Food Allergy & Intolerances for Students with Special Dietary Needs

The Food Service Department will accommodate modified diets for students when the Food Service Department receives a request from the parent/guardian accompanied by a **Medical Plan of Care for School Food Service Form** completed by the student's physician.

1) Lactose Intolerance
   a) Students can substitute juice, bottled water, Lactaid milk or soy milk for the milk beverage offered with breakfast or lunch.
   b) A completed a **Medical Plan of Care for School Food Service Form** must be on file.
   c) A new physician's statement is required at the start of each school year.

2) Special Diets or Food Allergies
   a) Food substitutions will be made as requested by the child's physician for allergies covered under the Americans with Disabilities Act (severe/life-threatening). Foods containing allergens will be avoided and will be replaced with acceptable alternatives within the framework of the planned menu.
   b) Allergies not covered under the Americans with Disabilities Act (not severe/life-threatening) will be accommodated within the framework of the planned menu.
   c) The parent/guardian is suggested to meet with the Supervisor of Food Service to review menus and ingredient list.
   d) The Food Service Department requires one week notification of the days the child will be eating lunch in the cafeteria.
   e) The parent/guardian must provide the Food Service Department with a one-page sheet containing pertinent information to be posted in the kitchen. The sheet will contain at least the student's name and picture, a list of food to be avoided, a list of possible reactions, emergency contacts and first-aid procedures.
   f) A completed a **Medical Plan of Care for School Food Service Form** must be on file.
   g) A new physician's statement is required at the start of each school year.

July 2011

Medical Plan of Care for School Food Service
(Students with Disabilities and Non-Disabling Special Dietary Needs)

The following child is a participant in one of the United States Department of Agriculture (USDA) school nutrition programs.

- USDA regulations 7CFR Part 15B require substitutions or modifications in school program meals for children whose **disability** restricts their diet and is supported by a statement signed by a **licensed physician**. Food allergies which may result in a severe, life-threatening (anaphylactic) reaction may meet the definition of "disability."
- The school may choose to accommodate a student with a **non-disabling special dietary need** that is supported by a statement signed by a **recognized medical authority** (physician, physician assistant or nurse practitioner).
- The school food authority may choose to make a milk substitution available for students with a **non-disabling special dietary need**, such as milk intolerance or for cultural or religious beliefs. If the school food authority makes these substitutions available, the milk substitute must meet nutrient standards identified in regulations. If available, this will be indicated in Part 2. A parent/guardian or **recognized medical authority** (physician, physician assistant, or nurse practitioner) may complete this section. If this is the only substitution being requested, complete Part 1 and 2 only.

Part 1: To be completed by Parent/Guardian (all requests for special dietary needs)

Child's Name		Date of Birth	M F
Name of School/Center/Program		Grade Level/Classroom	
Parent's/Guardian's Name		Address, City, State, Zip Code	
( ) Home Phone	( ) Work Phone		

Part 2: Request for milk substitution for non-disabling special dietary needs only

☐ School/school district does not make milk substitutes available to students with non-disabling special dietary needs. Do not complete Part 2.

☒ School/school district provides __Soy Milk or Lactaid Milk_ as a milk substitute to students with non-disabling or other special dietary needs when Part 2 is completed by Medical Authority or Parent/Guardian and approved by the school/school district.

Does the child have a non-disabling medical or special dietary need that restricts intake of fluid milk? Yes ☐ No ☐
List medical or special dietary need (e.g., lactose intolerance or for cultural or religious beliefs):

Medical Authority or Parent/Guardian Signature: Date:

Part 3: To be completed by Physician/Medical Authority

Disability/Special Dietary Needs

Does the child have a **disability**? Yes ☐ No ☐

If Yes,
Please describe the major life activities affected by the disability.

Does the child's disability affect their nutritional or feeding needs? Yes ☐ No ☐

If the child **does not have a disability***, does the child have special nutritional or feeding needs? Yes ☐ No ☐
(*These accommodations are optional for schools to make)

If the child has a disability or special dietary/feeding need, please complete Part 4 of this form and have it signed and stamped with the office name and address of a licensed physician/recognized medical authority.

Part 4: To be completed by Physician/Medical Authority

Diet Order

List any dietary restrictions, such as food allergies, intolerances or restrictions:

List specific foods to be substituted (Substitution cannot be made unless section is completed):
List foods that need the following change in texture. If all foods need to be prepared in this manner, indicate "All." Cut up/chopped into bite sized pieces: Finely Ground: Pureed:
List any special equipment or utensils needed:
Indicate any other comments about the child's eating or feeding patterns:

Physician's Name and Office Phone Number		Office Stamp
Physician/Medical Authority's Signature		Date
Part 5: Parent Signature		Date
Part 6: School Nutrition Program Signature		Date

Health Insurance Portability and Accountability Act Waiver

In accordance with the provisions of the Health Insurance Portability and Accountability Act of 1996 and the Family Educational Rights and Privacy Act, I hereby authorize _____ (medical authority) to release such protected health information of my child as is necessary for the specific purpose of Special Diet information to _____ (school/program) and I consent to allow the physician/medical authority to freely exchange the information listed on this form and in their records concerning my child with the school program as necessary. I understand that I may refuse to sign this authorization without impact on the eligibility of my request for a special diet for my child. I understand that permission to release this information may be rescinded at any time except when the information has already been released. My permission to release this information will expire on _____ (date). This information is to be released for the specific purpose of Special Diet information.

The undersigned certifies that he/she is the parent, guardian or representative of the person listed on this document and has the legal authority to sign on behalf of that person.

Parent/Guardian Signature:_____ Date:_____
(Signing this section is optional, but may prevent delays by allowing us to speak with the physician)

Please have parent/guardian review form annually and initial/date if no changes are required. Any changes require submission of a new form signed by the Physician/Medical Authority.

Parent confirmed no change in diet order. ____ Date _____ ____ Date _____ ____ Date_____

____ Date_____ ____ Date _____ ____ Date _____ ____ Date _____ ____ Date_____

A copy of this form should be kept by the School Food Service and the Nurse. FERPA allows school nurses to share student's medical information regarding dietary needs with school food service.