

Guidance for Completing the Medical Statement for Students with Unique Mealtime Needs for School Meals

PART A - PARENT/GUARDIAN

The *Medical Statement for Students with Unique Mealtime Needs for School Meals* helps schools provide meal modifications for students who require them with a disability. Schools cannot change food textures, make food substitutions, or alter a student's diet at school without proper documentation from the healthcare providers. Completion of all items will allow your child's school to create a plan with you for providing safe, appropriate meals and snacks to your child while at school.

Your participation in this process is very important. The sooner you provide this signed and completed form to your child's school, the sooner the School Nutrition Program and their staff can prepare the food your child needs. Your signature is required for your school to act on the Medical Statement.

Follow these steps to get started:

- 1) Complete all sections of PART A of the Medical Statement.
- 2) Take the Medical Statement to your child's State-licensed healthcare professional, such as their pediatrician or family doctor (MD), nurse practitioner (NP), physician's assistant (PA), or registered dietitian nutritionist (RD/RDN), and have him/her complete PART B.
- 3) RETURN THE FULLY COMPLETED MEDICAL STATEMENT WITH SIGNATURES FROM BOTH PARENT/GUARDIAN AND STATE-LICENSED HEALTHCARE PROFESSIONAL, TO YOUR SCHOOL.
- 4) Ask the school when a team including you, the school system's School Nutrition Administrator, and others will meet to consider the information provided on the form. You may also invite people from the community who are knowledgeable about your child's feeding and nutrition issues to the meeting. These would be people who could help school staff design a school mealtime plan for your child, like your child's pediatrician, nurse, speech-language pathologist, occupational therapist, registered dietitian, or personal care aide.

PART B – STATE-LICENSED HEALTHCARE PROFESSIONAL AND/OR REGISTERED DIETITIAN NUTRITIONIST

A State-licensed healthcare professional or registered dietitian nutritionist's signature is *required* for students with a disability. Schools cannot change food textures, make food substitutions, or alter a student's diet at school without proper documentation from healthcare professionals. Meal modifications are implemented based on medical assessment and treatment planning and *must be ordered by* a State-licensed healthcare professional or registered dietitian nutritionist.

Please consider the following as you complete **PART B** of the Medical Statement:

- 1) Complete all sections of **PART B**. Completion of all items will streamline efficient care of the student at school.
- 2) Be as specific as possible about the nature of the student's physical or mental impairment, its impact on the student's diet, and major life activities that are affected. In the case of food allergy, please indicate if the student's condition is a food intolerance, an allergy that would affect performance and participation at school (e.g., severe rash, swelling, and discomfort), or a life-threatening allergy (e.g., anaphylactic shock).
- 3) If your assessment of the child does not yield sufficient data to make a determination about food substitutions, consistency modifications, or other dietary restrictions, please refer the child/family to the appropriate healthcare professional for completion of the assessment. Schools do not routinely have instrumentation and/or staff trained for a comprehensive nutrition and feeding assessment and must partner with community providers to meet a student's unique feeding and nutrition needs.
- 4) Attach any previous and/or existing feeding/nutrition evaluations, care plans, or other pertinent documentation housed in the student's medical records to the Medical Statement.
- 5) Consider being available to consult with the student's mealtime planning team as it implements the feeding/nutrition care plan.

PART C – SCHOOL NUTRITION ADMINISTRATOR and IEP/504 REPRESENTATIVE

Please consider the following as you complete **PART C** of the Medical Statement: Signature of the School Nutrition Administrator and 504 Coordinator or IEP Case Manager/EC Program representative indicates the medical statement has been received, reviewed, and a plan to address the student's unique mealtime needs is being developed/implemented.

