

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 Milk 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 alternates
(e.g. soy, almond, and rice milk)
- Plant-based cheese alternates
- 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 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, Specify: _____

Foods to Exclude

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

Allowable substitutes

- Plant-based meat alternates (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 nut, Bush nut, Butternut, Cashew, Chestnut, Filbert, Ginko nut, Hazelnut, Hickory nut, Lichee nut, Macadamia nut, Nangai nut, Pecan, Pine nut, Pistachio, 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

Request for Special Dietary Accommodations

_____ Student Name	_____ Date of Birth
_____ Parent / Guardian Name	_____ Phone
_____ Mailing Address	_____ City/State/Zip
_____ School	_____ Grade
_____ Signature of Parent/Guardian	_____ Date

Diet Order

Federal law and USDA regulation require school 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, which can include allergies and digestive conditions, but does not include personal diet preferences.

1. List the food(s) / beverage(s) to be avoided:

2. How does ingestion of the food/beverage affect the child:

3. List all food(s) and/or beverages to be substituted:

Signature of State-Recognized Medical Authority*

Date

Email

Phone

*A licensed health care professional authorized to write medical prescriptions in Washington