Foomka Codsiga Qaabilaadaha Cuntada Gaarka ah

Magaca Ardayga (Dambe, Hore): _____ Taariikhda Dhalashada: _____

Dugsiga: _____

Codsiga Caanaha aan Lactose-ka lahayn

Daryeelaha ama waalidka: Ayaa buuxinaaya qaybtaan waxayna u keeni doonaan caano aan lahayn lactose oo la cabbo taasna mana keeni doonto cunto aan lahayn caano. Eeg tilmaamaha dhinaca dambe ku qoran ee caanaha ama cuntooyinka aan lahayn caanaha..

Ardayda aan u dulqaadan karin caanaha Lactose-ka: Dhammaan Iskuulada waxaa laga rabaa inay siiyaan caano aan lahayn lactose ardayda aan u dulqaadan karin caanaha lactose-ka marka codsi qoraal ah laga helo waalidhooda (Xeerka Gobolka MN 124D.114). Codsiyada caanaha aan lahayn lactose-ka waxay u baahan yihiin oo keliya saxiixa waalidka/mas'uulka. Codsigaan ma keeno caano ama cunto aan lahayn caano..

Waxaan caddeynayaa in ardaygaygu uusan dulqaad u lahayn caanaha lactose-ka waana in la siinayo caano aan lahayn lactose-ka..

Saxiixa Waalidka/Masuulka: _____ Taariikhda:_____

Magaca Waalidka/Masuulka:_____

Cinwaanka Iimaylka:_____Tel:_____

Cusbooneysii ama iska Jooji Qaabilaadaha fududeynta Cuntada ee Hadda jirta

Daryeelaha ama waalidka:Ayaa Buuxinaaya qaybtaan si ay u cusbooneysiiyaan ama u joojiyaan haqabtirka cuntada gaarka ah ee ku jira faylka MPS CWS..

☐ **Cusbooneysi:**Ka saar faylka akoonka ardaygayga cuntada xasaasiyadda leh ee soo socota sababtoo ah hadda way cuni karaan:

_____

☐ **Ka Jooji:** Ardaygaygu uma baahna hagitaan cunto oo gaar ah, dhammaan xasaasiyadaha cuntadana waa laga saari karaa akoonka laga bilaabo taariikhda hoos ku xusan.

Saxiixa Waalidka/Masuulka:_____ Taariikhda:_____

Magaca Waalidka/Masuulka:_____

Cinwaanka Iimaylka:_____Tel:_____

Cusbooneysiinta sanadlaha ah ee foomkaan ayaa lagu talinayaa inaad buuxiso si ay si fiican ugu taageeraan baahiyaha ardayga. Bayaanka Cuntada Gaarka ah ee Baahiyaha Cuntada Caafimaadka ee ku xusan dhinaca dambe.

Foomamka oo la buuxiyay ku soo celi iimayl (ask.dietitian@mpls.k12.mn.us), fakis (612-668-2830), ama boostada (812 Plymouth Ave N, Mpls 55411). Fadlan u oggolow 10-14 maalmood si loo farsameeyo loona hirgeliyo habaynta cuntada...

Wixii Su'aalo? La xiriir u soo dir Khabiirka Cuntada ee MPS CWS ask.dietitian@mpls.k12.mn.us ama 612-668-2847. Wixii macluumaad dheeraad ah, booqo www.mpschools.org/departments/cws/special-diets.

Hay'addaan waa bixiye fursadaha loo siman yahay. Sannad Dugsiyeedka 2026-2027

Bayaanka Cuntada Gaarka ah ee Baahiyaha Cuntada Caafimaadka

Sharciga federaalka iyo xeerarka USDA waxay u baahan yihiin barnaamijyada nafaqada inay sameeyaan isbeddello macquul ah si loogu daboolo carruurta naafada ah. Sida waafaqsan sharciga, naafanimadu waa naafonimo si weyn u xaddidaysa dhaqdhaqaaqa weyn ee nolosha ama shaqada jidhka, taas oo ay ku jiri karto xasaasiyad iyo xaaladaha dheefshiidka, laakiin kuma jiraan diin, caqiidooyin akhlaaqeed, ama doorbid shaqsiyeed..

