

Medical Statement to Request Special Meals, Accommodations, and Milk Substitutions

Instructions

This form must be kept on file at the school site. The following instructions are provided to assist in completing this form. If you have specific questions, please contact the Utah State Board of Education Child Nutrition Program at (801) 538-7755.

8. State Disability or medical condition requiring a special meal, accommodation, or fluid milk substitute: Describe the medical condition that requires a special meal, accommodation, or fluid milk substitute (e.g., juvenile diabetes, allergy to peanuts, PKU, etc.)

9. Check One: Check (✓) a box to indicate whether a participant has a disability. When a condition affects the child's major life activities or a major bodily function, the child is considered to have a disability.

10. If Student has a disability, provide a brief description of the major life activity affected by the disability: Describe how the physical or medical condition affects the disability. For example, "Allergy to peanuts causes a life-threatening reaction."

11. Diet prescription and/or accommodation: Describe a specific diet or accommodation that has been prescribed by a physician, or describe the diet modification requested for a non-disabling condition. For example, "All foods must be either in liquid or pureed form. Participant cannot consume any solid foods." **Include specific foods to be omitted and substituted:** Use attachment A or write a specific diet order with this information if needed.

12. Indicate texture: Check (✓) a box to indicate the type of food texture required. If no texture modification is needed, check regular.

13. Adaptive Equipment Needed: Describe specific equipment required to assist the participant with dining. Examples could include: Sippy cup, large handled spoon, wheel-chair accessible furniture, etc.

18. Signature of Medical Authority and Credentials: The State of Utah recognizes the following as licensed medical authorities (SP 32-15), Physician (M.D.), Physician Assistant (P.A.), Osteopathic Physician (D.O.), Advance Practice Registered Nurse (A.P.R.N.), Naturopathic Physician (N.D. or N.M.D.)

Definitions

A Person with a Disability- any person who has a physical or mental impairment which substantially limits one or more major life activities or major bodily functions, has a record of such impairment, or is regarded as having such an impairment.

Physical or Mental Impairment-(a) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive, digestive, genitor-urinary; hemic and lymphatic; skin; and endocrine; or (b) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

Major Life Activities-functions such as caring for one's self, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. Major Bodily Functions-such as functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, cardiovascular, endocrine, and reproductive functions.

Record of Impairment-having a history of, or have been classified (or misclassified) as having a mental or physical impairment that substantially limits one or more major life activities.

USDA Guidelines for Accommodating Special Dietary Needs

Disability-Schools and agencies participating in federal nutrition programs **must** comply with requests for special dietary meals and any adaptive equipment with a documented disability and completed request form.

Non-disability-Schools and agencies participating in federal nutrition programs **may** comply with requests for non-disabling medical conditions. Accommodations will be made on a case-by-case basis. However, if accommodations are made for a specific medical condition, complete requests for the same medical condition must be accommodated.

Fluid Milk Substitutions-Fluid milk substitutions apply to non-disability requests. Schools and agencies participating in federal nutrition program **may** accommodate complete requests with a USDA approved non-milk equivalent. If accommodations are made for one student requesting a fluid milk substitute, accommodations must be made for all students requesting a fluid milk substitute.

Resources: USDA FNS, Modifications to Accommodate Disabilities in the School Meal Programs; SP59-2016, September 27, 2016.

Attachment A: Foods to be Omitted and Substituted

Special Dietary Needs for School Meals

Child's Name: _____ **Date:** _____ **Date of Birth:** _____

Medical providers must specify foods to exclude and foods to include for children with special dietary needs. This information can be provided using this form or by writing a separate diet order. Foods are listed alphabetically by food category.

Dairy Milk Allergy Lactose Intolerant Other: _____

Foods to Exclude:

- Exclude all ingredients containing milk*
- Fluid Milk
- Cheese
- Yogurt
- Butter
- Cream/Ice Cream
- Baked goods made with milk
- Buttermilk
- Other, Specify:

Allowable Substitutes

- Lactose-free milk
- Fruit Juice
- Other, Specify:

*Ingredients that contain milk include: Artificial butter or cheese flavor, Casein or caseinates, Curd, Ghee, Hydrolysates, Lactalbumin, lactalbumin phosphate, Lactose, lactoglobulin, lactoferrin, lactulose, Rennet, Whey or whey products.

Eggs Egg Allergy Other: _____

Foods to Exclude

- All egg-containing ingredients*
- Whole Eggs
- Baked goods containing eggs
- Other, Specify:

Allowable substitutes

- Egg-free protein options
- Egg-free baked goods
- Other, Specify:

*Ingredients that contain egg include: Albumin (also spelled albumen), Egg (dried, powdered, solids, white, yolk), Eggnog, Lysozyme, Mayonnaise, Meringue (meringue powder), Ovalbumin, Surimi

Grains Wheat Allergy Celiac Disease Gluten Intolerant Other: _____

Foods to Exclude

- All wheat-containing ingredients*
- Condiments containing wheat
- Rye
- Oats
- Barley
- Other, Specify:

Allowable substitutes

- Gluten-free alternative grains
- Wheat-free alternative grains
- Other, Specify:

*Ingredients that contain wheat include: Bread crumbs, Bulgur, Cereal extract, Club wheat, Couscous, Cracker meal, Durum, Einkorn, Emmer, Farina, Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat), Hydrolyzed wheat protein, Kamut®, Matzoh, matzoh meal (also spelled as matzo, matzah, or matza), Pasta, Seitan, Semolina, Soy sauce (may contain wheat, not all varieties), Spelt, Sprouted wheat, Triticale, Vital wheat gluten, Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch), Wheat bran hydrolysate, Wheat germ oil, Wheat grass, Wheat protein isolate, Whole wheat berries.

Meat Allergy Vegetarian Religious Preference Other: _____

Foods to Exclude

- Beef
- Pork
- Poultry
- Lamb/Mutton
- Seafood
- Other, Specify:

Allowable substitutes

- Plant-based meat alternates (e.g. tofu)
- Eggs
- Dairy (e.g. cheese, yogurt)
- Beans
- Other, Specify:

Peanut/Tree Nuts Peanut Allergy Tree Nut Allergy Other: _____

Foods to Exclude

- Peanuts & Peanut Butter
- Peanut Oil
- All Tree Nuts* & Nut Butters
- Other, Specify:

Allowable substitutes

- Nut-free protein options
- Other, Specify:

*Tree Nuts Include: Almond, Beechnut, Brazil nut, Bush nut, Butternut, Cashew, Chestnut, Filbert, Ginko nut, Hazelnut, Hickory nut, Lichee nut, Macadamia nut, Nangai nut, Pecan, Pine nut, Pistachio, Shea nut, Walnut.

Seafood Fish Allergy Shellfish Allergy Other: _____

Foods to Exclude

- Crustaceans (crab shrimp lobster)
- Mollusks (clam, mussel, oyster, scallop)
- Finned Fish*
- Caesar Dressing
- Imitation fish/crab
- Other, Specify:

Allowable substitutes

- Non-fish protein options
- Other, Specify:

*Finned Fish include: Anchovy, Bass, Catfish, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Herring, Mahi mahi, Perch, Pike, Pollock, Salmon, Snapper, Sole, Swordfish, Tilapia, Trout, Tuna, Walleye.

Other Condition: _____

Foods to Exclude

- _____
- _____
- _____
- _____

Allowable substitutes

- _____
- _____
- _____
- _____

Signature of Preparer	Printed Name	Date
Signature of Medical Authority & Credentials	Printed Name	Date