

FOOD ALLERGIES & SPECIAL DIETARY NEEDS

Procedures for Students who require Modified Diets

The Food Service Department will accommodate modified diets for students according to the following guidelines:

1. **Lactose Intolerance**- A reaction of the body's metabolic system to a component of milk products resulting in an interference with digestion.
 - a. Students can have juice substituted for the milk beverage offered with breakfast or lunch if Nutrition Services receives a request from the parent/guardian accompanied by a statement and signature from the child's physician on the Diet Prescription Form for Meals at School (pdf).
2. **Life-Threatening Food Allergies**- A reaction of the body's immune system to treat the food ingested as a foreign or unfriendly substance, causing the body to release antibodies to counter the perceived "invasion".
 - a. Food substitutions will be made as described by the child's physician outlined in the Diet Prescription Form for Meals at School (pdf). This is covered under the Americans with Disabilities Act. Foods containing allergens will be avoided and will be replaced with acceptable items.
 - b. Allergies not covered on the Americans with Disabilities Act (not severe/life-threatening) will be accommodated within the framework of the planned menu.
 - c. Menu accommodations will be made if:
 - Nutrition Services receives a Diet Prescription Form for Meals at School signed by the child's physician or **recognized medical authority** (physician, physician's assistant, certified nurse practitioner, registered dietitian, licensed nutritionist, chiropractor).
 - A meeting is held with the parent/guardian, school nurse and menu planning dietitian to review menus, recipes and ingredients lists.
 - d. Nutrition Services requires advance notification of the days the child will be eating lunch at school with menu items planned in advance. If the child is absent, the parent/guardian must notify Nutrition Services.
 - e. An Emergency Action Plan (EAP) is posted in the kitchen containing pertinent information such as: students name, picture, emergency contacts, foods to avoid and first aid procedures.
3. **Special Diets**-Those diets requiring specific food nutrients to be tracked as a result of a disability or require a texture modification due to a swallowing difficulty (dysphagia).
 - a. Special Diets will be accommodated if:
 - The Nutrition Services office receives a Diet Prescription Form for Meals at School (pdf) signed by the child's physician **or recognized medical authority**.
 - A physician provides guidelines for a special diet including, but not limited to: recipes, serving sizes, texture modification or any other necessary specifications.
 - A meeting is held with the parent/guardian, school nurse and menu planning dietitian to review menus, recipes and ingredients lists.