

Special Dietary Modification Request Procedures

1. The first step is to print the medical statement form “**Food And Child Nutrition Services Dietary Request Form**” found on the Dallas ISD (FCNS) website: <https://www.dallasisd.org/childnutrition> under “*Special Diets and Forms*”.
 - A printed copy of this form may also be obtained from the school nurse.
2. Parent/Guardian must return the completed and signed form back to the school nurse. Incomplete and unsigned forms will not be accepted. It is a requirement to obtain all necessary information for the school to make any meal accommodations.
3. School nurses will submit the completed form to the FCNS dietitian by email specialdiets@dallasisd.org.
4. The dietitian will evaluate the request for appropriate meal accommodations. Should there be any questions/adjustments needed with meal accommodations, the dietitian or nurse will email or phone the parent/guardian using the contact information provided on the form.
5. Special dietary modification requests will be processed in order of a first come basis.
6. If necessary, Parents/Guardians are encouraged to temporarily provide the student with meals from home while the special dietary modification request is being processed for food accommodation and equipment needs.
7. The school cafeteria supervisor and school nurse will receive notification from FCNS dietitian on the final plan for meal accommodations and equipment needs.

Medical Statement for Children with Disabilities

A child with a disability must be provided reasonable substitutions in foods when that need is supported by a statement signed by a licensed physician, physician’s assistant or nurse practitioner. The physician's statement must identify:

- The child's disability
- An explanation of why the disability restricts the child's diet
- The major life activity affected by the disability
- The food(s) to be omitted from the child's diet, texture modifications and the food or choice of foods that is being requested as a substitution.

Menu Modifications for Children Without Disabilities

The school food authority will decide these situations on a case-by-case basis. This provision covers those students who have food intolerances or allergies that do not affect a major life activity.

- Dallas ISD will make an additional non-disability accommodation request for students in regards to religious/cultural beliefs if a special dietary modification request has been submitted.
- Dallas ISD will not make meal accommodations for food preferences. A variety of food options are offered daily for students to choose their preferred food items.
- Students are not required to take milk. There is also a choice of water daily. Dallas ISD will provide a fluid milk substitution if a special dietary modification request has been submitted.

Food Allergen Management

The Food Allergen Labeling and Consumer Protection Act (FALCPA), was passed by the US Congress in 2004, identified eight major food allergens that are responsible for 90% or more of serious adverse food-induced reactions in the U.S. In 2021 it was updated to nine major food allergens. Under FALCPA, products must clearly list food allergens on the label.

The FDA exempts highly refined food oils such as soy, corn, fish, peanut and sesame from the food label where virtually all of the food protein that causes the allergic reaction is removed in processing. As a precaution and chance that peanut oil can be contaminated with peanut protein during manufacturing, Dallas ISD will continue to consider peanut oil as a protein allergy. Generally recognized as safe for individuals with food allergies are soy lecithin, highly refined corn oil, corn syrup, high fructose corn syrup, corn syrup solids and maltodextrin as these do not contain the proteins that trigger allergens; thus, these components are allowed on soy and corn allergen diets.

When a food allergen, that is not one of the nine major food allergens, (dairy, egg, wheat, peanut, tree nut, fish, shellfish, soy and sesame) is listed on the food item ingredient list as 2% or less, this food is considered safe to consume and will be allowed. (*for example: Garlic is listed as 2% or less on the ingredient list; thus, garlic is not listed as an allergen for that food*).