

Guidelines for Students with Special Dietary Needs

Aledo ISD will make efforts to accommodate students with special dietary needs but is not required to make food substitutions for students with food allergies or intolerances.

However, when a licensed physician's assesses that food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability" and any substitutions prescribed by the licensed physician would be made. Federal law defines a child with a disability as anyone who has a physical or mental impairment that substantially limits one or more of the major life activities, has a record of such impairment, or is regarded as having such impairment.

USDA regulations require substitutions or modifications in school meals for children whose disabilities restrict their diets. A child with a disability must be provided substitutions in foods when that need is supported by a statement signed by a licensed physician. The physician's statement must identify:

- The child's disability;
- An explanation of why the disability restricts the child's diet;
- The major life activity affected by the disability;
- The food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

(Aledo ISD has elected not to sell peanuts or peanut-based products in our school cafeterias. However, it is possible that some products sold in school cafeterias may be manufactured in facilities that produce peanut products. Students are free to bring peanut products from home for their own consumption).

The Child Nutrition Department may make food substitutions, at their discretion, for individual children who do not have a disability but who are medically certified as having a special medical or dietary need. Such determinations are made on a case by case basis.

Each special dietary request must be supported by a statement that explains the food substitution that is requested. It must be signed by a recognized medical authority (physicians, physician assistants, or advanced practice nurses).

The medical statement must include:

- An identification of the medical or other special dietary condition which restricts the child's diet;
- The food or foods to be omitted from the child's diet; and the food or choice of foods to be substituted.

Students with special dietary needs who reenroll should contact the School Nurse to restore their medical files.

AISD does not offer a milk substitute. We have water available free of charge at every meal. In cases of milk intolerance, parents can notify the campus nurse in writing and we will make every effort to help your child monitor their choices. The written request from a medical authority or parent/guardian must identify the student's medical or other special dietary need that precludes the consumption of cow's milk.

If you have questions or need further assistance, please call the Child Nutrition Director at 817-441-5142 or email pwillhite@aledoisd.org

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Reference; Texas Dept. of Agriculture Child Nutrition Division Administrator's Reference Manual

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