***Milk Substitution Request***

*(Insert Name of School Nutrition Program)*

This form must be completed and signed by the child’s parent/legal guardian and submitted to *(Insert Contact Information)*. The *(Insert Name)* School Nutrition Program provides lactose-free cow’s milk and certain soy beverages that meet the USDA nutrition criteria. The brand of soy milk is selected at the discretion of the *(Insert Name)* School Nutrition Program. *Juice and bottled water cannot be offered as a milk substitute.* Any changes require the submission of a new form.

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| **Section I. Student, Parent/Guardian Contact Information** | | | |
| Student Name: | DOB: | | School: |
| Parent/Guardian Name: | | Parent/Guardian Phone: | |
| **Section II. Requested Milk Substitute** | | | |
| Lactose-free Cow’s Milk Non-Dairy Soy Beverage\*  \* brand of soy beverage is selected at the discretion of the School Nutrition Program & must meet the USDA nutrition criteria | | | |
| **Parent/Legal Guardian** | | | |
| **Signature & Date:** | | | |

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English.  Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible State or local Agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, *USDA Program Discrimination Complaint Form* which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.usda.gov%2Fsites%2Fdefault%2Ffiles%2Fdocuments%2FUSDA-OASCR%2520P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf&data=05%7C01%7CPaula.Nadeau%40maine.gov%7C8662eda17df646c3d5ea08da38c8743d%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C637884730830351761%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OeYhSpIJPVT%2F7gK70PpHBCGkTzr2aFKaZe%2BLnyUR%2FxI%3D&reserved=0), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

**(2)       fax:**

 (833) 256-1665 or (202) 690-7442; or

**(3)       email:**  
            [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

(Federal statement updated 5/18/2022)

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.