



Policy Title: Removal of Dietary restrictions from a student's school cafeteria account

Effective Date: August 26, 2025

Revision Date: N/A

Approved: Debra Rice MS, RDN, Child Nutrition Director

Diane Vallejo BSN, RN, Coordinator of Health Services

Scope: How to remove a dietary restriction from a student's school cafeteria account.

Procedure:

When dealing with a doctor's note for dietary restrictions in a Texas public school, parents should be aware of two categories:

1. For disabilities and severe allergies

Federal and state laws require public schools to follow a doctor's orders for students with disabilities, including severe food allergies that can result in anaphylaxis.

Legal requirement: The school is obligated to provide meal modifications as prescribed by a licensed medical authority.

Major life activity: For accommodations to be mandatory, the medical statement from a physician must explain that the condition affects a "major life activity," such as eating or breathing.

Parental override not allowed: A parent's written note is insufficient to change or remove a medically-required diet plan. To remove the restrictions, a new, signed medical statement from a doctor is required.

2. For non-disability conditions

If a dietary restriction is based on a medical intolerance or a general health concern that is not a disability, it is at the discretion of the school district whether to make an accommodation.

Parental override allowed: A parent may remove a dietary modification with a written note for less severe conditions. The note should contain the date and signature of the parent or legal guardian and be given to the camp nurse.