



# 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

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.



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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.