

# **East Rochester UFSD Meal Modification Policy**

## **Allergies**

Though the School Food Service Department is not required to offer supplemental foods or monitor student diets, we strive to make every effort to ensure the safety and well-being of your child. If your child has a severe food allergy, please send the following information to the school nurse in your child's building. You NEED to give permission to the nurse to release the information to the Food Service office. Due to HIPA laws, we will need a signed permission slip for the nurse to be able to send information to the School Food Service Department.

Please send in: a parent letter requesting special meals with a certification from a Medical Authority stating the foods that are potentially dangerous or life threatening. We will need it to include a prescription from a Registered Dietician or Medical Authority stating alternative foods that meet your child's special dietary needs.

**LACTOSE INTOLERANCE**: If your child is lactose intolerant, a signed medical note from your physician must be on file in order for an alternative drink to be offered in place of milk. It must be a medical condition, not a preference and does not apply to ala carte foods.

## **Special Diets**

Federal regulations require schools and institutions to serve meals at no extra charge to those children whose disability restricts their diet in such a way that they cannot fully participate in the food service program without some modification to the foods offered on the scheduled menu. Parents must request the special meals from the school and provide the school with medical certification from a medical doctor. This medical certification must contain the following:

Verification that special meals are needed due to the student's disability and recommendation/prescription for alternate foods and forms of food needed to meet the student's special dietary needs.

## **Nutritional Knowledge**

- For Breakfast for grades K-12, we must offer at least 1 oz. of grain, 1 fluid cup of milk and 1 full cup of fruit.
- For Lunch for grades K-8, we must offer at least 1 oz. of Meat/Meat Alternate, 1 oz. of grain, ½ cup of fruit, ¾ cup of vegetable and 1 fluid cup of milk.
- For Lunch for grades 9-12, we must offer at least 2 oz. of Meat/Meat Alternate, 2 oz. grain, 1 cup of fruit, 1 cup of vegetables and 1 fluid cup of milk.

All of our snack lines and vending contain only items which meet the USDA regulations for Competitive Foods.

