

Mesquite ISD Food & Nutrition Services

Dear Parent/Guardian,

You have indicated that your child has a condition requiring diet modification such as food allergy or intolerance, or other modification to diet like sodium restriction or texture modification.

This Document is Very Important! Please Read It Carefully!

Mesquite ISD Food & Nutrition Services looks forward to working with all students with a severe (life-threatening) allergy or with another medical condition requiring a change of diet, such as metabolic diseases, swallowing/chewing difficulties, cystic fibrosis, etc. We encourage all parents to work with their child to adjust their own diets to meet any other dietary needs (food intolerances, religious preferences, mild allergies) with the exception of fluid milk intolerance. Soy milk will be available for any student whose physician indicates that fluid cow's milk is undesirable.

If your child has a severe, life threatening allergy or other medical condition, the following steps are required for the cafeteria to make any changes to your child's meal choices:

1. The Diet Modification Form must be filled out in its entirety by a **physician** in accordance with State and Federal law. This must be done before any changes can be made.
 - a. Diet modifications are strictly followed. For example, if the physician states that your child has a life threatening allergy to dairy, then cafeteria staff cannot serve pizza, yogurt, waffles or any other items that contain dairy to your child – even if you allow your child to consume such items at home.
 - b. In order to remove an allergy or diet modification, a second Diet Modification Form must be completed by a physician. It must state that the child is no longer allergic or no longer needs diet modification.
 - c. Please note that neither juice nor water can be substituted for milk. *This is Federal law.* Soy milk is available for students whose physician completes a request for (cow) milk substitution.
 - d. If you would like to speak to the Mesquite ISD Dietitian before submitting the diet modification form, please see the contact information below.

**Menus are available on the district website: <http://www.mesquiteisd.org/depts/food-service/menus-meal-programs/> or on the MealViewer App/website, <http://schools.mealviewer.com/>. Both contain allergen and nutrition information.*

2. Once the Diet Modification Form has been completed by a physician, please return the form to your child's school nurse.

Thank you for your consideration when dealing with food modifications for your child. If you have any questions please do not hesitate to contact the Mesquite ISD Food & Nutrition Services Department.

Food and Nutrition Services
Dietitian Phone: 972-882-5468
Fax: 972-882-5580

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