



# Milk allergies

**Thank you for notifying us that your child has a milk allergy.**

**Please be sure to tell us about your child's reaction to milk so our staff know how to help and respond in an emergency.**

## 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?

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

- The school nurse, teacher, and cafeteria staff will be notified of the milk allergy.
- Your student will be able to ask for help when selecting breakfast each morning.
- Your student'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 milk, which includes foods that contain milk.
- If there is any suspicion your child experiences a reaction to a food allergy, we will seek help immediately.

## What if my child needs other accommodations?

We understand reactions can range from mild to severe. Most people who are allergic to milk react to the proteins in milk, and some people with milk allergies are able to eat foods containing extensively heated milk, such as pancakes or muffins. Please let us know what foods your doctor has asked your child to avoid so we can offer as many foods as possible.

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

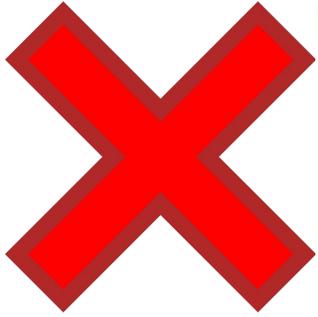


Milk icon

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

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

**Avoiding All Milk and Milk Products means your child will not be served:**

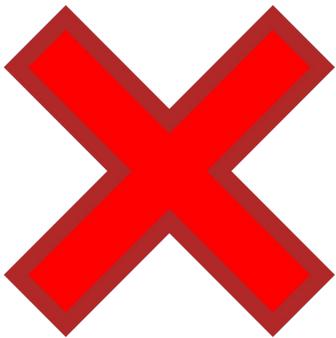


Any food item that has a



icon on the interactive menu

**Including extensively heated Milk means your child will be not be offered:**



**Including extensively heated Milk means your child will be offered**