Magaca Ardayga (Dambe, Hore): _____ Taariikhda Dhalashada:_____

Dugsiga_____

Ogolaanshaha Folanteerka ah: Waxaan DDM siinayaa ogolaansho ay ku siiso ama ay ka hesho hay'adaha caafimaadka ee hoos ku qoran wixii macluumaad waxbarasho gaar ah ama caafimaad ah ee lagama maarmaanka u ah diyaarinta, cusboonaysiinta, ama wax ka beddelka Bayaanka Cuntada Gaarka ah. Waan fahansanahay inaan diidi karo inaan saxiixo oggolaanshahan iyada oo aan saameyn ku yeelan u-qalmitaanka codsigayga. Waan fahansanahay inaan ka noqon karo oggolaanshaha sii deynta macluumaadkan wakhti kasta, marka laga reebo marka macluumaadka hore loo sii daayay..

Saxiixa Waalidka/Masuulka:_____ _____ Taariikhda:_____
Magaca Waalidka/Masuulka:_____

Cinwaanka Iimaylka:_____ Tel:_____

Tilmaamaha: Bixiyaha daryeelka caafimaadka ee shatiga haysta ee ardaygaaga waa inuu si buuxda usoo buuxiyaa macluumaadka hoose. Foomamka aan dhammaystirnayn waa la soo celin doonaa waxayna dib u dhigi doonaan oggolaanshaha. Fadlan u oggolow 10-14 maalmood si loo farsameeyo loona hirgeliyo waafajinta cuntada. Waalidka/Mas'uulka waxaa lagu ogeysiin doonaa iimayl ka dib marka codsiga uu qiimeeyo Khabiirka Cuntada ee CWS. Cusbooneysiinta sanadlaha ah ee foomkan ayaa lagula talinayaa si ay si fiican u taageerto baahiyaha ardayga. Isbeddellada baahiyaha cuntada waxay u baahan yihiin foom cusub oo uu buuxiyo bixiyaha daryeelka caafimaadka...

Physician or medical authority* completes this section.

**Includes licensed physician, physician assistant, Registered Dietitian, or an advanced practice registered nurse, such as a certified nurse practitioner.*

1. Does the student have a disability recognized by the ADA Amendments Act? ☐ Yes ☐ No

   If yes, identify major life activities affected by disability: _____
2. Student's diagnosis or condition:_____
3. For food allergies or intolerances, select foods to avoid:

   ☐ Peanuts ☐ Tree nuts ☐ Coconut ☐ Soy ☐ Fish ☐ Shellfish ☐ Gluten/Wheat ☐ Sesame

   ☐ Other: _____

   For egg allergies, select items to avoid:
   - ☐ All egg-containing products
   - ☐ Whole egg (scrambled or boiled)
   - ☐ Eggs as ingredient in baked product

   For milk allergies or intolerances, select items to avoid:
   - ☐ All milk-containing products ☐ Yogurt ☐ Cheese
   - ☐ Milk as beverage, substitute with:
     - ☐ Water ☐ Dairy-free milk ☐ Lactose-free milk
4. Foods to substitute, if needed:_____
5. Texture modification, if needed, indicate IDDSI levels:_____

Medical Authority's Name & Credentials: _____

Signature: _____ **Date:** _____

Clinic/Hospital: _____

Phone Number: _____ **Fax Number:** _____

Completed forms should be returned to ask.dietitian@mpls.k12.mn.us or by fax: 612-668-2830.

Afeef: DDM ma laha xarumo shahaado haysta oo aan lahayn Qamadiga, dhammaan cuntooyinka liiska ku jirana waxaa lagu diyaariyaa qalab la wadaago. Wixii macluumaad dheeraad ah, booqo www.mpschools.org/departments/cws/special-diets.