

# 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 are kept on file in 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. You may also review the interactive menus or Excel document that highlights menu items that contain- peanuts, tree nuts, wheat, eggs, fish, pork, and that are vegetarian.

## 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. Then contact your school cafeteria manager to inform them of your child's needs.

## 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 physician. **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, RD, at 317-773-3171 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. Dairy Ease is lactose free cow's milk. 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 with a severe food allergy to dairy/milk, see section three above.

**For additional information please contact Erin Brattain, RD at 317-773-3171.**