



# DIET PRESCRIPTION FOR MEALS AT SCHOOL



Federal law and USDA regulation require school nutrition programs to make reasonable modifications to accommodate children with disabilities. Under the law, a disability is an impairment which substantially limits a major life activity or bodily function, which can include food allergies and digestive conditions, but does not include personal diet preferences. Requests must be medically necessary.

## SECTION A: TO BE COMPLETED BY PARENT OR GUARDIAN:

Student Name: \_\_\_\_\_ Date of Birth \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

- My student will bring **ALL** meals from home.  YES  NO  
(Meals from home are the safest option.)
  - I understand that by answering YES to #1 above, Child Nutrition Services will not provide ANY meals for my student under any circumstances.
- My student will receive all meals from school.  YES  NO  Breakfast  Lunch
- My student will receive meals from home and school.  BOTH (Will notify School Kitchen each time a student isn't eating a meal)
  - I understand that if my child's medical or health needs change, it is my responsibility to obtain a **NEW Diet Prescription for Meals at School** form and submit it to the health room at my student's school.
  - I understand that if my child no longer requires a special diet, it is my responsibility to obtain documentation from my student's health care provider in order to liberalize my student's diet at school.
  - I give Child Nutrition Services and the School Nurse permission to discuss my student's dietary needs with the health care provider listed below.

PRINT Parent/Guardian Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Mailing Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_ Primary Telephone # \_\_\_\_\_

**IF YOU ANSWERED YES TO QUESTION #1 ABOVE, STOP! THE FORM IS COMPLETE.**

## SECTION B: TO BE COMPLETED AND SIGNED BY A STATE RECOGNIZED MEDICAL AUTHORITY (RMA)

\*State-Recognized Medical Authority is a licensed health care professional authorized to write medical prescriptions in Washington: Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PA) with prescriptive authority, Naturopathic Physician, Advanced Registered Nurse Practitioner (ARNP) or Registered Dietitian Nutritionist (RD/RDN).

1. Describe how the ingestion/contact with the food affects the student: Dx: \_\_\_\_\_

- Life-Threatening Food Allergy  Non-Life Threatening Food Allergy  Celiac Disease  Food Intolerance

2. Explain what must be done to modify the student's diet (i.e. Foods to be omitted/avoided in the student's diet). Check all that apply:

- Fluid Cow's Milk  All Dairy  Wheat/Gluten  Soy  Peanuts  Tree Nuts  Eggs  Fish  Shellfish  Sesame

Other: \_\_\_\_\_

- Foods to Substitute:**  No substitutions necessary OR
- Standard substitutions offered in our district are acceptable (Please see back of this form) OR
- Suggested general substitutions: \_\_\_\_\_

*I certify that the above named student needs special school meals prepared or served as described above because of the student's disability or chronic medical condition.*

Recognized Medical Authority Including Credentials:

Printed Name \_\_\_\_\_ Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_

Phone Number \_\_\_\_\_ Fax \_\_\_\_\_

### FOR OFFICE USE ONLY:

Received by Nurse: \_\_\_\_\_ / \_\_\_\_\_  
Date Initial

Received by Child Nutrition Office: \_\_\_\_\_ / \_\_\_\_\_  
Date Initial

Received by Kitchen Manager: \_\_\_\_\_ / \_\_\_\_\_  
Date Initial

<b>STANDARD FOOD SUBSTITUTIONS FORM</b>		
<p>Below are standard substitutions for common allergies and food intolerances. By signing Section B, the standard food substitutions are accepted unless the "No Substitutions necessary" is selected. Substitutions are limited to those items commonly available from Nutrition Services.</p>		
<b>PEANUTS</b>		<b>TREE NUTS</b>
<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Cheese Sandwich</li> <li>• Yogurt</li> <li>• Deli Meat Sandwich</li> <li>• Cheese Stick</li> <li>• Beef, Chicken, Pork, Dairy proteins</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>		<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Cheese Sandwich</li> <li>• Yogurt</li> <li>• Deli Meat Sandwich</li> <li>• Cheese Stick</li> <li>• Beef, Chicken, Pork, Dairy proteins</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>
<b>DAIRY</b> (Note: No foods containing any part of dairy)		<b>SOY</b> (Note: Many of our food items contain soy)
<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Beef, Chicken, Pork</li> <li>• Deli Meat Sandwich</li> <li>• Tortilla/Corn Chips</li> <li>• Oatmeal</li> <li>• Rice/Corn Cereal</li> <li>• Bread Products without any form of milk protein.</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>		<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Yogurt, String Cheese</li> <li>• Corn Chip</li> <li>• Oats/Oatmeal,</li> <li>• Rice Rice/Corn Cereal</li> <li>• Soy free hamburger, cheeseburger, chicken</li> <li>• Deli Meat</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>
<b>WHEAT/GLUTEN INTOLERANCE</b>		<b>FISH</b>
<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Gluten Free Bread/Buns</li> <li>• Rice</li> <li>• Hard Taco Shell</li> <li>• Tortilla/Corn/Potato Chips</li> <li>• Oatmeal</li> <li>• Rice/Corn Cereal</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>		<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Cheese Sandwich</li> <li>• Deli Meat Sandwich</li> <li>• Beef, Chicken, Pork, Dairy proteins</li> <li>• Yogurt</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>
<b>EGG</b>		<b>SESAME</b>
<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Beef, Chicken, Pork, Dairy proteins</li> <li>• Cheese Sandwich</li> <li>• Deli Meat Sandwich</li> <li>• Cereal</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>		<b>School Substitutions Could Include:</b> <ul style="list-style-type: none"> <li>• Cheese Sandwich</li> <li>• Yogurt</li> <li>• Deli Meat Sandwich</li> <li>• Cheese Stick</li> <li>• Beef, Chicken, Pork, Dairy proteins</li> <li>• Hummus, seeds, non-animal proteins</li> </ul>
<b>FOR FLUID MILK SUBSTITUTIONS ONLY</b>		
<b>MILK ALLERGY</b>	<b>LACTOSE INTOLERANCE</b>	<b>SOY &amp; MILK</b>
<b>School Substitution:</b> <ul style="list-style-type: none"> <li>• Soy Milk</li> </ul>	<b>School Substitution:</b> <ul style="list-style-type: none"> <li>• Lactose-Free Milk or Soy Milk</li> </ul>	<b>School Substitution:</b> <ul style="list-style-type: none"> <li>• Soy &amp; Dairy-Free Option or Juice</li> </ul>