

## Guidance for Completing the Medical Statement for Students with Unique Mealtime Needs for School Meals

### PART A - PARENT/GUARDIAN

The *Medical Statement for Students with Unique Mealtime Needs for School Meals* helps schools provide meal modifications for students who require them. Schools cannot change food textures, make food substitutions, or alter a student's diet at school without proper documentation from the healthcare providers. Completion of all items will allow your child's school to create a plan with you for providing safe, appropriate meals and snacks to your child while at school.

Your participation in this process is very important. The sooner you provide this signed and completed form to your child's school, the sooner the School Nutrition Program and their staff can prepare the food your child needs. Your signature is required for your school to take action on the Medical Statement.

#### Follow these steps to get started:

- 1) Complete all sections of PART A of the Medical Statement.
- 2) Take the Medical Statement to your child's pediatrician or family doctor/nurse practitioner/physician's assistant and have him/her complete PART B.
- 3) **RETURN THE FULLY COMPLETED MEDICAL STATEMENT WITH SIGNATURES FROM BOTH PARENT/GUARDIAN AND MEDICAL AUTHORITY, TO YOUR CHILD'S TEACHER, PRINCIPAL, NURSE, SPECIAL EDUCATION CASE MANAGER, OR SECTION 504 CASE MANAGER, SCHOOL NUTRITION ADMINISTRATOR, OR THE SCHOOL STAFF PERSON WHO GAVE YOU THE BLANK FORM.**
- 4) Ask the school when a team, including you, the school system's School Nutrition Administrator and others, will meet to consider the information provided on the form. You may also invite people from the community who are knowledgeable about your child's feeding and nutrition issues to the meeting. These would be people who could help school staff design a school mealtime plan for your child, like your child's pediatrician, nurse, speech-language pathologist, occupational therapist, registered dietitian or personal care aide.

### PART B – RECOGNIZED MEDICAL AUTHORITIES *(Licensed physician, physician assistant, and nurse practitioner)*

A Recognized Medical Authority's signature is *required* for students with a disability. Schools cannot change food textures, make food substitutions, or alter a student's diet at school without proper documentation from the healthcare providers. Meal modifications are implemented based on medical assessment and treatment planning and *must be ordered by a recognized medical authority*.

Please consider the following as you complete **PART B** of the Medical Statement:

- 1) Complete all sections of **PART B**. Completion of all items will streamline efficient care of the student at school.
- 2) Be as specific as possible about the nature of the student's physical or mental impairment, its impact on the student's diet and major life activities that are affected. In the case of food allergy, please indicate if the student's condition is a food intolerance, an allergy that would affect performance and participation at school (e.g., severe rash, swelling, and discomfort), or a life-threatening allergy (e.g., anaphylactic shock).
- 3) If your assessment of the child does not yield sufficient data to make a determination about food substitutions, consistency modifications, or other dietary restrictions, please refer the child/family to the appropriate health care professional for completion of the assessment. Schools do not routinely have instrumentation and/or staff trained for a comprehensive nutrition and feeding assessment and must partner with community providers to meet a student's unique feeding and nutrition needs.
- 4) Attach any previous and/or existing feeding/nutrition evaluations, care plans, or other pertinent documentation housed in the student's medical records to the Medical Statement for parent/guardian delivery to the school.
- 5) Consider being available to consult with the student's mealtime planning team as it implements the feeding/nutrition care plan.

### PART C – SCHOOL NUTRITION ADMINISTRATOR and IEP/504 REPRESENTATIVE

Please consider the following as you complete **PART C** of the Medical Statement:

Signature of the School Nutrition Administrator and 504 Coordinator or IEP Case Manager/EC Program representative indicates the medical statement has been received, reviewed, and a plan to address the student's unique mealtime needs is being developed/implemented.

#### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

## Medical Statement for Students with Unique Mealtime Needs for School Meals

When completed fully, this form gives schools the information required by the U.S. Department of Agriculture (USDA), U.S. Office for Civil Rights (OCR), and U.S. Office of Special Education and Rehabilitative Services (OSERS) for meal modifications at school. See *"Guidance for Completing Medical Statement for Students with Unique Mealtime Needs for School Meals"* (previous page) for help in completing this form.