USDA 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, 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 Program Discrimination Complaint Form English [409.6 kB] , Program Discrimination Complaint Form Spanish [389.3 kB] and 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: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email:Program.Intake@usda.gov This institution is an equal opportunity provider. Page updated with NCDPI, NDS communication from USDA : July 31, 2025
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Medical Statement for Students with Unique Mealtime Needs for School Meals

When completed fully, this form gives schools the information required by the U.S. Department of Agriculture (USDA), U.S. Office for Civil Rights (OCR), and U.S. Office of Special Education and Rehabilitative Services (OSERS) for meal modifications at school. See *"Guidance for Completing Medical Statement for Students with Unique Mealtime Needs for School Meals"* (previous page) for help in completing this form.

PART A (To be completed by PARENT/GUARDIAN)				
STUDENT INFORMATION	Last Name:		First Name:	Middle Name:
	Date of Birth			
	School:		Grade	Student ID#
SELECT the school-provided meals and/or snacks in which this student will participate:	☐ School Breakfast Program ☐ National School Lunch Program ☐ Afterschool Snack Program ☐ Afterschool Supper Program ☐ Fresh Fruit & Vegetable Program			
PARENT/GUARDIAN CONTACT INFORMATION	Printed Name of PARENT/GUARDIAN:			
	Mailing Address:		City:	State: Zip Code:
	Work Phone:	Home Phone:	Mobile Phone:	Email:
Please describe the concerns you have about your student's nutritional needs at school:				
Please describe the concerns you have about your student's ability to safely participate in mealtime at school?				
Does the student already have an Individualized Education Program (IEP)? ☐ YES ☐ NO			NOTE: Unique mealtime needs for students without an IEP, 504 or disability, but with general health concerns, are addressed within the meal pattern at the discretion of the School Nutrition Administrator and policies of the school district.	
Does the student already have a 504 Plan? ☐ YES ☐ NO				
PARENT/GUARDIAN Consent	<i>I agree to allow my child's healthcare provider and school personnel to communicate as needed regarding the information on this form.</i> Parent/Guardian Signature Date			
Please return this fully completed Medical Statement with signatures from both parent/guardian and State-licensed healthcare professional, as specified by the school district's procedures.				

STUDENT NAME:

STUDENT ID#:

PART B (To be completed by a State-licensed healthcare professional or registered dietitian nutritionist, i.e., MD, PA, NP, RD/RDN; see instructions)

Describe the student's physical or mental impairment:

Explain how the impairment restricts the student's diet:

Major life activities affected:
Select all that apply.

- ☐ Walking ☐ Seeing ☐ Hearing ☐ Speaking ☐ Performing manual tasks
☐ Learning ☐ Breathing ☐ Self-Care ☐ Eating/Digestion

☐ Other (please specify):

Is this a Food Allergy?

☐ YES ☐ NO

If student has life threatening allergies* check appropriate box(es):

*Students with life threatening food allergies must have an emergency action plan in place at school.

Is this a Food Intolerance?

☐ YES ☐ NO
☐ Ingestion ☐ Contact ☐ Inhalation

Specify any dietary restrictions or special diet instructions for accommodating this student in school meals:

For *any* special diet, list specific foods to be omitted and the recommended substitutions.
(You may attach a separate care plan)

Foods to be Omitted



Recommended Substitutions

Foods to be Omitted



Recommended Substitutions

Designate safest consistency requirement for FOOD:

- ☐ Pureed ☐ Mechanical Soft ☐ Other (please specify):
☐ Ground ☐ Chopped

Designate safest consistency requirement for LIQUIDS:

- ☐ Clear Liquid ☐ Nectar-thick ☐ Other (please specify):
☐ Full Liquid ☐ Honey-thick
☐ Pudding-thick

Other comments about the child's eating or feeding patterns, including tube feeding if applicable:

NOTE If your assessment of the child does not yield sufficient data to fully complete the above sections applicable to the student's mealtime needs, please refer the child/family to the appropriate healthcare professional for completion of the assessment.

Signature of State-licensed healthcare professional or registered dietitian nutritionist*

Printed Name

Phone Number

Date

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* Refer to the instructions.

PART C (To be completed by SCHOOL DISTRICT ADMINISTRATORS)

NOTES: (School Nutrition or other School Program staff)

School Nutrition Administrator's Signature:

Date:

IEP/504 Coordinator Signature:

Date: