

FOOD AND NUTRITION PROCEDURES

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Miami-Dade County Public Schools

Subject: SPECIAL DIETARY NEEDS

For Action By: PRINCIPALS, FOOD SERVICE MANAGERS

Refer Questions to: FOOD SERVICE ADMINISTRATORS,
DEPARTMENT OF FOOD AND NUTRITION

Children with special diet needs can have school breakfast or lunch made for them. By law, an exceptional child as defined in 7 CFR part 15b, is one who has "... a physical or mental impairment which substantially limits one or more major life activities..." Major life activities are defined to include functions such as "caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working."

Schools can make substitutions or modifications in the standard meal pattern for students who are considered exceptional under 7 CFR part 15b and whose disability restricts their diet. There shall be no additional charge to the child for substituted foods. Substitutions will be made on a case by case basis only. To provide modified meals to students, the **Diet Prescription for Meals at School** [FM-5425](#) must be completed for each student as outlined below.

I. Physicians Prescription

The **Diet Prescription for Meals at School** [FM-5425](#) must be completed and signed by a licensed physician for each student who requires special meals. A copy must be provided to the food service manager and kept on file at the school. **The Diet Prescription for Meals at School** is valid for up to one year from the physician's evaluation date, and should be updated as often as determined by physician.

II. Ordering Meals

The **School Food Service Meal Order Sheet** ([Attachment A](#)) is designated to provide the food service manager with the total count of special meals required by students in their school on a daily basis. The **School Food Service Meal Order Sheet** should be completed daily by teachers or staff members with students who require modified meals. All order sheets should be submitted to the food service office with adequate time for meal preparation. Attach order sheets to daily production records.

III. Menu Modifications

Alternates specified on the menu may serve as substitutions. One serving of orange juice may be substituted for one serving of milk.

Menu modifications are also listed in Table I ([Attachment B](#)). Food service managers should use those menu modifications as a guide to providing special meals to students. For specific questions regarding modified textures or acceptable food substitutions, contact the student's teacher and/or the Nutrition Education Center.