

School Year 2026-2027
Diet Modifications for Meals at School for Children with a
Diagnosed Food Allergy, Other Disability or Lactose Intolerance

Name of Student: _____ School Attending: _____ Student ID # _____

*All students are welcome and encouraged to participate in the school meal program. If your student has special dietary needs due to a diagnosed medical condition and wishes to participate in the meal program, this form must be completed by your licensed health care provider and returned to the school nurse. **Modifications will be made once completed documentation has been received and processed, please plan accordingly.** Please refer to procedure 4305.1 for additional information. This information will remain on your student's meal account until such time that it is modified or discontinued by the licensed health care provider.*

Dietary information is to be completed by student's licensed health care provider ONLY.

LACTOSE INTOLERANCE

Diagnosis of *Lactose Intolerance*, **AVOID:**

☐ Drinking Regular Cow's Milk* ☐ Cheese ☐ Ice Cream ☐ Yogurt ☐ All Dairy, Even Trace Amounts

*Lactose Free Cow's Milk or other USDA approved milk substitute will be offered. *If juice is required instead, check here ().*

LIFE-THREATENING FOOD ALLERGY/DISABILITY

Diagnosis of *Disability* or *Life-Threatening Food Allergy* that requires the student to have a diet modification:

Include a brief description of the major life activity affected by the student's condition: _____

Please check food(s) to be **OMITTED**.

☐ Milk/Dairy _____	☐ Peanut _____	☐ Eggs/Egg Products _____
☐ Wheat _____	☐ Tree Nuts _____	☐ Fish _____
☐ Gluten _____	☐ Coconut _____	☐ Shellfish _____
☐ Soy _____	☐ Sesame _____	☐ Other _____

REGARDING COMMERICALLY REFINED OILS:

The FDA does not consider commercially refined oils as an allergen and does not require it to be labeled as such. For this reason, these oils will not routinely be excluded for allergies unless specified by the physician. Automatically excluding commercially refined oils significantly limits the variety of foods available to students and may unnecessarily restrict their diet.

MODIFIED TEXTURE SECTION

Food Consistency:	☐ Regular	☐ Chopped	☐ Ground	☐ Pureed
Liquid Consistency:	☐ Thin	☐ Nectar	☐ Honey	☐ Pudding

**I certify that the above-named student needs diet modifications as described above because
of the student's disability, life-threatening food allergy or lactose intolerance:**

Licensed Physician Signature

Office Phone

Date

Printed Physician's Name

I understand that if my child's medical needs change, it is my responsibility to notify the school and to provide an updated Diet Modification Form completed by a licensed health care provider. I give my permission to share the information on this form with the individuals who take part in the care of my child during the school day and understand that the doctor's office may be contacted when additional clarification is needed.

Parent's/Guardian's Signature

Phone Number

Date

Adapted from the Handbook for Children with Special Food & Nutrition Needs – NFSMI Item #ET69-06
In accordance with the Maryland State Department of Education Management and Operations Memorandum #16 (4/00)
CC: ☐ School Nurse ☐ School Cafeteria Manager ☐ Child Nutrition Office

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