

# MILK

Fluid milk is required at all meals. Refer to this chart for Food Program requirements for milk.

Type of Milk	Forms needed
<b>Infants (&lt;1 year)</b>	
Breast milk (any age)	None
Iron-Fortified Infant Formula (IFIF)	Parent Supplying Formula Form (if parent declines the formula you supply and opts to bring their own)
Exempt Infant Formulas (i.e. Nutramigen, Alimentum and Neosure) or anything other than breast milk	Special Diet Statement with disability/medical condition
<b>Toddlers (12-23 months)</b>	
Whole (Vitamin D) Cow's Milk or Breast Milk	None
Soymilk* (Approved list on back)	Parent note or Special Diet Statement
Almond milk, rice milk, coconut milk	Special Diet Statement with disability/medical condition
<b>Preschoolers (2-5 years old) and Children 6-12 years old</b>	
Fat free (skim) or low fat (1%) Cow's milk, lactose-free skim, lactose-free 1%	None
Soymilk* (Approved list on back)	Parent note or Special Diet Statement
Almond, rice, coconut milk or Whole, reduced fat (2%), lactose free whole or lactose free 2% Cow's milk	Special Diet Statement with disability/medical condition

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## Fluid Milk Substitutions in the Child Nutrition Programs

Non-Dairy Beverages Meeting United States Department of Agriculture Substitution Criteria per Eight Fluid Ounces

Plain/Original Soy Milk (Ages 1-12)	8th Continent Original Soymilk	Pacific All Natural Ultra Soy Original	Kikkoman Pearl Organic Soymilk Smart Original	Great Value Original Soymilk	Sunrich Naturals Original Soymilk	Sunrich Naturals All Natural Original Soymilk	Silk Original Soymilk	Westsoy Organic Plus Plain
Flavored Soy Milk (Ages 6-12)	8th Continent Vanilla Soymilk	Pacific All Natural Ultra Soy Vanilla	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla	Kikkoman Pearl Organic Soymilk Smart Creamy Chocolate	Sunrich Naturals Vanilla Soymilk	Sunrich Naturals All Natural Vanilla Soymilk	Sunrich Naturals All Natural Unsweetened Vanilla Soy Milk	Westsoy Organic Plus Vanilla

\*The Minnesota Department of Education does not endorse the companies or products listed. This chart is for informational purposes only. Contact the manufacturer at the time of purchase to ensure that product formulations have not changed.

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