



EAST BATON ROUGE  
PARISH SCHOOL SYSTEM

**Cecile Grisby, AAS, BS**  
Child Nutrition Program  
3000 N. Sherwood Forest Dr.  
Baton Rouge, LA 70814

# USDA MILK SUBSTITUTION RULE & SPECIAL DIETS

TO: Child Nutrition Program Managers and Parents  
FROM: Cecile Grisby, CNP-Special Diets Manager/Purchasing Specialist  
DATE: August 01, 2020  
SUBJECT: USDA Milk Substitution Rule and Special Diets

1. **We cannot provide juice as a substitute for milk. Soy milk may be provided to students who are allergic to cow's milk and have a documented disability. Parents may send an acceptable beverage from home for breakfast and/or lunch. 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 the attached statements from USDA concerning dietary substitutions for disabilities.**
2. For those students who are Lactose Intolerant, the Child Nutrition Program (CNP) will offer Lactose-Free milk that CNP Managers will order from the current milk vendor in quart size cartons (4/8 oz. servings per carton). The 8 oz. serving will be served in a 9 oz. cup with lid. Managers are to request a signed note from the parent stating they would like their child to receive the Lactose-Free milk so that managers can order appropriately. Managers may send the attached Lactose-Free Milk Request Form for parents to complete, sign, and return. Make copies of the form as needed.
3. If CNP Managers have any questions about menu substitutions or requests for substitutions, call me at 225-226-3612. **CNP Managers may need to contact parents to ask them to send you an updated, signed doctor's statement each school year, especially if a disabling food allergy is present.**
4. Any special diet requests must be made by a recognized medical authority, such as: a doctor, physician's assistant, nurse practitioner, or dietitian. CNP Managers are to fax the signed medical statement to me at 225-275-2298 and a modified menu for the student will be sent to the CNP Manager by email or fax. It is the manager's responsibility to make sure the meal is served to the student as planned. School cafeterias are to keep all documentation on file.

5. Guidelines for offering Milk Substitutes to students with medical or special dietary needs, **other than a disability.**

- Any milk substitute to be offered must contain the same nutrients as fluid milk.
- Juice or water cannot be offered as substitutes for milk to students who cannot consume cow's milk because the nutritive value is not equal to fluid milk.
- Lactose-Free milk will be available for students with lactose intolerance. A written, signed note for the lactose-free milk from the parent, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable, but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid cow's milk. All requests will be kept on file in the cafeteria manager's office and at the CNP Office.
- Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer vs. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
- **Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed medical professional.** Students with disabilities are exempt from the USDA ruling.

Questions or parent inquiries may be directed to:

**Cecile Grisby at 225-226-3612**

**cgrisby@ebrschools.org**

**225-275-2298 FAX**



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**EAST BATON ROUGE  
PARISH SCHOOL SYSTEM**

**TO:** Parents of Students Currently Receiving Milk Substitutions

**FROM:** Cecile Grisby, AAS, and BS  
CNP-Special Diets Manager/Purchasing Specialist

**DATE:** August 1, 2020

**SUBJECT:** Milk Substitution for Special Dietary Needs

Our department received a ruling from the U.S. Department of Agriculture (USDA) concerning the substitution of nondairy milk substitutes to students with medical or special dietary needs, other than a disability. The East Baton Rouge Parish Child Nutrition Program is committed to meeting the dietary needs of all students who participate in school meal programs. To comply with the new USDA rule, changes to our system of offering milk substitutes were implemented February 1, 2010. Please review the following changes that may affect your child and the availability of appropriate milk substitutes in our cafeteria:

- Any milk substitute to be offered must contain the same nutrients as fluid milk.
- Juice or water cannot be offered as substitutes for milk to students who cannot consume cow's milk because the nutritive value is not equal to fluid milk.
- Lactose-Free milk will be available for students with lactose intolerance. A signed, written request for the lactose-free milk from the parent, to the cafeteria manager, is required. A request from a recognized medical authority is acceptable, but is not required. The signed, written request must state the medical or dietary need that prevents the student from being able to drink fluid milk. All requests will be kept on file in the cafeteria manager's office.
- Students with milk allergies do not have to choose the milk offered as part of their meal because our school system follows Offer v. Serve meal service. These students are advised to bring a nutritionally acceptable beverage from home to drink with their meals.
- **Soy milk will be provided only to students with disabilities documented in their IEP, as requested by a licensed medical professional.** Students with disabilities are exempt from the USDA ruling.

If you have any questions with regard to milk substitutes please call Cecile Grisby in the CNP Office at 225-226-3612.

*EHartman 5-18-20*

APPROVED: Emily Hartman,  
Purchasing Coordinator/Area Supervisor

United States  
Department of  
Agriculture  
Food and  
Nutrition  
Service

# Accommodating Children with Special Dietary Needs in the School Nutrition Programs

## Guidance for School Food Service Staff

### Physician's Statement for Children with Disabilities

USDA regulations 7 CFR Part 15b require substitutions or modifications in school meals for children whose disabilities restrict their diets. A child with a disability must be provided substitutions in foods when that need is supported by a statement signed by a licensed physician. The physician's statement must identify:

- ✓ the child's disability;
- ✓ an explanation of why the disability restricts the child's diet;
- ✓ the major life activity affected by the disability;
- ✓ the food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted.

### In Cases of Food Allergy

Generally, children with food allergies or intolerances do not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to, make food substitutions for them.

However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability," and the substitutions prescribed by the licensed physician must be made.

# Food Allergy Fact Sheet General Overview

A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an **allergen**.

## Symptoms of a food allergy reaction

Symptoms can happen within a few minutes or up to a few hours of the **allergen** being eaten and can be seen or felt in different parts of the body. Symptoms can be mild to fatal.

- Skin rash or eczema
- Itching in the mouth and throat, cramps, nausea, diarrhea, and/or vomiting
- Swelling of the tongue or throat and difficulty breathing
- Drop in blood pressure, dizziness, or loss of consciousness
- Death

## What is anaphylaxis?

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.

## 8 most common foods that cause allergic reactions:

- Fish
- Crustacean Shellfish (for example shrimp, lobster, and crab)
- Peanuts
- Tree Nuts (for example walnuts, almonds, cashews, pistachios, and pecans)
- Eggs
- Wheat
- Milk/Dairy
- Soy/Soybeans/Textured Vegetable Protein (TVP)

## How are food allergies diagnosed?

A doctor can diagnose food allergies by using a variety of tests.

## How can an allergic reaction be avoided?

The best way to avoid a reaction is to avoid the food that causes the allergy, including airborne and cross-contamination. Cross-contamination happens when a food containing the **allergen** comes in contact with a food or surface that does not contain the **allergen**.

## **RECOGNIZING A FOOD ALLERGY**

### **Symptoms of Food Allergy Communicated by Children**

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat, there's something stuck in my throat.
- My skin feels itchy all over.

- My tongue feels full (or heavy).
- My tongue (or mouth) itches.
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue (throat).

The symptoms and severity of allergic reactions to food can be different between individuals, and can also be different for one person over time. Anaphylaxis is a serious, sudden, and severe allergic reaction that may cause death. Not all allergic reactions will develop into anaphylaxis.

✱ If a student in the cafeteria ever complains of any of the above symptoms or other symptoms, take that student to the school nurse or principal's office **IMMEDIATELY!**