



August 2018

Dear Parent or Guardian:

The dietary substitution in Lynchburg City Schools for a milk allergy is soy milk, as the non-dairy beverage offered as a fluid milk substitute must be nutritionally equivalent to fluid milk in calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin and vitamin B-12. In order to obtain this substitution for a child, a diet order from a physician is required. The order from a physician, for a disabling condition, must answer a series of questions in order to be implemented by the school.

The diet order must:

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

When a child has a disabling allergy to milk, diet orders typically will include all potential sources of milk in the student's diet, not just fluid milk. (i.e. cheese and milk by-products such as casein/whey) If this is not necessary, please have the physician make this note. If your child is unable to drink soy milk and requires a different substitute, that needs to be defined as well.

Please provide a physician's diet order to School Nutrition Services as soon as possible.

If you have questions, please contact the School Nutrition Office at (434) 515-5060.

Sincerely,

*Beth Morris*

Director of School Nutrition

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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