent Soymilk – Regular Original
- SunOpta Soymilk – Original (Shelf Stable)
- Pacific Soymilk, Ultra – Plain (Shelf Stable)
- Great Value Soymilk – Original
- Silk Soymilk – Original
- Ripple Non-Soy – Original (Shelf Stable, 8 oz size only)

Creditable For Ages 6 And Older:

- 8th Continent Soymilk – Regular Original and Vanilla
- SunOpta Soymilk – Original and Vanilla (Shelf Stable)
- Pearl Organic Soymilk – Chocolate and Vanilla (Shelf Stable)
- Pacific Soymilk, Ultra – Plain and Vanilla (Shelf Stable)
- Great Value Soymilk – Original
- Silk Soymilk – Original
- Ripple Non-Soy – Original, Vanilla, and Chocolate (Shelf Stable, 8 oz size only)

For questions regarding special dietary needs, contact Fern Bachner at fbachner@doe.in.gov.