

## State College Area School District Food Service Department

### Procedures for Serving Students Who Require Modified Menus

The food service department will accommodate modified diets for students according to the following guidelines. All referenced forms can be found on the food service web page, [www.scasd.org/schoolmeals](http://www.scasd.org/schoolmeals) or by calling 814-231-5095.

1. Lactose Intolerance – A reaction of the body’s metabolic system to a component of milk products resulting in an interference with digestion.
  - a. Students may substitute soy milk for the milk beverage offered with breakfast or lunch if a completed *Milk Substitute Request* form has been submitted.
  - b. Students may request most entrées that include cheese to be served to them without cheese.
  
2. Food Allergies – A reaction of the body’s immune system to treat the food ingested as a foreign or unfriendly substance, causing the body to release antibodies to counter the perceived “invasion”.
  - a. Foods containing allergens will be avoided and will be replaced with acceptable alternatives either from the planned menu or with acceptable substituted items and planned in conjunction with the parent/physician/registered dietician. Accommodations will be made to meet the medically identified need but not necessarily to meet taste preferences.
  - b. Menu accommodations will be made if:
    - the food service receives a completed *Medical Plan of Care* form from the parent/guardian and signed by a physician.
    - the parent/guardian meets with the food service director to review menus, recipes, and ingredient lists, if deemed necessary.
    - the food service department is notified in advance of the days the child will be eating lunch at school and the menu items selected, if deemed necessary.
  - c. The parent/guardian will provide the food service department with a modified diet action plan at the start of each school year containing pertinent information to be posted in the kitchen. The sheet will contain at least the student’s name and picture, a list of foods to be avoided, a list of possible allergic reactions, emergency contacts and phone numbers.

3. Special Diets – Those diets requiring specific food nutrients to be monitored as a result of a disability. Special diets may also involve physically modifying the shape or texture of the meal. A “person with a disability” means any person who has a physical or mental impairment substantially limiting one or more major life activity.
  - a. Special diets will be accommodated if:
    - the food service receives a completed *Medical Plan of Care for School Food Service (Students with Disabilities and Non-Disabling Special Dietary Needs)* form from the parent/guardian and signed by a physician.
    - The food service department is notified in advance of the days the child will be eating lunch at school and the menu items selected.
    - the parent/guardian and/or physician/registered dietician meets with the food service director to review menus, recipes, and ingredient lists.
  - b. Some special diet requests may require a specific diet plan submitted by the physician or registered dietician to including recipes, serving sizes, and any other necessary specifications.
  - c. The parent/guardian will provide the food service department with a modified diet action plan at the start of each school year containing pertinent information to be posted in the kitchen. The sheet will contain at least the student’s name and picture, a list of foods to be avoided, a list of possible allergic reactions, emergency contacts and phone numbers.
  
4. Vegetarianism – For those students requiring meatless meal choices, the district will accommodate menu modifications according to the following guidelines.
  - a. Any entree can be requested from the server with the meat portion withheld (no meatball served with the pasta; no Canadian bacon with the pancakes, no meat on the entree salads, etc.).
  - b. A grilled cheese sandwich can be requested if there is no meatless entree offered on the menu that day and the kitchen manager receives the request prior to 9:00 a.m. on the day of service.