

## Milk Substitutions with School Meals

It has recently been announced by the USDA that school districts will no longer be permitted to substitute juice or water for the milk component included with the school breakfast and lunch for those students that are not considered to have a disability. This would include students with milk intolerance, non life- threatening allergy and any other non-disabling medical condition. The district is permitted to provide a substitute beverage that is nutritionally equivalent to cow's milk. Examples of this would be lactose-free milk and soy-based milk products.

In response to this, the Lewisburg Area School District will make available Lactose-free Milk & Soy Milk upon request by the physician or parent. In addition, juice will be available as a fruit option for students. Please keep in mind, **your child is not required to take milk with their lunch**. Your district provides an "offer-versus-serve" program which only requires that 3 of the 5 meal components (food groups) are taken. The 5 components offered daily include: Protein, Grains, Fruit, Vegetable & Milk. Again, your child can decline the milk and take at least 3 of the other meal components to have a complete lunch.

The food service department will make every effort to make this change a smooth process. Please contact your FSD should you have any additional questions.