| PART A (To be completed by PARENT/GUARDIAN)  |   |             |   |                     |
|--|---|-------------|---|---------------------|
| STUDENT INFORMATION  | Last Name:  |             | First Name:   | Middle Name:        |
|  | Date of Birth:  |             |   |                     |
|  | School:   |             | Grade   | Student ID#         |
| SELECT the school-provided meals and/or snacks in which this student will participate:   | <input type="checkbox"/> School Breakfast Program <input type="checkbox"/> National School Lunch Program <input type="checkbox"/> Afterschool Snack Program<br><input type="checkbox"/> Afterschool Supper Program <input type="checkbox"/> Fresh Fruit & Vegetable Program   |             |   |                     |
| PARENT/GUARDIAN CONTACT INFORMATION  | Printed Name of PARENT/GUARDIAN:  |             |   |                     |
|  | Mailing Address:  |             | City:   | State:    Zip Code: |
|  | Work Phone:   | Home Phone: | Mobile Phone:   | Email:              |
| Please describe the concerns you have about your student's nutritional needs at school:  |   |             |   |                     |
| Please describe the concerns you have about your student's ability to safely participate in mealtime at school?  |   |             |   |                     |
| Does the student already have an Individualized Education Program (IEP)?<br><input type="checkbox"/> YES <input type="checkbox"/> NO   |   |             | <b>NOTE:</b> Unique mealtime needs for students without an IEP, 504 or disability, but with general health concerns, are addressed within the meal pattern at the discretion of the School Nutrition Administrator and policies of the school district. |                     |
| Does the student already have a 504 Plan?<br><input type="checkbox"/> YES <input type="checkbox"/> NO  |   |             |   |                     |
| PARENT/GUARDIAN Consent  | <i>I agree to allow my child's health care provider and school personnel to communicate as needed regarding the information on this form.</i><br><br><div style="display: flex; justify-content: space-between;"> <div>Parent/Guardian Signature</div> <div>Date</div> </div> |             |   |                     |
| <b>Please return this fully completed Medical Statement with signatures from both parent/guardian and medical authority, to your child's teacher, principal, nurse, Special Education case manager, or Section 504 case manager, School Nutrition Administrator, or the school staff person who gave you the blank form.</b> |   |             |   |                     |

STUDENT NAME:

STUDENT ID#:

**PART B** (To be completed by a **RECOGNIZED MEDICAL AUTHORITY**, i.e., Licensed physicians, physician assistants, and nurse practitioners)

Describe the student's physical or mental impairment:

Explain how the impairment restricts the student's diet:

Major life activities affected:  
*Select all that apply.*
☐ Walking   ☐ Seeing   ☐ Hearing   ☐ Speaking   ☐ Performing manual tasks  
☐ Learning   ☐ Breathing   ☐ Self-Care   ☐ Eating/Digestion
☐ Other (please specify):

Is this a Food Allergy?

☐ YES☐ NO

If student has life threatening allergies\* check appropriate box(es):

*\*Students with life threatening food allergies must have an emergency action plan in place at school.*

Is this a Food Intolerance?

☐ YES☐ NO☐ Ingestion☐ Contact☐ Inhalation

Specify any dietary restrictions or special diet instructions for accommodating this student in school meals:

For *any* special diet, list specific foods to be omitted and the recommended substitutions.  
(You may attach a separate care plan)

Foods to be Omitted



Recommended Substitutions

Foods to be Omitted



Recommended Substitutions

Designate safest consistency requirement for FOOD:

☐ Pureed   ☐ Mechanical Soft   ☐ Other (please specify):  
☐ Ground   ☐ Chopped

Designate safest consistency requirement for LIQUIDS:

☐ Clear Liquid   ☐ Nectar-thick   ☐ Other (please specify):  
☐ Full Liquid   ☐ Honey-thick  
☐ Pudding-thick

Other comments about the child's eating or feeding patterns, including tube feeding if applicable:

**\*NOTE\*** If your assessment of the child does not yield sufficient data to fully complete the above sections applicable to the student's mealtime needs, please refer the child/family to the appropriate health care professional for completion of the assessment.

Signature of Recognized Medical Authority\*

Printed Name

Phone Number

Date

(   )

*\* A recognized medical authority in N.C. includes licensed physicians, physician assistants and nurse practitioners.***PART C** (To be completed by **SCHOOL DISTRICT ADMINISTRATORS**)**NOTES:** (School Nutrition or other School Program staff)

School Nutrition Administrator's Signature:

Date:

IEP/504 Coordinator Signature:

Date:

## FOOD CONSISTENCY REFERENCE SHEET

### Pureed (Level 4 on IDDSI)



#### Texture of pureed food:

- ◆ Smooth with no lumps
- ◆ Does **not** require chewing
- ◆ Usually eaten with a spoon
- ◆ Falls off a spoon when tilted
- ◆ Liquid (like sauces) must not separate from solids

