

**UMASD Food Service**  
**Accommodating Children with Disabilities in the School Meal Program**  
**And**  
**Information on Non-Disabling Dietary Issues**  
**Disabling Dietary Issue**

UMASD Food Service uses the Pennsylvania Department of Education “Medical Plan of Care for School Food Service” form for all students that have a Disability (defined by *Americans with Disabilities Act* (ADA) of 1990) that has a dietary component. This form must be completely filled out and signed by an appropriate Licensed Medical Authority and kept on record in the Food Service. We will follow all guidelines that are prescribed in these situations.

You can find the “Medical Plan of Care” on our website. Go to [UMASD.org](http://UMASD.org), Departments, Food Service, Food Service Information and then click on the Health Tab to be directed to the pdf of “Medical Plan of Care”. The completed form should be sent to school nurse and or the Food Service Supervisor. See below for contact information:

1. Gina Ross, UMASD 504 Coordinator

Email: [GINA ROSS](mailto:GINA ROSS) or [gmross@umasd.org](mailto:gmross@umasd.org)

Phone: 610-205-6407

2. Brittany Frazer, Food Service Supervisor

Email: [BRITTANY FRAZER](mailto:BRITTANY FRAZER) or [bfrazer@umasd.org](mailto:bfrazer@umasd.org)

Phone: 610-205-8804

Mail: Upper Merion Area Middle School  
450 Keebler Rd  
King of Prussia, PA 19406

3.School Building Nurse

We work on an individualized, case by case, basis to find out how we can best accommodate your student’s needs. A meeting or a phone call (if appropriate) will be set up with the Food Service Supervisor so we can make a plan. Any additional people who need to attend will also be included. We want students to participate in their own planning as much as possible, also.

Food Service will not accept any issues that have been passed along verbally, written by a parent/guardian, teacher, student, email or any other form of notification except the “Medical Plan of Care for School Food Service,” which has been appropriately signed.

## **Non-Disabling Dietary Issues**

It is important that food preferences, which are non-disabling, be managed by the student who is educated on choosing foods they prefer in the cafeteria. UMASD offers a variety of entrees, fruits, vegetables, and milks to all students so they can manage their preferences accordingly.

Dietary choices such as vegan, vegetarian, gluten-free (except in the case of Celiac Disease), paleo, and similar diet choices are also to be managed by the student.

Our Elementary and Middle School kitchens are peanut/nut free. However, on occasion, food manufacturers and distributors do make substitutions without contacting us. Therefore, we do recommend that there be medication with the school nurse in case of emergency. The high school is not peanut/nut free.

All schools are shellfish-free. However, there are fish sticks and/or fish portions at all schools on occasion.

Both the Middle School and High School have Lactaid milk available on a daily basis. If a student in any of the elementary schools needs it please contact Food Services- contact info below.

Please feel free to contact our Food Service Supervisor, Brittany Frazer, at [bfrazer@umasd.org](mailto:bfrazer@umasd.org) or 610-205-8804 for additional information on individual foods, menu items available in the cafeterias, or any other help you think your child may need.

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) Fax: (202) 690-7442; or
- (3) E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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