

USDA Milk Substitution Rule & Special Diets

Dear Parents and Guardians:

We cannot provide juice as an allowable fluid milk substitution. Soy milk may be provided to students who are allergic to cow's milk and has a document disability. Parents may send an acceptable beverage from home for breakfast and/or lunch for students with medical or special dietary needs other than a disability.

Milk is one of the components of the meal and under Offer vs. Serve a student does not have to take the milk for the meal to be considered reimbursable. School districts are not required to comply with medical excuses, unless the student has a disability requiring that milk be omitted from the diet.

Severe food allergies that cause life-threatening reactions fall under the category of "Disability" and any substitution prescribed by a licensed physician must be made. See below for the definition of Disability. Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed physician. Students with disabilities are exempt from USDA ruling.

Any special diet requests must be made by a recognized medical authority, such as: licensed physician, physician's assistance or nurse practitioner. A special diet request must be submitted on the Diet Prescription Form and updated annually. All special diet request must be submitted to the Child Nutrition office.

For those students who are Lactose Intolerant, the Child Nutrition Program (CNP) will offer Lactose-Free milk that the CNP Managers will order. The 8 oz. serving will be served in a portion cup with lid. Once the Diet Prescription Form has been received, the CNP manager will send a Lactose-Free Milk Request Form home for parents to complete, sign and return so the managers can order appropriately.

Definition of Disability

- **Student with disabilities** means 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.
- **Physical or mental impairment** means (1) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: Neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive; digestive; genitourinary; hemic and lymphatic; skin; and endocrine; or (2) any mental or psychological disorder
- **Major life activities** mean functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working.

If you have any questions please contact your cafeteria manager or Mary Couty, CNP field manager at 225-343-8309 or email mary.couty@wbrschools.net .