#### Avoid:

1. Mixed thin + thick textures (ex: soup with pieces of food, cereals with milk)
2. Tough or fibrous foods
3. Chewy foods
4. Crunchy foods
5. Crumbly bits (biscuits)
6. Seeds, skin, husks
7. Sticky or gummy food
8. Floppy or stringy foods
9. "Juicy" food (watermelon)
10. Visible lumps (such as in yogurt)

#### Can have:

- ✓ Pureed fruit and vegetables; mashed potatoes
- ✓ Applesauce; fruit sauce
- ✓ Pureed or slurried bread products; smooth warm cereals
- ✓ Pureed rice or pasta
- ✓ Smooth yogurt or pudding
- ✓ Pureed meat, fish or poultry
- ✓ Pureed soups

### Ground - "Minced and Moist" (Level 5 on IDDSI)



#### Texture of pureed food:

- ◆ Soft and moist, but with no liquid leaking/dripping from the food
- ◆ Biting is **not** required
- ◆ Minimal chewing **is required**
- ◆ Lumps of 2mm in size
- ◆ Lumps can be mashed with the tongue
- ◆ Food can be easily mashed with just a little pressure from a fork
- ◆ Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

#### Avoid:

1. DRY BREAD due to high choking risk!
2. #1-9 above
3. Large or hard lumps of food.
4. Sticky/gluey rice or rice which separates into individual grains. (Rice needs to be specially prepared using a thick, smooth, non-pouring sauce to moisten it and hold it together.)

#### Can have:

- ✓ Ground meat or fish served in thick, smooth, non-pouring gravy.
- ✓ Fruit or cooked vegetables mashed/blended to 2mm pieces with liquid drained.
- ✓ Soft cereal: served with pieces no larger than 2mm x 2mm, with their texture fully softened (drain excess liquid before serving).
- ✓ Rice requires a thick, smooth, non-pouring sauce to moisten and hold the rice together.

## Mechanically soft - "Soft and bite sized" (Level 6 on IDDSI)

|   |   |   |   |
|---|---|---|---|
|  | <p><u>Texture:</u></p> <ul style="list-style-type: none"> <li>◆ "Bite-sized" pieces no bigger than 8mm x 8mm in size ("dime size")</li> <li>◆ Soft and moist, but with no liquid leaking/dripping from the food</li> <li>◆ Ability to "bite off" a piece of food is <b>not</b> required.</li> <li>◆ Ability to chew "bite-sized" pieces so that they are safe to swallow <b>is required</b></li> <li>◆ Food can be mashed/broken down with pressure from a fork</li> <li>◆ A knife is <b>not</b> required to cut this food</li> </ul> | <p><u>Avoid:</u></p> <ol style="list-style-type: none"> <li>1. DRY BREAD due to high choking risk!</li> <li>2. #1-9 above (under "Pureed Foods")</li> <li>3. Large (bigger than 8mm x 8mm) or hard lumps of food.</li> <li>4. Meat which is not tender (rather serve minced and moist)</li> <li>5. Raw vegetables and stir fried vegetables which are too firm.</li> <li>6. Sticky/gluey rice or rice which separates into individual grains. (Rice needs to be specially prepared using a thick, smooth, non-pouring sauce to moisten it and hold it together.)</li> </ol> | <p><u>Can have:</u></p> <ul style="list-style-type: none"> <li>✓ Meat cooked tender and chopped to no bigger than 8mm x 8mm lump size.</li> <li>✓ Fruit: soft and chopped no bigger than 8mm X 8mm size.</li> <li>✓ Vegetables: steamed or boiled, served no bigger than 8mm x 8mm.</li> <li>✓ Cereal: served with pieces no larger than 8mm x 8mm, with their texture fully softened (drain excess liquid before serving).</li> <li>✓ Rice requires a thick, smooth, non-pouring sauce to moisten and hold the rice together.</li> </ul> |
|    | <p><u>Texture:</u></p> <ul style="list-style-type: none"> <li>◆ Manageable bite-sized pieces per physician's order.</li> </ul>  | <p><u>Avoid:</u></p> <ol style="list-style-type: none"> <li>1. Refer to directions on physician's order.</li> </ol>   | <p><u>Can have:</u></p> <ul style="list-style-type: none"> <li>✓ Manageable bite-sized pieces per physician's order.</li> </ul>   |

### Chopped

This reference sheet is intended for general information only. Please consult with your health care professional for specific directions for your child. For more information, please refer to IDDSI <https://www.iddsi.org/Resources/Patient-Handouts>