

Whole Milk for Healthy Kids Act of 2025- Fluid Milk Allowances at Lunch Q&A
(Effective January 14, 2026)

1. **Q:** *Which types of milk are currently permitted in the National School Lunch Program (NSLP) now that the Whole Milk for Healthy Kids Act of 2025 has been signed into law?*

A: As of January 14, 2026, NSLP school/site programs may offer students at lunch the following fluid milk options: whole, reduced fat (2%), low-fat (1%), fat-free, and/or lactose-free fluid milks, and nondairy beverages that are nutritionally equivalent to fluid cow's milk. All milk options must be pasteurized and meet State and local standards.

2. **Q:** *Can flavored milk be offered in any fat content?*

A: Yes. The following milk options (flavored or unflavored) meet the meal pattern requirements for fluid milk and may be offered to all students at school lunch: whole, reduced fat (2%), low-fat (1%) and fat-free (Skim) milks, and nondairy beverages that are nutritionally equivalent to fluid cow's milk.

3. **Q:** *Does this act allow higher fat milks at breakfast?*

A: This act continues to move through the Federal process. Please note that, as written, the meal pattern modifications for the Fluid Milk Component currently apply only to the National School Lunch Program, **not the School Breakfast Program**. We will keep sponsors updated as USDA releases additional implementation guidance.

4. **Q:** *Are nondairy beverages as a fluid milk substitute allowed for all students at lunch, without a meal modification for special diet?*

A: Yes. Any milk substitutes planned must include, at a minimum, the nutrients listed in the table at [7 CFR 210.10\(d\)\(2\)\(ii\)](#) and in the chart on page two. Offering nondairy beverages to all students to meet the fluid milk requirement is an option, not a requirement.

5. **Q:** *Are there any changes to the process of requesting fluid milk substitutes for disability accommodations?*

A: As of January 14, 2026, a parent or guardian may provide a written statement to request a fluid milk substitute for school lunch. It is no longer a requirement for a household to provide sponsors a fluid milk substitute request from a recognized health care provider or registered dietitian.

Whole Milk for Healthy Kids Act of 2025- Fluid Milk Allowances at Lunch Q&A
(Effective January 14, 2026)

6. Q: *Did anything else change with the daily fluid milk requirements?*

A: No, schools must continue to offer at least two different options of fluid milk at lunch and breakfast daily. Milk varieties may be unflavored or flavored, provided that unflavored milk is offered at each meal service and that flavored milk does not exceed the added sugars limit.

7. Q: *What about the weekly nutrient standards and meeting saturated fat requirements?*

A: The WMFHKA of 2025 modifies the weekly saturated fat requirement to exclude the saturated fat from fluid milk only when calculating the weekly limit for saturated fat. Sponsors choosing to move to higher fat milk choices will also want to monitor the effect of higher fat milk options for weekly calorie ranges.

Nutrient Requirements for Fluid Milk Substitutes

Nutrient	Per Cup (8 fl. oz.)
Calcium	276 mg.
Protein	8 g.
Vitamin A	150 mcg. retinol activity equivalents (RAE)
Vitamin D	2.5 mcg.
Magnesium	24 mg.
Phosphorous	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

From [7 CFR 210.10\(d\)\(2\)\(ii\)](#).