



Lactose Intolerance

Thank you for notifying us that your child has a Lactose Intolerance.

Please be sure to tell us about your child's reaction to Lactose, so our staff know how to help.

Interactive menu can be found at <https://spps.nutrislice.com/menu>

Allergens can be filtered in the upper right corner of the screen

Food items containing milk are noted by a



Milk icon

Additional allergy info can be found on the SPSS Nutrition Services website at <https://www.spps.org/Domain/11228>

For more information, contact Cole Welhaven at 651-523-6328.

About School Meals

Students grab breakfast from our carts as they are on their way to the classroom, and enjoy those foods at their desk. It's important for parents to review the menu with their child. Our staff can help students select from foods offered for each morning. Students use a PIN number at lunch and staff will monitor students trays to make sure they don't take a food item that may cause a reaction.

What happens next?

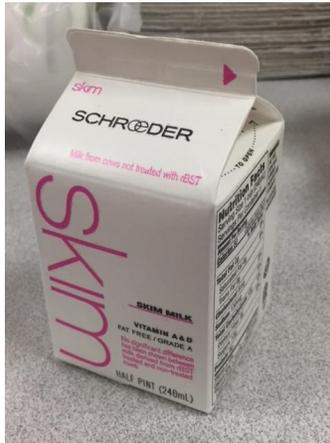
Lactose is found in many foods. Having Lactose Intolerance means it's important to watch what you're eating and read food labels carefully. If you tell us your child has Lactose Intolerance, we'll follow these precautions:

- The school nurse, teacher, and cafeteria staff will be notified of the intolerance.
- Your child will be able to ask for help when selecting breakfast each morning.
- Your child's account and PIN number will be used to notify our staff to check the tray at lunch.
- Our staff will help your child avoid ALL foods that contains lactose, which includes milk, dairy products, and other foods that contain the ingredient lactose
- If there is any suspicion your child experiences a reaction to a food, we will seek help immediately.

What if my child needs other accommodations?

We understand that reactions can range from mild to severe. Most people who have an intolerance to lactose experience discomfort when drinking milk, but they can eat cheese or yogurt. Please let us know what foods your doctor has asked your child to avoid so we can offer as many foods as possible.

If your child avoids all milk and milk products, he/she will not be served:



Any item that contains the  symbol