



OFFICE OF THE STATE SUPERINTENDENT OF EDUCATION

DC Child and Adult Care Food Program (CACFP) Guidance Milk: Dietary Need vs. Parent Preference

This memo is intended to provide guidance surrounding credible milk alternatives in the CACFP.

Medical Substitution Form¹

Children with a disability (allergy or otherwise) requiring non-credible milk must have a Medical Substitution Form on file completed by a Recognized Medical Authority (physician (MD), physician's assistant (PA), nurse practitioner (NP), registered nurse (RN), or registered dietitian (RD)). If a non-credible substitution for milk must be made, the reason and foods that must be substituted must be included on the form.

Soy Milk Notification Form²

Children with a non-disability (parent preference) requesting a credible alternative to cow's milk must have a Soy Milk Notification form on file completed by the parent and list the credible milk alternative that either the institution or parent will provide. To be credible, the alternative provided must contain the following nutrients:

Nutrient	Per cup (8 fl oz)
Calcium	276 mg.
Protein	8 g.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

Infants in CACFP

Providers who care for infants must offer one type of iron-fortified infant formula to comply with CACFP infant meal pattern regulations. An infant whose parent or guardian declines the provider-offered infant formula may provide expressed breastmilk or a credible infant formula eligible for reimbursement.

Provisions of Milk, Milk Alternatives, or Infant Formula³

The facility or institution must provide all but one component of a CACFP meal for the meal to be reimbursed. Parents may provide one component of a CACFP meal. For children older than one year, parents may provide the disability-needed milk substitution when a completed medical substitution form is on file or a credible milk alternative for non-disability reasons.

¹[Infant Meal Patterns.](#)

² [7 CFR 226.20\(g\).](#) Exceptions and variations in reimbursable meals.

³ [\(p. 7\)](#): Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program