

Food Allergies and Special Feeding Needs in the Cafeteria

1. Visit to the Cafeteria

Your child's safety is always our first concern. Food labels off food cases are available when the food is in stock at each cafeteria. Parents are welcome to view food labels in order to help their child avoid ingredients and allergens. Please, contact your school's cafeteria manager to make arrangements. Our online interactive menus also outline the major 7 most common allergens: wheat, milk, soy, egg, fish, peanuts, and tree nuts. Ingredient details are kept on file at the Education Service Center.

NOTE- we cannot guarantee or confirm food plant processing, parents are responsible for contacting various plants for this information.

2. Allergy Safe Tables

Allergy Safe tables are available in all cafeterias upon request. We highly encourage this use for only very severe cases that cannot be managed at the regular lunch table. For accommodations, please have the student's physician fill out a Medical Management Form and turn this into the school nurse.

3. Meal Substitutions

USDA regulations require substitutions or modifications in school meals for children whose disabilities restrict their diets. A child with a disability must be provided food substitutions when that need is supported by a statement signed by a licensed medical authority. **For meal substitutions, a physician's statement must be updated at the start of each school year and 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

Once a physician's statement has been completed, contact Erin Brattain to make arrangements for meal accommodations.

4. Milk Substitutions

The USDA requires that fluid cow's milk or a nutritionally equivalent beverage be offered to students purchasing a school meal. Students are not required to take the milk. If a child has a milk intolerance due to lactose, vanilla flavored Dairy Ease is offered as a substitution at no additional cost and a medical statement is not needed. Water cups are also available to all students to use at water stations in each cafeteria. Juice and bottled water are not nutritionally equivalent to cow's milk and therefore cannot be substituted for milk unless the student is classified as having a disability.

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