

Fluid Milk Substitutes

School Nutrition Programs

Offering Nondairy Fluid Milk Substitutes to All Students (optional)

Nutritionally equivalent nondairy beverages **may** be offered (not required) to **all** students. If the SFA chooses to do so, they must:

- be available to all students;
- meet the following nutrition requirements:

Nutrient Requirements for Fluid Milk Substitutes	
Nutrient	Per Cup (8 fluid oz)
Calcium	276 mg
Protein	8 g
Vitamin A	150 mcg RAE
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

Lactose-free Milk

Lactose-free milk is cow's milk with the lactose (milk sugar) removed. It is commonly offered in cases of lactose intolerance. Documentation is not required to offer lactose-free milk to students.

Options for Offering Nondairy Fluid Milk Substitutes by Request

1. Requests for a milk substitute that is nutritionally equivalent may be requested in writing by a parent/guardian. The Milk Substitution Request form can be used. If providing milk substitutes by request, offering to all students is not required.
2. Requests for a milk substitute that is NOT nutritionally equivalent must be requested by a State-licensed health care professional or registered dietitian. A [Medical Statement Template](#) is available on the *Maine DOE Child Nutrition website*. SFAs are required to provide a substitute for fluid milk for students whose disability restricts their diet.

Regulatory Reference

[USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program](#)