CACFP Meal Requirements for Lifestyle Choices: Non-Dairy Milk Substitutes

Special dietary practices such as eating vegetarian, organic, or eliminating certain foods for religious reasons are not exempt from the CACFP meal pattern. This means the full meal pattern must be supplied by the child care provider in order to claim the meal for reimbursement. If a meal component is eliminated because of dietary practices, or if the parent/guardian supplies any component of the meal, the child care provider cannot claim the meal for reimbursement. The only exception to this is with serving a non-dairy milk substitute.

Is there a medical reason for the parent/guardian wanting their child to drink something other than regular cow's milk?

- **Yes**
  - Is there a medical statement from a medical authority on file including:
    - the reason for the milk substitution
    - a statement that milk is to be omitted from the child's diet
    - the type of non-dairy milk or other beverage that *may* be substituted
  - **No**

- **Yes**
  - Does the parent/guardian supply a **credible dairy milk substitute** (e.g. low-fat or fat-free lactose-free, lactose-reduced, buttermilk, or acidified milk)?
  - **Yes**
    - Child care provider can claim the meal(s) for reimbursement
  - **No**
    - Child care provider cannot claim the meal(s) for reimbursement

- **No**
  - Does the child care provider supply a **non-dairy milk substitute**?
  - **Yes**
    - Child care provider can claim the meal(s) for reimbursement
  - **No**

The parent/guardian may request in writing that their child be served a **non-dairy milk substitution**. The request should include:
- the reason for the non-dairy milk substitution (i.e. lifestyle choice)
- the specific type of non-dairy beverage to be substituted
  - the substitution must be nutritionally equivalent to milk and meet all of the nutritional standards for fortification of calcium, protein, vitamins A and D and other nutrients to levels found in cow's milk listed below:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Cup</th>
<th>Daily %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>276 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
<td>16%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>500 IU</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>100 IU</td>
<td>25%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>24 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>222 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Potassium</td>
<td>349 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>.44 mg</td>
<td>26%</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>1.1 mcg (µg)</td>
<td>18%</td>
</tr>
</tbody>
</table>

- **Yes**
  - Does the parent/guardian or child care provider supply one of the approved substitutes?
  - **Yes**
    - Child care provider can claim the meal(s) for reimbursement
  - **No**
    - Child care provider cannot claim the meal(s) for reimbursement

- **No**
  - Does the parent/guardian or child care provider supply an **unapproved substitute**?
  - **Yes**
    - Child care provider cannot claim the meal(s) for reimbursement
  - **No**