



Harrisonburg City Public Schools School Nutrition Program

101 N. Main Street 4th Floor
Harrisonburg, VA 22802

PHONE: 540-437-3300
FAX: 540-434-2764

Dear Parent or Guardian,

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 or milk sensitivity 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, therefore, does not allow a school to offer other beverages, such as juice, to substitute for milk in the school meal programs.

The only milk substitutes allowed under this rule for students without disabilities are nondairy beverages that meet the established nutrient requirements. Beginning this school year, non-dairy beverages offered as fluid milk substitutes must be nutritionally equivalent to fluid milk, which means they must provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. Our school division will be offering nondairy milk substitutes.

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

1. Our school division offers choices to students and you will see an increased availability of fruits and vegetables, including juice at the middle and high school level, offered daily as a fruit/vegetable choice. Because our school participates in Offer vs. Serve, students can choose not to take milk with their meal as long as they have taken at least three other components of the meal such as meat, bread and fruit.
2. The school division will make available lactose-free milk and soy milk in half pint cartons as part of the lunch and breakfast program at no additional charge to those students who have provided documentation that they are lactose intolerant or milk sensitive.
3. To request lactose-free milk or soy milk for your student, please complete and return page two of this letter.

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 (such as an allergy to milk, 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.

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. (i.e. cheese and milk by-products such as casein/whey)

If you have questions or need any further explanation regarding this letter, please contact me at 437-3317.

Sincerely,

Andrea Early, MS, RD
School Nutrition Program Director

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Accommodation of Lactose Intolerance or Milk Sensitivity with Lactose Free Milk or Soy Milk as the Substitution

The School Nutrition Program requires a signed diet order for the conditions known as lactose intolerance or milk sensitivity for your student. The substitutions our school provides for lactose intolerance or milk sensitivity are lactose-free milk or soy milk.

Please fill in the form below, indicate the milk substitute you would like to select for your student, and return it to the cafeteria manager at your school. If your student’s condition warrants further restrictions, please call to make an appointment to discuss your child’s dietary restrictions.

Student Name _____

Student Lunch Number _____

Milk Substitute Selected (Lactose Free Milk or Soy Milk) _____

Parent/Guardian signature

Printed Parent/Guardian Name

Date

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