



## POWAY UNIFIED SCHOOL DISTRICT FLUID MILK SUBSTITUTE Frequently Asked Questions



**Q1: Is the District required to provide a fluid milk substitute?**

**A1:** When the student has a medical statement from a licensed healthcare professional requesting a fluid milk substitute for a **disability**, the District must provide a fluid milk substitute. The District is not required to provide a fluid milk substitute for students without disabilities, but will offer soy milk for special dietary needs, upon written request from a parent/guardian.

**Q2: What is the legal definition of a disability?**

**A2:** A person with a disability is defined as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment.

**Q3: Is water an allowable substitute for milk?**

**A3: No, in most cases.** Water is not considered an acceptable substitute for fluid milk except in cases of disability, when a licensed healthcare professional completes a medical statement requiring water to be substituted for milk.

**Q4: Is juice an acceptable substitute for fluid milk?**

**A4: No, in most cases.** Juice is only an acceptable fluid milk substitute if the student has a medical statement from a licensed healthcare professional documenting a **disability**, and the medical statement requires juice to be substituted for milk. If the child does not have a documented disability, juice cannot be substituted for milk.

**Q5: What type of documentation must be submitted to the school to request food substitutions for children with disabilities?**

**A5:** Before a meal substitution is made by the school for a student with a disability, the school must have a medical statement (SNP-925) completed and signed by a licensed physician, physician assistant or nurse practitioner. It must include:

- Description of the student's disability
- Explanation of dietary accommodation required
- Foods to be omitted from the student's diet
- Suggested foods to be substituted for omitted foods in the student's diet

Obtain a copy of the Medical Statement form from your child's school [or download one from the Food and Nutrition Department website.](#)

**Q6: How often should I update my child's medical statements?**

**A6:** For a student with a recognized disability, medical statements should be updated by the state licensed healthcare professional as often as needed to reflect the student's current dietary needs.



**POWAY UNIFIED SCHOOL DISTRICT  
FLUID MILK SUBSTITUTE  
Frequently Asked Questions (Continued)**



- Q7: My child is allergic to milk; can the school substitute juice instead of milk?**  
**A7:** Only if a licensed healthcare provider has documented your child's condition as a **disability** on a Medical Statement form (SNP-925) and specifically requires juice to be substituted for milk.
- Q8: My child is lactose intolerant. What accommodations are available?**  
**A8:** The District offers soy milk to students that cannot drink regular milk due to lactose intolerance or sensitivity. Parents must provide a written request, identifying the student's medical need that precludes the consumption of cow's milk. Please notify the appropriate Food and Nutrition Supervisor for your child's school to ensure soy milk is available.
- Q9: My child does not have a disability but simply does not like milk. What options does he/she have?**  
**A9:** Students are not required to take milk if they select enough other components from the menu (Protein, Grains, Fruit, and Vegetables) to make a complete meal. Your child may choose to bring another beverage from home or purchase one at school. Unfortunately, the District cannot accommodate special diets based on personal preferences or religious reasons.
- Q10: Is a meal without fluid milk reimbursable?**  
**A10: Yes.** Poway uses the Offer vs. Serve method of serving in all Nutrition Centers. If a student declines the milk, they must choose at least three of the other four meal components: Protein, Grains, Fruits, and Vegetables.