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## Accommodating Students with Dietary Needs

### REQUIRED DOCUMENTATION

The Texas Department of Agriculture has set forth the following guidelines for accommodating children with special dietary needs.

#### **A Physician's Request for Dietary Accommodations Form must:**

- Be signed by a licensed physician.
- Identify the child's disability.
- Include an explanation of why the disability restricts the child's diet.
- Identify the major life activity affected by the disability.
- List the food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

All requests must be on the Lamar CISD Physician's Request for Dietary Accommodations form located on the Lamar CISD Child Nutrition website.

**NOTE:** Lamar CISD Child Nutrition may make substitutions at our discretion on a case-by-case basis for students who do not have a disability but who are medically certified as having a special medical or dietary need. This provision covers those students who have food intolerances or allergies but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.

**This documentation must first be given to the school nurse who will then send it to the Child Nutrition office. Dietary accommodations will be arranged once Child Nutrition receives and processes the request. During high volume times of the year, it may take up to 2 weeks for accommodations to begin.**

**NOTE:** Dietary accommodations that require the purchase of specific items may not be available immediately. It may take up to 4 weeks to receive the first delivery of special order.

### FOR ADDITIONAL INFORMATION CONTACT

**Kassandra Davis, RD, LD**

Assistant Director of Planning

Lamar CISD Food Services

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## DISTRIBUTION OF RESPONSIBILITY

### Parents/ Guardians

- Provide a physician's request for dietary accommodations form to the school nurse, making sure that all information is completely filled out as listed on page 1.
- **NOTE:** *If the physician's order contains any statements requiring further clarification, special dietary accommodations will not begin until the physician provides further written clarification.*
- Provide updated physician's orders as necessary. Give the school nurse a written statement signed by the physician when accommodations are no longer needed. Dietary accommodations cannot be changed prior to receiving updated documentation from the physician.
- Work with the school nurse and food service dietitian to review and return modified menus as soon as possible.

**NOTE:** *Modified menus will not be implemented until parent approval is received. It is advised that parents/ guardians provide meals for their student until accommodations are in place.*

- **Physician's diet orders must be renewed every school year. Please provide an updated Physician's statement to the school nurse during the summer, prior to the beginning of school. Remember that there may be a delay of up to 4 weeks if special purchases are required.**

### School Nurse

- Send the Physician's Request for Dietary Accommodations form to the Child Nutrition Department Attention: Kasandra Davis, RD, LD by email: kdaivs02@lcsd or fax 832-223-0187.
- Serve as liaison between the Child Nutrition Department and the parents/ guardians to gather required information and physician documentation.

### Child Nutrition

#### What we can do:

- Provide meals which to the best of our knowledge meet the physician's ordered dietary restrictions.
- Work with the parents/guardians and school nurse to adjust the diet as updated physician's orders are received.
- Post an alert on our Point-of-Sale System.
- Provide accommodations for non-disabled students with medical conditions on a case by case basis.

#### What we cannot do:

- Interpret, revise, or change a diet order for students with disabilities.
- Provide dietary accommodations for students without a valid medical condition.
- Provide dietary accommodations without the proper physician's documentation.
- Provide dietary accommodations for students seeking preference or religious requests.
- Provide fruit juice as a milk substitute for non-disability students.