

NUTRITION SERVICES

WAUKEE COMMUNITY SCHOOL DISTRICT

Meal Substitutes for Medical or Special Diet Reasons

National School Lunch and School Breakfast Program regulations allow for substitutions to the regular meal pattern if a child has been determined by a licensed physician to have a disability that restricts a child's diet.

GENERAL PROCEDURES FOR SPECIAL DIET REQUESTS

All requests for special diets are handled on a case by case basis. Requests for special diets must be submitted each year. If your child has a disability or life-threatening food allergy and you would like a substituted menu; you will need to follow the procedures below:

- A. Obtain a Diet Order Form and Food Allergy Action Plan at the website: <http://www.waukeeschools.org/nutrition/food-allergy-information>, by calling Nutrition Services Department at 987-2719, or by checking with the Nurse or Health Associate of the school your child attends. The Diet Order form is a two part form: **Part I** of the Diet Order Form needs parental completion and signature; **Part II** needs a physician's completion and signature. The Food Allergy Action Plan form needs parental and physician completion and signatures.
- B. Once the two forms are completed, please, return them to the Waukee Community School District Office at: 560 Southeast University Avenue Waukee, Iowa, 50263. Once received the Nutrition Services Department will be in contact with you to coordinate and establish menu substitutions for your child's restrictions. The Nutrition Services Department must authorize all dietary substitutions before the Nutrition staff makes any substitutions. The dietary plan may take several weeks. A copy of your child's Diet Order Form and Food Allergy Action Plan will be forwarded on to the Nurse or Health Associate of the school your child attends.
- C. An optional Identification Card is highly recommended for the k-5 grades. This form can be found at the above web address. This laminated card is given your child prior to lunch as a visual reminder of their allergy for Nutrition staff as an extra precaution to ensure they are getting the appropriate meal substitution.

STUDENTS WITH A DISABILITY

- A. A child with a disability as defined in section 504 of the Rehabilitation Act of 1973 and the American disabilities Act (ADA), is one who has "...a physical or mental impairment which substantially limits one or more major life activity, has a record to such an impairment, or is regarded as having such an impairment..." Major life activities are defined to include functions such as 'caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working." Schools, institutions, and sponsors are required to make substitutions in foods listed in the meal patterns for those children who are unable to consume specified food items.

- B. Nutrition Service personnel are not to make the determination of whether a child is disabled as defined above. Rather, they shall accept either; the certification of the official of the school, institution, or sponsor who classifies students as disabled; or the certification of a physician that an individual student is disabled, as defined above.

- C. On a case-by case basis, a disabled child shall be provided substitutions in foods only when supported by a statement signed by a physician licensed by the State. The supporting statement shall identify:
 - 1. 1. The individual's disability, and an indication of why the disability restricts the child's diet.
 - 2. The major life activity affected by the disability; and
 - 3. The food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted. If the handicap would require caloric modifications or the substitution of a liquid nutritive formula, for example, this information must be included in the statement.

- D. Generally, children with food allergies or intolerances do not have a disability as defined in this section. School food authorities are not required to make substitutions in these cases. However, when in the physician's assessment food allergies may result in severe, life-threatening reactions, then the participant meets the definition of "handicapped person", and the food authorities will make the substitutions prescribed by the physician.