

MENU SUBSTITUTIONS

Some children have special dietary restrictions. When food or milk substitutions are made, certain requirements must be met before the child care center may claim the meals.

1. FOR A MEDICAL DISABILITY

Federal law requires child care providers to make appropriate dietary accommodations for participants who are unable to eat the regular CACFP meal due to a disability that restricts their diet. A signed medical statement from a recognized medical authority [Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PA) with prescriptive authority, Naturopathic Physician, or Advanced Registered Nurse Practitioner (ARNP)] must be on file that includes:

- The child's disability
- The major life activities/bodily functions affected by the disability
- A description of how the disability restricts the child from drinking cow's milk and approved brands of soymilk (8th Continent Soymilk – Original and Vanilla*, Pacific Ultra Soy – Original and Vanilla*, Great Value Original Soymilk, Kirkland Organic Soymilk - Plain, and Silk Original Soymilk) or consuming other food item(s). ***Effective October 1, 2017, flavored non-dairy beverages cannot be served to children 1 through 5 years of age. If serving flavored milk to children 6 years of age and older, it must be nonfat milk.**
- The prescribed food substitute(s).

Dietary accommodations must be provided by the child care center at no charge to a child with a disability unless the parent chooses to provide the food substitute(s). If a parent chooses to supply the prescribed food substitute(s), the child care center must provide the remaining components (minimum of one component) in order to claim the meal.

2. FOR A NON-DISABLING NEED (OTHER THAN A CREDITABLE MILK SUBSTITUTION)

For a non-disabling condition that restricts a child's diet, a medical statement from a recognized medical authority (MD, DO, Physician's Assistant with prescriptive authority, Naturopathic Physician, or ARNP) must be on file.

It is at the option and expense of the child care center to provide food substitution(s) other than milk for non-disabling conditions. If the child care center chooses not to provide the prescribed food substitute(s), the parent may provide the creditable substitute(s). To be claimed, the child care center must provide all remaining components (minimum of one component) and the meal must meet all CACFP requirements.

3. FOR MILK

Creditable milk substitutes that meet USDA nutrient requirements may be provided, based on a parent/guardian request (no medical statement is necessary), and the meals may be claimed. A parent/guardian must complete the Request for Fluid Milk Substitution – Child Care form in order for their child to be served an approved non-dairy milk substitute. (See milk comparisons in the Resource Section).

4. FOR A PARENT PREFERENCE

A creditable milk or approved non-dairy milk substitute is the **only** component that can be provided by the parent/guardian, based on preference, that still allows the child care center to claim the meal for reimbursement. The parent/guardian must complete the Request for Fluid Milk Substitution – Child Care form, indicating their preference to provide the milk. **If the parent/guardian chooses to provide any other part of the child's meal, based on preference, the center cannot claim the meal for reimbursement.** The child care center may choose to provide a creditable milk or approved non-dairy milk substitute instead of the parent.