



**LOUDOUN COUNTY PUBLIC SCHOOLS  
SCHOOL NUTRITION SERVICES**

**21000 Education Court  
Ashburn, Virginia 20148**

**Telephone: 571-252-1010 Fax: 571-252-1667**

September, 2014

Dear Parent or Guardian;

Your child's diet request for a milk substitution due to lactose intolerance cannot be continued due to a change in USDA regulations.

The reason for this change:

USDA, the governing agency for the National School Lunch Program, issued a rules change concerning milk substitutes (such as juice or water) for students with non-disabling conditions. The new regulation applies to students without disabilities. Lactose intolerance does not meet the definition of a disability in the USDA programs. The regulation recognizes the valuable contribution of milk to a child's diet and does not allow a school to offer other beverages, such as juice, to substitute for milk in the school meals program.

**What alternatives do I have to accommodate by child's need for a fluid milk substitution due to lactose intolerance?**

School Nutrition Services offers choices to students and there is a wide variety of fruits and vegetables every day. Because our school division participates in a provision called *offer versus serve*, students can choose not to take milk with their meal as long as they have taken at least three (3) other components of the meal such as meat/meat alternate or breads/grains. A serving of fruit or vegetable is required to be taken as part of a complete meal. Meals are required to be priced as a unit, so there is no reduction in meal price if at least three (3) of the components are chosen.

**What if my child has a serious allergy to milk? What steps do I take to obtain a diet modification for my child?**

If your child has a disability that falls under the Americans with Disabilities Act (such as a milk allergy, which may result in anaphylaxis), a diet order from a physician is required. These orders from a physician, for disabling conditions, must answer a series of questions in order to be implemented by the school division. The diet order must:

- Identify the disability
- Explain why the disability restricts the child's diet
- Address the major life activity affected by the disability
- List the food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

When a child has a disabling allergy to milk, diet orders typically will include all potential sources of milk in the student's diet, not just fluid milk (that is cheese and milk by-products such as casein or whey). The diet order should be specific.

If you have any questions or need further explanation regarding this letter, please contact me.

Dr. Becky Domokos-Bays, RD SNS  
Supervisor

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