

Reason identified on application, health history, physical, dental exams and/or by parent report that requires change to regular menu.

Medical Concern
 Child has food allergy/intolerance or special diet

Parent requests change to regular menu for religious, cultural or personal beliefs.

Lactose Intolerance
 Child has lactose intolerance ONLY and the intolerance only concerns fluid milk. Child can have other dairy products.

Lactose Intolerance
 Child has lactose intolerance ONLY and cannot have any dairy products.

Food Allergy/Intolerance
 Child has a food allergy/intolerance or special diet *excluding a fluid milk-only lactose intolerance.*

- Review menus for options
- Find out if Food Service will accommodate substitute(s)

- Child can have USDA Approved Milk Substitution:**
- Lactose Free Cow's Milk-1%/nonfat
 - Kirkland Original Plain
 - 8th Continent Original
 - Pacific Ultra Original
 - Great Value Original Plain
 - Silk Original

Child needs milk other than those approved by USDA for Substitution.

- Required Documentation:**
- *Child Health Plan and Provider Orders Form - Dietary Accommodations - Food Allergies/Intolerances*
 - *Parent/Guardian Authorization for Medication Administration at School and Medication Administration Record Form* (only if medication required)
 - *Child Supplemental Food Plan Form*

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Staff purchases:
 For preferences, only when resources are available within program and approved by PSESD.

Family purchases:
 Individual menu substitutions based on preference are discouraged. Meal reimbursement is affected.

Note: Food Service providers are required to make accommodations for all reasons indicated to be a disability. For the individual's meal to be claimed as reimbursable, a food substitution note must be signed by a medical authority (Health Care Provider).

PSESD Early Learning Program accommodates non-disability conditions as well as cultural or religious preferences. Contact your PSESD Health/Nutrition/Safety Consultant with any questions.

Notify classroom and kitchen staff of Dietary Accommodations/Preferences

- Complete and post *Special Diet List*; Food allergies should be prominently posted where food is served.
- Send copy of *Special Diet List* every month with menu. Food substitutions for all children who do not receive regular menu foods must be listed on the *Special Diet List* and documented on menus.