

SCOTT COUNTY PUBLIC SCHOOLS

Dear Parent or Guardian,

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

The reason for the change:

USDA, the governing agency for the National Lunch Program, issued a rules change concerning milk substitutes (such as juice or water) for students with non-disabling conditions. The new regulations apply to students without disabilities. Lactose intolerance does not meet the definition of a disability in the USDA programs. The regulations recognizes the value 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 menu 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. Scott County Schools will not be offering nondairy milk substitutes.

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

Our school system offers choices to students and you will see an increased availability of fruits and vegetables, including juice 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.

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 the disabling conditions, must answer a series of questions in order to be implemented by the school.

The diet 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 order 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 any question or need further explanation regarding this letter, please contact me.

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Scott County Public Schools

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