

Dear Community Member,

We are thrilled to announce that lactose-free milk is available to all students in the school district. Lactose-free milk is real dairy milk, just without lactose.

Lactose is a naturally occurring sugar found in milk and other dairy foods. It can be difficult to digest for people with lactose intolerance who do not produce enough of the lactase enzyme that breaks it down. Dairy processors either ultra-filter milk to remove the lactose or treat the milk with lactase enzyme to break down the lactose into two easily digestible sugars.

Lactose intolerance is not a dairy allergy (for which dairy foods should never be consumed). Folks with lactose intolerance may enjoy and tolerate lactose-free and low-lactose dairy foods.

Adding lactose-free milk to our menu can support the short- and long-term health of all our students. Dairy foods provide a rich source of nutrition and contribute to diet quality. An 8-ounce glass of milk provides 13 essential nutrients which play important roles in growth and development. These nutrients include high-quality protein, phosphorus, potassium, calcium, iodine, selenium, zinc, vitamins A, D, B2, B3, B5 and B12.^{1,2}

Lactose-free milk is real milk and approved for use in the School Breakfast Program and National School Lunch Program. A note from a parent or medical professional is not needed. Lactose-free milk can be found with the regular milk in the cafeteria.

In addition to lactose-free milk we offer several dairy foods that are lower in lactose including yogurt, and cheese. Please feel free to contact our school food and nutrition program with questions.

Sincerely,
Your School Food and Nutrition Program

¹U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 2020-2025. 9th Edition. 2020.

²Comerford K, Lawson Y, Young M, et al. Executive summary: The role of dairy food intake for improving health among Black Americans across the life continuum. J Natl Med Assoc. 2024;116(2 Pt 2):211-218. Doi: 10.1016/j.jnma.2024.01. USDGA