

# Allergies & Dietary Restrictions



## MILK & MILK SUBSTITUTES

**\*\* PLEASE BE AWARE THAT THE FEDERAL GUIDELINES REGARDING MILK SUBSTITUTIONS HAVE RECENTLY CHANGED. \*\***

As stated by USDA in a recent ruling, school districts will no longer be permitted to substitute juice or water for the milk included with the school 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.

WBASD is permitted to provide a substitute beverage that is nutritionally equivalent to cow's milk. Lactaid will be provided as a milk substitute for all students.

### Juice will no longer be given in place of milk.

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.

Additional beverages are available for purchases, but are NOT included in the cost of school lunch.

Please contact David A. Feller, WBASD Food Service Director, at 826-7115 or [dfeller@wbasd.k12.pa.us](mailto:dfeller@wbasd.k12.pa.us) to discuss any questions or concerns you might have with providing your child with lactose-free milk.



## How do I keep my child safe from their allergies/dietary restrictions?

The goal of the WBASD Office of Food Service & The Nutrition Group is to help promote healthy lifestyle choices to the children of our greater community through the National School Lunch Program.

Part of accomplishing this goal means that we recognize students with special dietary needs and allergies.

Communication is the key to keeping your child with allergies or dietary restrictions safe. This communication must first start at home. Talk with your child and educate them on the importance of following their doctor's diet or restrictions. Ultimately it is your child's responsibility to know what foods he/she is allergic to.

The next step is informing your school nurse. Any student with an allergy or dietary restriction must have a physician's note and a WBASD medical form on file with the school nurse. The doctor's note should list the specific allergies/restrictions and all substitutes that apply. The note should also list what type of reactions to look for in case of a possible problem.

The school nurse will notify the Office of Food Service of all students with allergies/dietary restrictions. Your child's cafeteria account will be flagged with an allergy alert. This will allow our staff to identify all students with allergies and dietary restrictions.

If your child has a specific dietary restriction, such as Celiac disease which requires a gluten-free diet; WBASD Office of Food Service will create a special menu specific for your child's medical needs. In order to do this, you must schedule a meeting with the WBASD Nutritionist to discuss the specific needs of your child.

If your child has a dietary restriction and needs a specified menu please contact the Office of Food Service at 826-7115 or [wfoodsservice@wbasd.k12.pa.us](mailto:wfoodsservice@wbasd.k12.pa.us).

## Peanut Allergies

In the event that your child does have an allergy or dietary restriction it is important that you take the necessary steps to inform us. Please provide the school nurse with a physician's note and fill out the WBASD medical form. Your child's school nurse will supply WBASD Food Service with a list of all students with allergies and dietary restrictions.

If your child has a severe PEANUT ALLERGY, please contact your child's teacher, principal, school nurse or the Office of Food Service so that arrangements can be made for a PEANUT-FREE ZONE in your child's cafeteria.



## Safety -vs.- Preference

Our goal is to provide all WBASD students with a well-balanced, nutritious meal through a wide variety of sandwiches, entrees, fruits, vegetables, grains and dairy. Our menus typically have 4-10 choices daily to select from.

Because we offer such a wide variety of menu choices, the majority of our students have no trouble selecting a meal that they find appealing.

While we offer so many choices, we are aware that we may not be able to please everyone. Special menus can only be provided for students with specific dietary restrictions or disabilities diagnosed by a physician.

WBASD Food Service cannot make menu exceptions for any of the following reasons:

- Religious reasons
- Personal diet choices like Vegetarian/Vegan diets
- Personal taste/likes/dislikes

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