



FLUID MILK SUBSTITUTIONS



Frequently Asked Questions

Q 1 When did the regulations regarding fluid milk substitutions for students change?

A 1 September 12, 2008 the USDA issued the final rule, *Fluid Milk Substitutions in the School Nutrition Programs*.

Q 2 What are the main changes prompted by the new milk substitution regulation?

A 2 The new regulation allows parents/guardians to request a fluid milk substitute for a child with medical or special dietary needs other than a disability **and establishes nutrient standards for nondairy beverages offered as fluid milk substitutes in the school meal program.**

Q 3 Is the District required to provide a fluid milk?

A 3 When the student has a medical statement from a licensed physician requesting a fluid milk substitute for a **disability**, the District must provide a fluid milk substitute.

If the student has a medical statement from a licensed physician, recognized medical authority, or parent/legal guardian requesting a fluid milk substitute for a student **without a disability**, the district is not required to offer a fluid milk substitute.

Q 4 So what is the legal definition of a disability?

A 4 A person with a disability is defined as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment.

Q 5 Is water an allowable substitute for milk?

A 5 No. Water is not considered an acceptable substitute for fluid milk. The only milk substitutions allowed by the USDA must be nutritionally equivalent to fluid milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12.

Q 6 Is juice an acceptable substitute for milk?

A 6 No. Juice is only an acceptable fluid milk substitute if the student has a medical statement from a licensed physician documenting a disability, and the licensed physician requires juice to be substituted for milk. If the child does not have a documented disability, juice cannot be substituted for milk.

Q 7 What alternatives do I have in order to accommodate my child's need for a fluid milk substitutions due to lactose intolerance or milk sensitivity?

A 7 The Madison County Schools Child Nutrition Department will make soy milk available as part of the school meals program at no additional charge to those students who have provided documentation that they are lactose intolerant or milk sensitive. Please notify the cafeteria manager to ensure that lactose free milk is available.