

CACFP Parent/Guardian Request for Fluid Milk Substitution

Parents or Guardians may request in writing non-dairy milk substitutions for their children with special dietary needs without providing a medical statement. The non-dairy beverage offered must be nutritionally equivalent to milk and meet the nutritional standards set by the United States Department of Agriculture (USDA). There are several products available in Minnesota that meet the USDA regulations and they are listed below.

No other non-dairy beverages (almond milk, oat milk, cashew milk, coconut milk, flax milk, rice milk, Yo-J, etc.) are acceptable at this time (even with a Special Diet Statement signed by a recognized medical authority unless the child has a disability).

Name of Child Care Provider: Arrowhead Head Start

This child care provider or parent/guardian provides at least one of the approved alternative beverages:

Lactose-Free

Soy (non-dairy)

8th Continent - Original Soymilk

Kikkomen - Pearl Organic Soymilk Smart Original

Pacific Foods - Ultra Soy Original

Silk - Silk Original Soymilk

SunOpta - Sunrich Naturals Original Soymilk; Sunrich Naturals Vanilla Soymilk; Sunrich Naturals Organic Vanilla Soymilk

Walmart - Great Value Original Soymilk

Westsoy - Organic Plus Soymilk Plain

Name of Child: _____ CPID Number: _____

Site: _____

Identify why your child requires non-dairy milk substitute: _____

I request that my child is served the provided approved non-dairy milk substitute(s) listed above at meals that require milk.

Parent/Guardian Signature: _____ Date: _____