

## Fluid Milk Substitution Rule

Guidance for milk substitutions for students with a medical or special dietary need other than a disability.

- **Substitutions for Milk:** The only milk substitutions allowed under the rule for students without disabilities are nondairy beverages that are nutritionally equivalent to fluid milk and provide specific levels of nutrients as listed in the following table:

<b>Nutrient</b>	<b>Per cup</b>
Calcium	276 mg.
Protein	8 g.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

- The rule recognizes the valuable contributions of milk to a student's diet and, therefore, does not allow an Local Education Agency (LEA) to offer other beverages, such as juice, as a milk substitute. However, this rule has no effect on offering lactose-free milk to a student with a medical or special dietary need such as lactose intolerance. Lactose-free milk continues to be allowed as part of a reimbursable meal.
- Schools that elect to offer milk substitutions for students without a disability can accept a statement from a parent/legal guardian or from a medical authority identifying the student's need.
- LEAs have the discretion to select the acceptable substitutions that meet the nutritional standards established.
- LEAs are required to inform the State Agency when a school chooses to offer fluid milk substitutions other than for students with a disability. A question will be added to the Missouri School Nutrition Program Web Application for SY 16-17 to obtain the information.
- The approval for fluid milk substitutions must remain in effect until the medical authority or the student's parent or legal guardian revokes the request in writing, or until the LEA changes its substitution policy for students without a disability.
- Expenses to provide substitutions for fluid milk that exceed program reimbursements must be paid by the LEA.