

# Tshwj Xeeb Cov Kev Noj Zaub Mov



Minneapolis Public Schools (MPS) Culinary & Wellness Services (CWS) muaj kev muaj tTshwj Xeeb Cov Kev Noj Zaub Mov rau khoom noj/khoom txom ncauj rau tej tus neeg rau cov uas muaj mob lossis xiam oob qhab ua noj tsis tau txhua yam. Raws li ntawm qhov ADA Amendments Act, feem ntau ntawm lub cev thiab kev feeb tsis meej uas muaj kev txwv lossis cuam tshuam rau lub neej txoj kev ua lossis qhov lub cev yuav los ua tau yog ib qho ua thwm tau tias xiam oob qhab lawm. MPS CWS tsis muab kev pab noj haus rau qhov kev cuam tshuam txog kev ntseeg, kev coj noj tsis tau, lossis kev nyiam noj ntawm tus kheej.

Xav kom ua daim form no tshiab txhua xyoo thiaj yog qhov yuav txhawb nqa tau menyuam cov kev xav tau.

## Rau cov khoom noj tsis haum, intolerances, disabilities, or medical conditions like texture modifications or nutrition therapy:

1. Ua kom tag qhov section A ntawm qhov Special Diet Statement (xyuas sab nraum).
2. Xav tau koj tus menyuam qhov chaw kuaj mob kom tag ua qhov section B ntawm qhov Special Diet Statement. Thov nco tias daim form no yuav tsum yog ua los ntawm ib tus licensed physician, physician assistant, lossis ib tus advanced practice registered nurse, ib yam lis ib tus certified nurse practitioner. Ua cov forms no tsis tag yuav lig rau cov kev ua ntaub ntawv. Yog muaj kev hloov hauv koj noj hauv yuav tsum tau ua dua ib daim form tshiab los ntawm lub qhov chaws kuaj mob nkeeg.
3. Ua tag xa daim form no rov qab rau tus School Nurse lossis tus Dietitian.

## Rau qhov lactose intolerance:

1. Ua kom tas section A ntawm qhov Special Diet Statement (xyuas sab nraum). Xav tau rau qhov lactose free milk xwb niamtxiv tus neeg saib xyuas yuav tau kos npe.
2. Ua tag xa daim form rov qab tuaj rau tus School Nurse lossis tus Dietitian.  
*Nco: qhov kev thov haus lactose free milk thiab tsis yog tau qhov dairy free milk lossis aub mov noj.*

Ua tag cov forms no yeej xa tau rov qab tuaj los ntawm email ([ask.dietitian@mpls.k12.mn.us](mailto:ask.dietitian@mpls.k12.mn.us)), fax (612-668-2830), lossis xa tuaj rau ntawm (812 Plymouth Ave N, Mpls 55411). Thov muaj li 10-14 hnuv rau peb los ua cov ntaub ntawv thiab kev npaj ua cov zaub mov (special dietary accommodations).

---

## Tsis yuav cov special dietary accommodations, ua qhov nram qab no:

Menyuam Npe (Lub Xeem, Npe): \_\_\_\_\_ Hnuv Yug: \_\_\_\_\_

Npe Tsev Kawm Ntawv: \_\_\_\_\_

Niamtxiv/Tus Neeg Saib Xyuas Npe: \_\_\_\_\_ Xovtooj: \_\_\_\_\_

Kuv lees paub tias kuv tus menyuam tsis xav tau qhov kev thov tsis ntej tag los ntawm special dietary accommodations pib lub hnuv hauv qab no.

Niamtxiv Kos Npe: \_\_\_\_\_ Hnuv: \_\_\_\_\_

---

## Kev Tsis Leesw:

Cov khoom gluten-free menu tsis muaj nyob rau hauv cov khoom ua noj uas siv ua los ntawm wheat, rye, barley, lossis cov crossbreeds ntawm cov grains. Cov khoom gluten free menu yog npaj los ntawm MPS Nutrition Center ntawm kev sib koom siv cov khoom thiab peb lub chaw tsis tau certified gluten-free.

MPS yog peanut & tree nut paub qhov txhais tias tsis muaj peanuts lossis tree nuts\* yuav lossis muab rau hauv tsev kawm ntawv cov zaub mov noj. Ib cov khoom noj uas muab los noj tej zaum ua los hauv cov chaw uas ua peanuts lossis tree nuts, tabsis cov khoom muab noj tsis muaj peanuts lossis tree nuts. \*MPS cov khoom noj ua los muaj xyaw txiv mam phaub.

Lub chaw haujlwm no yog ib lub muaj kev pab sib paug.

---

## Muaj lus noog?

Hu rau MPS CWS Dietitian ntawm [ask.dietitian@mpls.k12.mn.us](mailto:ask.dietitian@mpls.k12.mn.us) lossis 612-668-2847.



Thov xa daim form no txhua xyoo rov qab tuaj kom pab tau koj tus menyuam cov dietary kev xav tau.

