



SMYRNA SCHOOL DISTRICT

82 Monrovia Avenue, Smyrna, Delaware 19977

Telephone (302) 653-8585

Fax (302) 659-6290

Parents/guardians may request, in writing, a fluid milk substitution for their student with a medical or special dietary need without providing a statement from a medical authority. The milk substitute requested must be nutritionally equivalent to fluid milk and meet the nutritional standards set by the United States Department of Agriculture (USDA) for Child Nutrition Programs. The milk alternative will be high in protein, calcium, and other vitamins and minerals just like regular milk. It is the goal of the Child Nutrition Department to promote student health by providing nutrient rich choices for students unable to have milk.

Fruit Juice, Water, Oat Milk, and Almond Milk do not qualify as milk substitutes. As these options do not meet the USDA nutrient standards for a milk substitute. Currently, for those that are lactose intolerant the only qualifying milk alternative is lactose-free milk and for those who are allergic to milk products the alternative is soymilk.

Student's Name (Print): _____

Student's ID # _____

☐ My student is lactose intolerant*

☐ I DO want my student to be given the milk alternative (lactose-free milk)

☐ I DO NOT want my student to be given the milk alternative (lactose-free milk)

*If lactose intolerant, mark if student **CAN** eat:

☐ Cheese

☐ Yogurt

☐ Ice Cream

☐ My student is allergic to milk products

☐ I DO want my student to be given the milk alternative (soy milk)

☐ I DO NOT want my student to be given the milk alternative (soy milk)

Cultural/Religious dietary preferences to be aware of for student:

☐ No Pork

☐ Other: _____

Please sign and date the letter and return it to the school cafeteria, school nurse, or Child Nutrition office.

Parent Signature: _____

Date: _____

Thank you for your cooperation and if you have any questions please call Crystal Cahall in the Child Nutrition Department (302) 653-3134.

The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws.
Inquiries should be directed to the District Superintendent.

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form,

[AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office

or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C.

20250-9410; or

1. **Fax:** (202) 690-7442; or
2. **Email:** program.intake@usda.gov.

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