



Nutrition Services

Guidelines for Participant with Special Needs and Special Meals

All sponsors of child nutrition programs are required to offer meals to children with disabilities and children with special dietary needs whenever meals are served.

CHILDREN WITH DISABILITIES REQUIRING SPECIAL MEALS

A person with disability is one with a physical impairment or mental impairment that limits one or major activities. Whenever a child is unable to eat or drink one or more required meal components, we must have a medical statement signed by a licensed physician, physician assistants, or nurse practitioners.

A medical statement must identify the following:

- The handicap and an explanation of why the handicap restricts the child's diet
- The major life activity affected by the disability
- The food or choice of foods that must be omitted or substituted and must be signed licensed physician, physician assistants, or nurse practitioners.

CHILDREN WITH SPECIAL DIETARY NEEDS

For participants with food allergies and food intolerance, we will make substitutions when supported by a statement licensed physician, physician assistants, or nurse practitioners. For non-disabled participants the supporting statement shall include:

- An identification of the medical or other special dietary needs, which restricts the child's diet
- The food or foods to be omitted from the participant's diet and the food or choice of foods that may be substituted

FORM

Please see attached for Medical Statement to Request Special Meals and/or Accommodations. Copies of these forms are available from the Nutrition Services Office. To receive these forms, please contact the Nutrition Services Office at 434.3334 or by coming to the office at 900 High St. You can also get the form online at www.ousd.k12.ca.us/specialmealsform

Send completed and signed Medical Statements to Amy Glodde (amy.glodde@ousd.org), Menu Planner in the Nutrition Services Office. Menus that meet the child's dietary prescription and/or texture modification will be developed. Nutrition Services staff will be trained on how to prepare these special meals.

The USDA is an equal opportunity provider and employer.

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