



Special Dietary Needs Policy

The [USDA](#) requires schools in federal nutrition programs to accommodate students with special dietary needs due to a disability by providing a written medical statement signed by a licensed healthcare professional. This statement must detail the disability, the reason for dietary restrictions, the affected major life activity, the specific foods to be omitted, and the required substitutions. For non-disability-related needs or preferences, schools may offer substitutions on a case-by-case basis if they are consistent with USDA meal patterns, though they are not federally required to do so.

For a student with a Disability:

1. **Obtain a Medical Statement:** Get a written statement from a licensed medical professional that identifies the disability, explains the dietary restriction, notes the major life activity affected, lists the foods to be omitted, and specifies the required substitutions.
2. **Submit the Statement to the School:** Provide the completed Medical Statement to the school's food service program.
3. **Collaborate with the School:** Work with the school food service staff to ensure appropriate meal modifications are made.
4. **Communicate Changes:** Inform the school immediately if there are any changes to the student's dietary needs, as this may require a new Medical Statement.

For Non-Disability-Related Dietary Needs:

- **Non-Disability Accommodations:** Schools may, at their discretion, make food substitutions for students with special dietary needs (such as allergies or intolerances) that do not rise to the level of a disability.
- **Case-by-Case Basis:** These decisions are made on a case-by-case basis and must be consistent with USDA meal pattern requirements.

Key Information:

- **Federal Mandate:** The requirement to accommodate dietary needs for disabilities comes from the Rehabilitation Act of 1973 (Section 504) and is reinforced by USDA regulations for child nutrition programs.
- **No School Revision of Diet Orders:** School food service staff cannot change or revise a diet prescription; they are only responsible for implementing the order provided by the medical authority.
- **Seek Professional Guidance:** If a student has a temporary or episodic impairment, or if the requested modifications are complex, consult with a school nurse or food service director for assistance.

Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax: (833) 256-1665 or (202) 690-7442; or

3. email: program.intake@usda.gov.

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Política de necesidades dietéticas especiales

El Departamento de Agricultura de los Estados Unidos (USDA) exige que las escuelas que participan en programas federales de nutrición adapten a los estudiantes con necesidades dietéticas especiales debido a una discapacidad mediante una declaración médica escrita firmada por un profesional de la salud colegiado. Esta declaración debe detallar la discapacidad, el motivo de las restricciones dietéticas, la actividad principal de la vida afectada, los alimentos específicos que se deben omitir y las sustituciones requeridas. Para necesidades o preferencias no relacionadas con la discapacidad, las escuelas pueden ofrecer sustituciones caso por caso si se ajustan a los patrones de alimentación del USDA, aunque no están obligadas a hacerlo a nivel federal.

Para un/a estudiante con una discapacidad:

1. **Obtener una Declaración Médica:** Obtenga una declaración escrita de un profesional médico autorizado que identifique la discapacidad, explique la restricción dietética, indique la principal actividad de la vida afectada, enumere los alimentos que se deben omitir y especifique las sustituciones necesarias.
2. **Presentar la Declaración a la Escuela:** Proporcionar la Declaración Médica completa al programa de servicio de alimentos de la escuela.
3. **Colaborar con la Escuela:** Trabaje con el personal de servicio de alimentos de la escuela para garantizar que se realicen las modificaciones adecuadas en las comidas.
4. **Comunicar los cambios:** Informe a la escuela inmediatamente si hay algún cambio en las necesidades dietéticas del estudiante, ya que esto puede requerir una nueva Declaración Médica.
- 5.

Para Necesidades Dietéticas No Relacionadas Con la Discapacidad:

- **Adaptaciones no relacionadas con discapacidades:** Las escuelas pueden, a su discreción, realizar sustituciones de alimentos para estudiantes con necesidades dietéticas especiales (como alergias o intolerancias) que no lleguen al nivel de una discapacidad.
- **Caso por caso:** Estas decisiones se toman caso por caso y deben ser coherentes con los requisitos del patrón de comidas del USDA.
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Información Clave:

- **Mandato Federal:** El requisito de satisfacer las necesidades dietéticas de las personas con discapacidad proviene de la Ley de Rehabilitación de 1973 (Sección 504) y se ve reforzado por las regulaciones del USDA para los programas de nutrición infantil.
- **No Hay Revisión Escolar de las Ordenes Dietéticas:** El personal del servicio de alimentación escolar no puede cambiar ni revisar una prescripción dietética; sólo es responsable de implementar la orden proporcionada por la autoridad médica.
- **Busque Orientación Profesional:** Si un estudiante tiene una discapacidad temporal o episódica, o si las modificaciones solicitadas son complejas, consulte con una enfermera escolar o un director de servicio de alimentos para obtener ayuda.

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