

Lactose-Free Milk Request Form

Intermediate District 287 will provide lactose-free milk or soy milk as a substitute for regular milk with this signed parent/guardian request form on file. We cannot provide juice, rice or almond milk as a substitute for lactose intolerance. If you would like your child to receive lactose-free milk or soy milk at school please complete the information below and return it to the cafeteria manager.

Student's Name: _____

School Student Attends: _____

Choose one: **Lactose-Free Milk** **Soy Milk**

I am requesting that my child receive lactose-free milk or soy milk instead of regular milk as part of his/her school breakfast and lunch.

Parent/Guardian Signature: _____ **Date:** _____

Food Modification Request

What if my child has a serious allergy to milk or food and they must have a diet modification? When a child has a disabling allergy to milk (which could cause anaphylaxis), diet orders will typically include all potential sources of milk in the student's diet, not just fluid milk (i.e. cheese, yogurt and milk byproducts such as casein/whey). If your student has a serious allergy to milk or food and he/she requires a diet modification, you will need to submit a *Special Diet Statement Form* that is signed by a physician. The physician must provide the following information on the form in order for the school to implement meal substitutions:

- Identify the disability.
- Explain why the disability restricts the child's diet.
- Address the major life activity affected by the disability.
- List the food(s) to be omitted from the child's diet and the food, or choice of foods, that must be substituted.

The *Special Diet Statement Form* can be found on the website at www.district287.org on the Food Service page, or you can request a form from your School Nurse or Food Service Staff.

If you have any questions regarding special diets please contact the Food Service Manager.

Sincerely,

Sarah Schreifels

District 287 Food Service Manager
ph: 763-550-7136