

# Cafeteria Connection

Connecting you to your child's school lunchroom



## MILK MATTERS: Navigating USDA Requirements in School Meals

Our school meal program strives to provide the best nutrition for our students. Let's dive into the world of dairy and understand the requirements set for fluid milk in school breakfast and lunch.



### WHY MILK MATTERS

Milk is more than just a beverage; it's a powerhouse of essential nutrients crucial for growing bodies. From calcium and vitamin D to protein and potassium, milk offers a myriad of health benefits, supporting bone health, muscle function, and overall growth.

### MEETING USDA STANDARDS

Our school breakfast and lunch programs adhere to the latest USDA guidelines when it comes to fluid milk. Current rules state that schools are required to offer only fat-free (unflavored or flavored) and low-fat (unflavored or flavored) milk options. This ensures that our students receive the nutritional benefits of milk without unnecessary added fats.

### ENCOURAGING MILK CONSUMPTION

Parents, we encourage you to reinforce the importance of milk consumption with your children, both at school and at home. Whether it's enjoying a glass of milk with dinner or incorporating milk into snacks, every sip contributes to their overall health and well-being.

### What About Milk Substitutes?

A common request we receive from parents revolves around milk substitutes such as lactose-free or non-dairy milks (soy, rice, coconut, almond). For students with a disability such as a food allergy, we require a written medical statement from a licensed physician, physician assistant, or advanced practice nurse to make a substitution.

Requests based on taste preferences, religious, moral, or health concerns do not qualify as a disability. In these cases, we may offer lactose-free milk or non-dairy milk at our discretion that meets the USDA nutrition standards for milk substitutions.