

Dietary Modification Policy

1. Legal Requirements

- Under federal law (IDEA, Section 504, and Child Nutrition Program regulations), students with disabilities must have equal access to school meals.
- Schools must provide **reasonable meal accommodations** when a disability restricts a child's diet.

2. Meal Substitutions for Students With Disabilities

- Substitutions or modifications must be provided **at no extra cost**.
- A written statement from a **physician, nurse, or dietician** is required.
- The statement must explain the disability, the dietary restriction, and recommended alternative foods.

3. When Meal Service Is Not Required

- Schools are not obligated to provide meal services that are **not offered to the general student body** (e.g., breakfast) unless:
 - The student's **IEP** or **504 Plan** requires it, based on medical instructions.

4. Substitutions for Non-Disabled Students

- The district *may* allow substitutions for students without disabilities who have medical or special dietary needs.
- These requests also require a signed statement from a **recognized medical authority**.

5. Milk Substitutions

- Non-dairy milk alternatives may be provided if:
 - They are **nutritionally equivalent** to cow's milk (per USDA standards).
 - A medical authority provides a signed request.

6. How to Request a Meal Modification

- All requests must be submitted **in writing** to the **school nurse**.
- The nurse forwards the request to the **Food Service Director**.
- Verbal requests cannot be accepted.

7. If You Disagree With the Outcome

- Families may contact the **Business Manager at 315-568-5818** for further assistance.