

Request for Special Dietary Accommodations

Student / Participant Name

Date of Birth

Parent / Guardian Name

Phone

Mailing Address

City/State/Zip

School / Center / Site

Grade / Classroom

Signature of Parent/Guardian

Date

Diet Order

Federal law and USDA regulation require nutrition programs to make reasonable modifications to accommodate children with disabilities. Under the law, a disability is an impairment which substantially limits a major life activity or bodily function, which can include allergies and digestive conditions, but does not include personal diet preferences.

- 1. Describe how the impairment affects the child** (i.e, how the ingestion/contact with the food impacts the child):

- 2. Explain what must be done to accommodate the child's diet** (i.e, specific food(s) to be omitted/avoided from the child's diet):

- 3. List food(s) and/or beverages to be substituted, provided, or modified:**

Signature of State-Recognized Medical Authority*

Date

Clinic Name

**State-Recognized Medical Authority is a licensed health care professional authorized to write medical prescriptions in Washington: Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PA) with prescriptive authority, Naturopathic Physician, or Advanced Registered Nurse Practitioner (ARNP).*

This institution is an equal opportunity provider.

Attachment A: Foods to be Omitted and Substituted Special Dietary Needs for School Meals

Child's Name: _____ **Date:** _____ **Grade Level:** _____

Medical providers must specify foods to exclude and foods to include for children with special dietary needs. This information can be provided using this form or by writing a separate diet order. Foods are listed alphabetically by food category.

Dairy

Mild Allergy Lactose Intolerant Other:

Foods to Exclude

- Fluid Milk
- All ingredients containing milk*
- Cheese
- Yogurt
- Butter
- Cream/Ice Cream
- Baked goods made with milk
- Buttermilk
- Other, Specify:

Allowable Substitutes

- Lactose-free milk
- Plant-based milk alternatives (e.g. soy, almond, rice milk)
- Plant-based cheese alternatives
- Other, Specify:

*Ingredients that contain milk include: Artificial butter or cheese flavor, casein or caseinates, curd, ghee, hydrolysates, lactalbumin, lactalbumin phosphate, lactose, lactoglobulin, lactoferrin, lactulose, rennet, whey or whey products.

Eggs

Egg Allergy Other:

Foods to Exclude

- Eggs*
- Baked goods containing eggs
- Other, Specify:

Allowable Substitutes

- Egg-free protein options
- Egg-free baked goods
- Other, Specify:

*Ingredients that may contain egg include: Albumin (also spelled albumen), egg (dried, powdered, solids, white, yolk), eggnog, lysozyme, mayonnaise, meringue (meringue powder), ovalbumin, surimi

Grains

Wheat Allergy Celiac Disease Gluten Intolerant Other

Foods to Exclude

- Wheat*
- Condiments
- Rye
- Oats
- Barley
- Other, Specify:

Allowable Substitutes

- Gluten-free alternative grains
- Wheat-free alternative grains
- Rice
- Corn products
- Quinoa
- Other, Specify:

*Ingredients that contain wheat include: Bread crumbs, bulgur, cereal extract, club wheat, couscous, cracker meal, durum, einkorn, emmer, farina, flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat), hydrolyzed wheat protein, kamut®, matzoh, matzoh meal (also spelled as matzo, matzah, or matza), pasta, seitan, semolina, soy sauce (may contain wheat, not all varieties), spelt, sprouted wheat, triticale, vital wheat gluten, wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch), wheat bran hydrolysate, wheat germ oil, wheat grass, wheat protein isolate, whole wheat berries.

Meat

Other:

Foods to Exclude

- Beef
- Pork
- Poultry
- Lamb/Mutton
- Seafood (see seafood section below)
- Other, Specify:

Allowable Substitutes

- Plant-based meat alternatives (e.g. tofu)
- Eggs
- Dairy (e.g. cheese, yogurt)
- Peanuts & Peanut Butter
- Beans
- Other, Specify:

Peanut/Tree Nuts

Peanut Allergy Tree Nut Allergy Other

Foods to Exclude

- Peanuts & Peanut Butter
- Peanut Oil
- All Tree Nuts* & Nut Butters
- Other, Specify:

Allowable Substitutes

- Soy Butter
- Sunflower Seed Butter
- Almond Butter
- Nut-free protein options

*Tree nuts include: Almond, beechnut, brazil nuts, bush nut, butternut, cashew, chestnut, filbert, ginko nut, hazelnut, hickory nut, lichee nut, macadamia nut, nangai nut, pecan, pine nut, shea nut, walnut.

Seafood

- Fish Allergy
- Shellfish Allergy
- Other

Foods to Exclude

- Crustaceans (crab, shrimp, lobster)
- Mollusks (clam, mussel, oyster, scallop)
- Finned Fish*
- Caesar Dressing
- Imitation fish/crab
- Other, Specify:

Allowable Substitutes

- Non-fish protein options
- Other, Specify:

*Finned fish include: anchovy, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, herring, mahi mahi, perch, pike, pollock, salmon, snapper, sole, swordfish, tilapia, trout, tuna, walleye.

Other

Condition:

Foods to Exclude

- _____ _____
- _____ _____

Allowable Substitutes

- _____ _____
- _____ _____

Signature of Preparer	Printed Name	Date
Signature of Medical Authority & Credentials	Printed Name	Date