

## MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

|   |                  |                         |          |
|---|------------------|-------------------------|----------|
| 1. School or Agency   | 2. Site Name     | 3. Site Phone Number    |          |
| 4. Name of Child or Participant   |                  | 5. Age or Date of Birth |          |
| 6. Name of Parent or Guardian   |                  | 7. Phone Number         |          |
| 8. Description of Child or Participant's Physical or Mental Impairment Affected:  |                  |                         |          |
| 9. Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:   |                  |                         |          |
| 10. Indicate Food Texture for Above Child or Participant:   |                  |                         |          |
| <input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed   |                  |                         |          |
| 11. Foods to be Omitted and Appropriate Substitutions: (check all that apply):  |                  |                         |          |
| <b>Dairy:</b> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> All Dairy Products Containing Lactose <input type="checkbox"/> All Foods with Dairy Protein (Casein/Whey)<br><b>Egg:</b> <input type="checkbox"/> Whole Eggs <input type="checkbox"/> Egg Yolk <input type="checkbox"/> Egg White <input type="checkbox"/> All Foods Containing Egg<br><b>Wheat/Grains:</b> <input type="checkbox"/> All Wheat Products <input type="checkbox"/> All Gluten Containing Products (Wheat, Oats, Rye, Barley)<br><b>Nuts:</b> <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts (Walnuts, Almond) <input type="checkbox"/> Seeds (Sesame, Sunflower)<br><b>Soy:</b> <input type="checkbox"/> Soy Beans (Edamame) <input type="checkbox"/> All Soy Ingredients<br><b>Fish:</b> <input type="checkbox"/> All Fish <input type="checkbox"/> Shellfish<br><b>Fruit/Juices:</b> <input type="checkbox"/> Citrus <input type="checkbox"/> Fruit <input type="checkbox"/> Strawberries <input type="checkbox"/> Other:<br><b>Other:</b> Allergies (if applicable):<br><b>Suggested Substitutions:</b><br><hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> |                  |                         |          |
| 12. Adaptive Equipment to be Used:  |                  |                         |          |
| 13. Signature of State Licensed Healthcare Professional*  | 14. Printed Name | 15. Phone Number        | 16. Date |

**\*For this purpose, a state licensed healthcare professional in California is a licensed physician, a physician assistant, or a nurse practitioner.**

**The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant.**

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## INSTRUCTIONS

1. **School or Agency:** Print the name of the school or agency that is providing the form to the parent.
2. **Site:** Print the name of the site where meals will be served.
3. **Site Phone Number:** Print the phone number of site where meal will be served.
4. **Name of Child or Participant:** Print the name of the child or participant to whom the information pertains.
5. **Age of Child or Participant:** Print the age of the child or participant. For infants, please use date of birth.
6. **Name of Parent or Guardian:** Print the name of the person requesting the child or participant's medical statement.
7. **Phone Number:** Print the phone number of parent or guardian.
8. **Description of Child or Participant's Physical or Mental Impairment Affected:** Describe how the physical or mental impairment restricts the child or participant's diet.
9. **Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:** Describe a specific diet or accommodation that has been prescribed by the state healthcare professional.
10. **Indicate Texture:** If the child or participant does not need any modification, check "Regular".
11. **Foods to be Omitted:** List check (  ) specific foods that must be omitted (e.g., exclude fluid milk).  
**Suggested Substitutions:** List specific foods to include in the diet (e.g., calcium-fortified juice).
12. **Adaptive Equipment to be Used:** Describe specific equipment required to assist the child or participant with dining (e.g., sippy cup, large handled spoon, wheel-chair accessible furniture, etc.).
13. **Signature of State Licensed Healthcare Professional:** Signature of state licensed healthcare professional requesting the special meal or accommodation.
14. **Printed Name:** Print name of state licensed healthcare professional.
15. **Phone Number:** Phone number of state licensed healthcare professional.
16. **Date:** Date state licensed healthcare professional signed form.

### **Citations are from Section 504 of the Rehabilitation Act of 1973, Americans with Disabilities Act (ADA) of 1990, and ADA Amendment Act of 2008:**

**A person with a disability** is defined as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such an impairment.

**Physical or mental impairment** means (a) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: neurological; musculoskeletal; special sense organs; respiratory; speech; organs; cardiovascular; reproductive, digestive, genito-urinary; hemic and lymphatic; skin; and endocrine; or (b) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

**Major life activities** include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.

**Major bodily functions** have been added to major life activities and include the functions of the immune system; normal cell growth; and digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.

**"Has a record of such an impairment"** means a person has, or has been classified (or misclassified) as having, a history of mental or physical impairment that substantially limits one or more major life activities.