



August 2017

Dear Parent or Guardian;

Your child's dietary request for a milk substitution due to lactose intolerance cannot be honored. Lactose intolerance does not meet the definition of a disability for USDA programs.

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

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, grains, fruit, or vegetables. 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.

All children have access to ice water from dispensers in the cafeteria. Juice is available for purchase a la carte, as is soy milk.

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's condition is a disability that falls under the Americans with Disabilities Act (such as a milk allergy, which may result in anaphylaxis rather than a lactose intolerance), 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, and
- List the food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

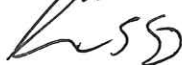
Adam Russo

Director, School Food and Nutrition Services

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

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

Sincerely,



Adam Russo
Director
School Food and Nutrition Services

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