

INSTRUCTIONS FOR DIET ORDERS

(MEDICAL STATEMENT FOR STUDENTS WHO NEED MODIFICATIONS TO SCHOOL MEALS)

The School Nutrition Program of Cabarrus County Schools is committed to providing high-quality, nutritious food in a nurturing, caring, and clean environment for students. The U.S. Department of Agriculture's (USDA) nondiscrimination regulation, as well as the regulations governing the National School Lunch Program and School Breakfast Program, requires that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities, when that need is certified by a licensed physician.

In the past, CCS has confirmed diet orders on an annual basis rather than requiring new diet orders every year. With the increasing difficulty in obtaining confirmations, diet orders will now expire at the end of the school year. If you feel that your child needs a modification to school meals, please read this document carefully to determine if your child qualifies for meal substitutions.

The USDA requires that we provide food substitutions for any student who qualifies as "disabled" under the ADA, Section 504, or IDEA.

Students that require meal substitutions must have a current Diet Order completed and signed by a licensed physician, Nurse Practitioner or Physician's Assistant on file at the school. A new Diet Order needs to be completed and filed with the school after July 1st of each school year or within thirty (30) days of enrollment. Services may be discontinued without a new Diet Order after this date. If you need additional time to obtain the requested information, please contact our office and we will be happy to work with you. The Diet Order must include an explanation of the student's disability, why the disability restricts the diet, the major life activity affected by the disability, and food(s) to be omitted from the student's diet. The Diet Order must also include food or choice of foods that must be substituted.

If your student has IEP, 504 Plan, or Medical Care Plan that includes feeding modifications or alternatives, the requirements will be implemented by the School Nutrition Program.

Diabetes

We ask that parents of diabetic students please contact the school nurse. Monthly menus are published with carbohydrate counts for menu and meal items.

Life-Threatening Allergies

In accordance with USDA regulations the (ADA) Rehabilitation Act of 1973 & 1990 & USDA's Accommodating Children with Special Needs, life threatening allergies are considered a disability. This is indicated by the physician on the Diet Order form. The School Nutrition Program is required to allow and facilitate those prescribed substitutions made by a licensed physician. A substitution may be provided.

Non-Life Threatening Allergies

Children with non-life threatening food allergies do not qualify as "disabled" under USDA regulations. For these students, Cabarrus County Schools provides ingredient lists of foods used in all recipes/menus on the Child Nutrition page of the CCS website. Please note, however, that manufacturers may change formulas and ingredients without notice. The School Nutrition Program cannot be responsible for these changes. Parents are encouraged to discuss food allergies with children, encouraging them to make correct choices for meals at school. If you feel that your student is not capable of avoiding these foods

on his/her own, please submit a Diet Order signed by a medical professional indicating which food(s) should be withheld. School Nutrition personnel will withhold items as requested by a medical professional on a current Diet Order form but substitutions will not be provided for non-life threatening allergies.

Peanut and Tree Nut Allergies

CCS does not currently serve foods containing nuts. There may be, however, foods served which have been processed in a plant that also processed nut products or uses shared equipment. Companies are not required by the FDA to disclose this practice, but some companies do place a label on the package. CCS cannot guarantee that a product was not processed in a shared plant.

Milk Substitution for Lactose Intolerance

Students are never required to take milk with a meal. If a student who is lactose-intolerant would like to have lactose-free milk in place of regular milk, the parent should complete and submit a Parental Request Form for Fluid Milk Substitution. A medical professional signature is not required. If a student has a medical condition other than lactose intolerance requesting a substitution, then a Diet Order form should be submitted to the school nurse instead.

Other Special Needs

Parents who feel their student has special dietary concerns that have not been addressed above, please contact the School Nutrition Program. Each case will be evaluated on an individual basis while meeting all requirements as established by the USDA.

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Requesting a diet order:

Please obtain a diet order form from the CCS website, nurse, or cafeteria manager. Instructions are included with the form. Complete Part A and take to your child's medical provider to complete Part B. Incomplete forms will be returned to the parent/guardian. Return the completed form to the address below.

Please note:

- Students with a disability (IEP or 504) must have a licensed physician complete the form. Students without a disability should submit a form signed by a licensed physician, physician assistant, or nurse practitioner. Please note substitutions will only be provided for students with disabilities as stated above, but any student may have restricted items withheld for a medical reason.
- Milk: a diet order is not required if a student needs lactose-free milk in place of regular milk. Please complete the Parental Request Form for Fluid Milk Substitution found on our website and return to the address below.
- Diet orders will automatically expire at the end of the school year.

Modifying a diet order:

Please have your child's medical provider complete a new Diet Order form and return to the address below.

Cancelling a Diet Order or Milk Substitution Request:

Please submit a request in writing from the parent/guardian or medical provider to our Registered Dietitian at the contact information below.

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Please allow up to 10 school days for processing all requests.

Please send all documents to:

Cabarrus County Schools
School Nutrition Services
111 Union Cemetery Rd SW
Concord, NC 28027-6831
Email: Jamala.sampson@cabarrus.k12.nc.us
Fax: 704-723-4091

Questions? Contact:

Jamala Sampson, RD, LDN
Registered Dietitian, SNP Field Supervisor
Email: jamala.sampson@cabarrus.k12.nc.us
Phone: 704-305-4864