

**Mifflinburg Area School District Food Service**  
**75 Market Street**  
**Mifflinburg, PA 17844**  
**(570) 966-8241**

Dear Parent/Guardian,

It has recently been announced by the USDA and Pennsylvania Department of Education's Division of Food and Nutrition that school districts will no longer be permitted to substitute juice or water for the milk component included with the school breakfast and lunch for 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. The District *is not required* to provide a substitute beverage that is nutritionally equivalent to cow's milk. Examples of this would be lactose-free milk and specific soy-based milk products.

Please keep in mind, your child *is not required* to take milk with their lunch (or breakfast). Mifflinburg provides an "offer-vs.-serve" program which only requires that 3 of the 5 meal components are taken at lunch (3 out of 4 at breakfast). The 5 components offered daily at lunch include: protein, bread/grain, fruit, vegetable, and milk. Again, your child can decline the milk and take at least 3 of the other meal components to have a complete lunch.

Please contact me if you have any additional questions.

Thank you.

Sincerely,

Lois Roth  
Food Service Director