

Special Diets for Non-Disabled Students

School Districts may at their discretion make substitutions for individuals who are non-disabled students and are unable to consume a food item because of medical or other special dietary needs. Such substitutions may be made on a case-by-case basis when supported by a statement signed by a recognized medical authority. A recognized authority may include a medical doctor, a registered nurse or a registered dietitian. See Exhibit 6.2.

This medical statement should cover those students who have food intolerances or allergies but do not have life-threatening reactions (anaphylactic reactions) which exposed to the food(s) to which they are allergic.

Exhibit 6.2. Information Required on a Supporting Statement

For non-disabled individuals, the supporting statement shall include:

1. An indication that the medical or other special dietary needs restrict the child's diet
2. The food or foods to be omitted from the child's diet and the food or choice of foods that may be substituted

For example, a medical statement for meal substitutions for a non-disabled child would be: Doris Dots has an allergy to milk. Either juice or yogurt can be substituted for milk in any meal type where milk is served.

The medical statement must include (1) identification of the medical or other dietary need which restricts the child's diet, (2) the food or foods to be omitted from the child's diet, and the food or choice of foods to be substituted, and (3) signature of a licensed medical authority. See Exhibit 6.3 for a statement to be used.

The school food service is encouraged, but not required, to provide food substitutions or accommodations, on a case-by-case basis, for other students with medically certified special dietary needs. If substitutions are made they should be based on a medical statement by a medical authority or health professional recognized by the Office of Child Nutrition.

Medical statements should be on file in the school food service administrator's office and a copy should be in the school the student attends. (See Exhibit 6.3 for a sample Medical Statement for a Non-Disabled Child.) Reimbursement for meals served with an authorized substitute food shall be claimed at the same reimbursement rate as meals that meet the regular meal pattern. Also, there shall not be an additional charge to the child for the substituted food.