

### ***Milk Substitution Request***

#### **RSU #3 School Nutrition Program**

This form must be completed and signed by the child's parent/legal guardian and submitted to Tina Fabian, School Nutrition Director. The RSU #3 School Nutrition Program provides lactose-free cow's milk and soy milk that meet the USDA nutrition criteria. The brand of soy milk is selected at the discretion of the Director of the School Nutrition Program. *Juice and bottled water cannot be offered as a milk substitute.* Any changes require the submission of a new form.

**NOTE:** Due to supply chain disruptions we may not be able to have Lactaid on hand. We will do our best to have this product available but please understand that some days we may not have it on hand due to lack of availability.

<b>Section I. Student, Parent/Guardian Contact Information</b>		
Student Name:	DOB:	School:
Parent/Guardian Name:	Parent/Guardian Phone:	
<b>Section II. Requested Milk Substitute</b>		
<input type="checkbox"/> Lactose-free Cow's Milk <input type="checkbox"/> Non-Dairy Soy Milk*		
* brand of soy milk is selected at the discretion of the School Nutrition Program & must meet the USDA nutrition criteria		
<b>Parent/Legal Guardian</b>		
<b>Signature &amp; Date:</b>		

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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).
- (4) This institution is an equal opportunity provider.

The Maine Human Rights Act prohibits discrimination because of race, color, sex, sexual orientation, age, physical or mental disability, genetic information, religion, ancestry or national origin. Complaints of discrimination must be filed at the office of the Maine Human Rights Commission, 51 State House Station, Augusta, Maine 04333-0051. If you wish to file a discrimination complaint electronically, visit the Human Rights Commission website at <https://www.maine.gov/mhrc/file/instructions> and complete an intake questionnaire. Maine is an equal opportunity provider and employer.