



North Carolina Department of Health and Human Services  
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Beverly Eaves Perdue, Governor

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August 31, 2009

**MEMORANDUM**

**CACFP 09-10  
SFSP 09-07**

**To:** Institutions Participating in the Child and Adult Care Food Program  
Sponsors of the Summer Food Services Program

**From:** Donna Beard MS, RD, LDN  
Child Nutrition Program Assistant

**Subject:** Variations in Meal Requirements for Religious Reasons: **Jewish Schools, Institutions, and Sponsors**

*The purpose of this memorandum is to re-issue guidance on meal substitution for religious reasons documentation from a previous memo CACFP 98-29, dated July 31, 1998, Subject: Meal Substitutions in the Child and Adult Care Food Program.*

FNS may approve variations in the food components of meals served in the child nutrition programs on an experimental or on a continuing basis where there is evidence that such variations are nutritionally sound and are necessary to meet ethnic, religious, economic, or physical needs.

In accordance with this provision, meals served in Jewish schools participating in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP); institutions and their facilities participating under the Child and Adult Care Food Program (CACFP); and sponsors and sites in the Summer Food Service Program (SFSP) may be exempted from the enrichment portion of the bread requirement of the child nutrition programs during the religious observance of Passover. Unenriched matzo may be substituted for the bread requirement during that period of time only. Enriched matzo used as a bread/bread alternate must be served at all other times during the year.

In addition to this variation, the aforementioned entities (schools, institutions, and sponsors) may be exempted from the meal pattern requirement of the child nutrition programs which requires that milk be served with all lunches and suppers. Such entities may choose from three options which apply only to lunch and supper menus containing meat or poultry. Milk must be served in all other meals since Jewish Dietary Laws allow other meat alternates such as fish, cheese, eggs, nut and seed butter and nuts and seeds to be consumed with milk at the same meal. For review and audit purposes, entities electing to use the options must maintain a record on file of which of the options they have chosen.



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OPTION I: Serve an equal amount of full-strength juice in place of milk with lunch or supper. When juice is substituted for milk, it may not contribute to the vegetable/fruit requirement. Entities operating five days per week may substitute juice for milk twice per week for lunches and twice for suppers, but no more than once each day. Those operating seven days per week may make three substitutions per week for lunches and three for suppers, but no more than one each day.

OPTION II: Serve milk at an appropriate time before or after the meal service period, in accordance with applicable Jewish Dietary Law.

OPTION III: Serve the supplement (snack) juice component at lunch or supper. Serve the lunch or supper milk component as part of a supplement (snack).

A limit is placed on the number of substitutions per week in Option I because milk is a primary source of calcium and riboflavin.

Those program operators electing this option should be encouraged to serve other sources of calcium and riboflavin when substituting juice for milk. Other good sources of calcium are green leafy vegetables, such as greens and broccoli, other good sources of riboflavin are dark green and yellow fruits and vegetables and whole-grain or enriched breads and cereals. Options II and III are not permitted in outside-school-hours care centers under the CACFP and in non-camps under the SFSP because children are not always present for both meal services.

An exemption for breakfasts served under the SBP, CACFP and SFSP is not necessary. Milk must be offered with all SBP reimbursable breakfasts since 1) the meal pattern allows for, but does not require, a meat/meat alternate component, and 2) the school may elect the "offer versus serve" option if a meat/meat alternate is offered. Likewise, a meat/meat alternate is not a requirement in the CACFP and SFSP breakfast patterns, therefore, an exemption is not needed.

\* Entities wishing to exercise the options available under the above variations shall notify the State agency. The CACFP institutions and SFSP sponsors shall do so on behalf of their facilities or sites. The decision to exercise these options shall be at the facility or site level.