**A. Ua kom tiav los ntawm niamtxiv/tus neeg saib xyuas**

**Menyuam Npe (Lub xeem, Npe):** \_\_\_\_\_ **Hnub Yug:** \_\_\_\_\_

**Npe Tsev Kawm Ntawv:** \_\_\_\_\_

**Iamtxiv/Tus Neeg Saib Xyuas Npe:** \_\_\_\_\_ **Xovtooj:** \_\_\_\_\_

**Lub tsev kawm ntawv twg npaj cov zaub mov uas koj tus menyuam yuav noj tom tsev kawm ntawv?**  Tshais  Su  Tom qab kawm ntawv

**Cov menyuam muaj qhov Lactose Intolerance:** Cov tsev kawm ntawv yuav tsum kom tau muab cov lactose free milk rau cov menyuam uas muaj lactose intolerant thaum tau txais kev sau ntawv los ntawm niamtxiv (MN State Statute 124D.114). Qhov no tsis yog nyob rau hauv dairy free milk lossis cov zaub mov noj.

*Yog koj tsuas thov qhov lactose free milk, koj tsis tas ua qhov part B lossis kom tus kws kho mob kos npe.*

**Khij lub box no, kuv lees paub zoo tias kuv tus menyuam muaj qhov lactose intolerant thiab yuav tsum tau qhov lactose free milk.**

**Txaus siab tso cai:** Nyob rau hauv tshooj cai ntawm qhov Health Insurance Portability and Accountability Act (HIPAA) ntawm 1996 thiab qhov Family Educational Rights and Privacy Act kuv tso cai

\_\_\_\_\_ (kws kho mob/muaj cai kev kho mob npe) los tso tawm cov ntaub ntawv kho mob lis ua tau rau qhov homphiaj ntawm Special Diet information rau Minneapolis Public Schools (MPS) thiab kuv pom zoo muaj txoj cai rau tus neeg kho mob/tus muaj cai kho mob los sib qhia cov ntaub ntawv uas muaj nyob rau hauv daim ntawv no thiab cov nyob hauv kuv tus menyuam cov ntaub ntawv hauv MPS li tseem ceeb muab tau. Kuv nkag siab tias kuv tsis kam kos npe los tso cai yam tsis muaj kev cuam tshuam qhov kev ntxim tau txais ntawm kuv kev thov rau qhov special diet rau kuv tus menyuam. Kuv nkag siab tias qhov kev pub los tso tawm cov ntaub ntawv no tshem tau tawm txhua lub sijhawm tshwj tias cov ntaub twb tau tso tawm lawm.

**Niamtxiv/Neeg Saib Xyuas Kos Npe:** \_\_\_\_\_ **Hnub:** \_\_\_\_\_

**B. Ua los ntawm tus kws kho mob lossis neeg muaj cai kho mob\***

*\*Nrog rau tus licensed physician, physician assistant, lossis ib tus advanced practice registered nurse, ib yam li ib tus certified nurse practitioner.*

**Tus menyuam no puas muaj qhov xiam oob qhab?**  Tsis muaj  Muaj (Yog muaj, thov qhia rau hauv qab no)

**Tus menyuam no puas muaj ib yam zaub mov uas noj tsis thwj lossis tsis haum?**  Tsis muaj  Muaj (Yog muaj, thov qhia cov zaub mov uas noj tsis tau rau hauv qab no)

**Thov qhia txog tus menyuam kev muaj mob ntawm lub cev ntaj ntsug thiab kev xav thiab kev txwv tus menyuam kev noj hauv ne ho yog licas**

**Cov khoom noj tsis pub muaj nyob rau hauv tus menyuam cov zaub mov noj:** (Khij txhua qhov uas tsis pub muaj)

- |                                    |  |   |
|------------------------------------|--|---|
| <input type="checkbox"/> Peanut    | <input type="checkbox"/> Fish                          | <input type="checkbox"/> Sesame   |
| <input type="checkbox"/> Tree nuts | <input type="checkbox"/> Shellfish                     | <input type="checkbox"/> Dairy (thov khij txhua qhov uas tsis pub muaj)                               |
| <input type="checkbox"/> Coconut   | <input type="checkbox"/> Soy                           | <input type="checkbox"/> Milk, liquid <input type="checkbox"/> Yogurt <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Wheat     | <input type="checkbox"/> Eggs                          | <input type="checkbox"/> Milk, khoom ua mauj nyob haus  |
| <input type="checkbox"/> Gluten    | <input type="checkbox"/> Eggs, khoom ua mauj nyob hauv | <input type="checkbox"/> Lwm yam (qhia kom meej): _____   |

Muaj lus sau ntxiv lossis yam khoom noj uas xav kom hloov:

**Texture modification:** (yog xav tau)

- |   |   |
|---|---|
| <input type="checkbox"/> IDDSI foods 7 – zom tau yooj yim                   | <input type="checkbox"/> IDDSI zaub mov & khoom haus 3 – ua kua/tsis nyeem heev |
| <input type="checkbox"/> IDDSI foods 6 – muag & me zom tau                  | <input type="checkbox"/> IDDSI khoom hauv 2 – nyeem tsem tsawv                  |
| <input type="checkbox"/> IDDSI foods 5 – minced & moist                     | <input type="checkbox"/> IDDSI khoom haus 1 – nyeem me ntsis                    |
| <input type="checkbox"/> IDDSI zaub mov & khoom haus 4 – ntshiab/nyeem heev | Pom zoo kom tsis nyeem heev: _____  |

**Sau Npe & Kev Kawm Tiav:** \_\_\_\_\_

**Kos Npe:** \_\_\_\_\_ **Hnub:** \_\_\_\_\_

**Clinic/Hospital:** \_\_\_\_\_

**Tus Xovtooj:** \_\_\_\_\_ **Tus Fax Number:** \_\_\_\_\_