



North East Independent School District
Special Diet Request – 2011-2012

A physician's statement must be submitted to the North East Independent School District yearly by the parent or guardian. The statement must include:

- 1. The nature of the child's disability, the major life activity affected by the disability and reason the disability prevents the child from eating the regular school meal
2. Under Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act of 2008, a "person with a disability" is any person who has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment or is regarded as having such an impairment.
3. The food(s) to be omitted from the child's diet (must attach food allergy form) and the foods that are recommended substitutions.
4. Parent/guardian must submit a request in writing or email to remove diet restriction
5. The School Nutrition Services staff will make every attempt to reasonably accommodate students that have dietary restrictions that are not life threatening or reported by a physician as a disability, however, food substitutions will not be made.
6. School Nutrition Services will also not make menu accommodations based on religious or food preferences.

Student Legal Name (First, MI, Last): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Student ID # \_\_\_\_\_ Grade (Sept. 2011): \_\_\_\_\_

To be completed by a Licensed Medical Authority (Physician, Physician Assistant or Advance Practice Nurse)

Condition that requires a special diet or food modification at school: \_\_\_\_\_

Does this student have a disability? Yes \_\_\_ No \_\_\_

If yes, check the major life activities that are affected by the life threatening allergen or disability:

eating \_\_\_; hearing \_\_\_; seeing \_\_\_; speaking \_\_\_; walking \_\_\_; breathing \_\_\_;

performing manual tasks \_\_\_; caring for one's self \_\_\_; learning \_\_\_;

For food allergies, the Standard Substitutions For Common Food Allergens form must be completed and attached to this special diet request.

Food Items to be avoided: \_\_\_\_\_

Can the student consume foods where the allergen is an ingredient in the food product? Yes \_\_\_ No \_\_\_

Medical Authority Name (print): \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

Medical Authority Signature \_\_\_\_\_ Phone # \_\_\_\_\_

I understand that if my child's medical or health needs change, it is my responsibility to notify the school and fill out a new Special Diet Request.

Parent/Guardian Name (print): \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Phone # \_\_\_\_\_

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## North East Independent School District Standard Substitutions For Common Food Allergens – 2011-12

Student Legal Name (First, MI, Last): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Student ID # \_\_\_\_\_ Grade (Sept. 2011): \_\_\_\_\_

Medical Authority Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The most common food allergies are peanut, tree nut, milk, egg, seafood, shellfish, soy and wheat. Check food allergen to be omitted. By signing above, the standard food substitutions are accepted unless the no substitution needed box is checked. Space is provided at the end of the form for additional foods to omit.

<input type="checkbox"/> <b>No Substitution Needed</b>		
<input type="checkbox"/> <b>Peanut/Tree Nut Allergy</b>	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Common School Items Peanut butter sandwich, celery w/ peanut butter Processed in a facility that contains tree nuts Many prepackaged snack items	No nut products	Ham or Turkey sandwich/wrap Celery w/ ranch dip  Goldfish
<input type="checkbox"/> <b>Milk Allergy</b>	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Milk, yogurt, ranch dressing cheese sticks, pizza, pizza sticks, cheese enchiladas, cheese sauce, breaded entrees, spaghetti sauce, entrée salads, ice cream, pudding, some bread products	No milk products Restricts all dairy based products	Alternate food items available most days. On days when both Elementary entrées are dairy based, manager may provide a ham or turkey wrap.
<input type="checkbox"/> <b>Egg Allergy</b> - allows eggs in baked items, mayonnaise based and breaded meat items	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Common School Items Eggs (breakfast taco), Breakfast on a Bun	No eggs	Alternate menu entrée choice of the day Cereal or Toaster Pastry
<input type="checkbox"/> <b>Egg Product Allergy</b> – restricts eggs in baked items, mayonnaise based and breaded meat items	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Common School Items Breaded meat items, mayonnaise products, French toast, cinnamon rolls	No egg products	Alternate menu entrée choice of the day
<input type="checkbox"/> <b>Fish</b> (seafood, shellfish)	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Common School Items Fish Sandwich, tuna sandwich, tuna salad	No fish	Alternate entrée choice of the day
<input type="checkbox"/> <b>Soy Allergy</b> – most of our food	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Common School Items <u>Soy oil</u> : Most bread items fried rice, most entrees, salad dressings, ranch dip, packaged snacks, gravy <u>Soy protein</u> : Most entrees, egg rolls, soy milk, soy sauce	No soy	Parent is encouraged to select menu items the child may consume by circling the item and submit menu to the cafeteria manager. A copy of the child's menu should be forwarded to the Assistant Director of School Nutrition Services for review.
<input type="checkbox"/> <b>Wheat Allergy</b> (Wheat, Rye, Barley Oats)	<b>Diet Restriction</b>	<b>Substitution Could Include</b>
Sandwich bread/buns, rolls, school made bread, flour tortillas, crackers, croutons Breaded meat items ,pizza, pizza sticks, corndogs, pasta, pretzels, crispy fries, curly fries, potato wedges, fruit crisp, gravy, soy sauce, sweet & sour sauce Breakfast cereal, some breakfast entrees, cookies, cereal bars Some ice cream products	No wheat products	Parent is encouraged to select menu items the child may consume by circling the menu item and submit menu to the cafeteria manager. A copy of the child's menu should be forwarded to the Assistant Director of School Nutrition Services for review.
<input type="checkbox"/> <b>Foods to omit that are not already listed</b>	<b>Suggested Foods to Substitute</b>	
	(Some substitutions recommended may not be available)	