

# Accommodations for Milk Allergies and Intolerances

- ❖ Noblesville Schools participate in the USDA's National School Breakfast & Lunch Programs and must follow all rules and regulations set forth by USDA.
- ❖ According to the USDA, milk must be offered to all students as part of a meal.
- ❖ When a student requests a substitution for milk, the USDA's final ruling on acceptable milk substitutions for school meals states:  
**That unless a child has a life-threatening allergy/disability to milk, the substitution provided must be nutritionally equivalent to cow's milk. This means that water and juice are no longer acceptable substitutions for milk within a school lunch.**
- ❖ It's important to differentiate a true milk allergy from milk protein intolerance or lactose intolerance. Most commonly, children have an intolerance to lactose. Common signs and symptoms of milk lactose intolerance include digestive problems, such as bloating, gas or diarrhea after consuming milk or products containing milk.
- ❖ Rarely, a milk allergy can cause anaphylaxis, a life-threatening reaction that can narrow the airways and block breathing. Anaphylaxis is a medical emergency and requires treatment with an epinephrine (adrenaline) shot and a trip to the emergency room.
- ❖ Students with a lactose intolerance are provided with an optional substitute called Dairy Ease. Dairy Ease fits the USDA's requirements for acceptable milk substitutes, is 100% lactose-free and 100% real cow's milk. Dairy Ease milk offers the benefits of real cow's milk without the side effects commonly caused by lactose intolerance. Because Dairy Ease is true cow's milk, it does contain milk proteins.
- ❖ Students may also take a plastic cup to fill with water from the closest water fountain. Bottled water is also available for sale at all grade levels. Students can also bring closed, non-carbonated beverage with them from home.
- ❖ Accommodations for students with true milk allergies will be made. A physician's statement completed after July 1 of the current year must be on file with food service and must include:
  1. Identification of the special dietary condition which restricts the child's diet;
  2. The food or foods to be omitted from the child's diet; and
  3. The food or choice of foods to be substituted.

For questions or concerns please contact  
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