

PARENT Form for Non-Dairy Milk - (Age 1 Year and Older)

This form is for milk substitutes that **MEET** USDA requirements. If the child needs milk/foods that do **NOT** meet requirements, (like **LOW NUTRIENT MILK SUBSTITUTES**, such as almond, oat, coconut, milks that do **NOT** meet the below requirements, juice, or water), the child's medical provider must provide a medical statement documenting a **disability/impairment**, such as a **Medical Statement for Meal Pattern Accommodations**.

Provider's Name (or Day Care Center/Facility Name): _____

Day Care Address: _____

Child's Name: _____

Child's Date of Birth: _____

Date: _____

Day Care Resources, Inc.
USDA Child and Adult Care Food Program
PO Box 128
Pekin, IL 61555-0128
(309)-925-2274

2/2026

Send completed form to:
info@dcrrhome.org

Dear Parent or Guardian:

This day care facility participates in the Child and Adult Care Food Program (CACFP), a nutrition program funded by the U.S. Department of Agriculture (USDA). Facilities have the option to serve a Non-Dairy Milk that has the **same 9 nutrients as dairy milk** (see chart below). Please have the parent/guardian complete the section below to request a creditable milk substitute. When a facility chooses to offer a creditable non-dairy milk, it must be available to all children whose parents request it. These substitutions are at the expense of the facility unless the parent/guardian chooses to bring it. Day care centers must record parent provided milk on a food donation log to count it in their milk audit. Your day care facility must send this form to info@dcrrhome.org for approval.

Note: Lactose free cow's milk (ex. Lactaid®) is allowable and does not require any forms.

THE FOLLOWING IS TO BE COMPLETED BY THE PARENT/GUARDIAN.

- Reason for requesting Non-Dairy Milk (required): _____
(ex. *vegan, religious, cultural, ethical reasons, etc.*)
- Mark the **creditable** Non-Dairy Milk your child will receive: (**NOTE: Milk must be UNFLAVORED for children ages 1-5.**)

☐ **Silk**

Soy Milk:
Original Plain



Nutrition Facts
About 6 servings per container
Serving size **1 cup (240mL)**
Amount per serving
Calories 110
% Daily Value*
Total Fat 4.5g 9%
Saturated Fat 0.5g 1%
Trans Fat 0g
Polyunsaturated Fat 2.5g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carbohydrate 1g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 5g Added Sugars 10%
Protein 8g 16%
Vitamin D 25mcg 50%
Calcium 276mg 28%
Iron 1.1mg 6%
Potassium 349mg 10%
Vitamin A 150mcg 30%
Riboflavin 0.44mg 10%
Vitamin B12 1.1mcg 22%
Phosphorus 222mg 22%
Magnesium 24mg 6%

☐ **Bettergoods**

Soy Milk:
Original Plain



Nutrition Facts
6 servings per container
Serving size **1 cup (240mL)**
Amount per serving
Calories 100
% Daily Value*
Total Fat 2g 4%
Saturated Fat 0.5g 1%
Trans Fat 0g
Polyunsaturated Fat 1.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carbohydrate 10g 4%
Dietary Fiber 3g 6%
Total Sugars 7g
Includes 5g Added Sugars 10%
Protein 8g 16%
Vitamin D 25mcg 50%
Calcium 300mg 30%
Iron 1.3mg 6%
Potassium 400mg 10%
Vitamin A 150mcg 30%
Riboflavin 0.5mg 10%
Vitamin B12 1.2mcg 24%
Phosphorus 200mg 20%
Magnesium 40mg 10%

☐ **Other creditable non-dairy milk:**

Name/type: _____

Attach nutrition label
to show milk meets these requirements:

CACFP Milk Substitutes	
1 cup MUST have at least:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg (equal to 100 IU)
Calcium	276 mg
Potassium	349 mg
Vitamin A	150 mcg (equal to 500 IU)
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg
Phosphorus	222 mg
Magnesium	24 mg

Day Care Resources, Inc. does not endorse any product. Brand names are given as examples of product(s) that meet requirements as of 2/2025.

- Who will be providing the non-dairy milk? ☐ facility/day care provider ☐ parent/guardian
Parents are allowed to bring ONE meal component for their child for non-disability reasons.

4. Parent Signature: _____ Date: _____

1 cup milk MUST have:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg <i>(equal to 100 IU)</i>
Calcium	276 mg
Potassium	349 mg
Vitamin A	150 mcg <i>(equal to 500 IU)</i>
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg
Phosphorus	222 mg
Magnesium	24 mg

OR Physician Statement for Meal Accommodations (from doctor)

Download forms at www.daycareresources.org or contact the office!

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Questions? Contact Day Care Resources at info@ddcrhome.org OR (309) 925-2274. This institution is an equal opportunity provider.