

Food Allergen and Meal Accommodation Request Information

- All food allergens should be reported to the school nurse first.
- When a student has any allergy, documentation signed by a physician must be provided to their school nurse to be kept on file. **Physicians are encouraged to use the Food Service Accommodation Form.**
- If the student has an allergy that requires a meal accommodation, a 504 plan must be in place. The school nurse will initiate this. The 504 plan classifies the food allergy as a disability and allows the school to provide reasonable accommodation.
- A student, parent, or guardian must make the request for a meal accommodation directly with the BPS Nutrition Manager. You may contact them by email at SchoolFoodBoston@bostonpublicschools.org
- The Nutrition Manager will work with the student/parent/guardian to decide which special meal accommodation is appropriate.

***If you plan to send in meals from home for the student with an allergen, you do not need to make a request for a special meal, but please still file the students' allergen information with the school nurse.

Good to Know:

- ❖ Our school meals are made free of peanuts.
- ❖ Each school has different rules regarding food brought in from outside. Please ask the school staff what the protocols regarding allergens are in the classrooms and cafeterias at your school.
- ❖ We do not serve any food containing pork (ham, bacon, etc.) or shellfish. We *do* occasionally serve fish.
- ❖ Our bread products come from a local bakery that uses sesame in their facility.
- ❖ We offer a main-line vegetarian option and sunbutter and jelly sandwiches at lunch every day. Sunbutter is made with sunflower seeds.
- ❖ Milk is offered at every meal. If a student is lactose intolerant, they can be offered lactose-free milk. Other milk options can be made available upon request.
- ❖ Kosher meals are available upon request.
- ❖ All vegetarian options provided in the cafeterias are inherently Halal. Halal options beyond the vegetarian meals offered are available upon request.

Options for Allergen-Safe Meals:

1. Self-Select

This is the default option for all of our students. If a student is able to safely select appropriate foods on their own in the cafeteria, we encourage them to do so.

2. Liam's and Nunches Meals (Requires 504 plan and MD documentation)

When a student has allergens within the Top 9 (wheat, peanuts, tree nuts, sesame, egg, milk, soy, fish, shellfish) we typically offer Liam's and Nunches at lunch. We can prepare these meals every school day at lunch time, or we can offer them on a set schedule (MWF for example).

Liam's Meals are hot meals, information available here: <https://saferplate.com/meals/>

Nunches offer a cold, Turkey Sandwich Meal, information available here: <https://www.nunches.com/pages/nunches-for-schools-organizations>
(BPS does not offer the ham sandwich option).

3. Custom Meals (Requires 504 plan and MD documentation)

For students with allergens outside of the Top 9, that are unavoidable in the two scenarios above, please contact the Nutrition Manager directly to discuss options.

For students with allergens outside of the Top 9, we offer meals that are currently provided by our vendor City Fresh. They make individual meals in their own facility and deliver them, individually packaged and labeled, daily to our kitchens.

Beginning in 2026, we will transition to preparing these meals in-house in our central kitchen.