



Special Diets for Columbus City School District Students

To accommodate students with special dietary needs due to a medical condition, the parent needs to:

- Contact the school nurse.
- Provide the school district with a completed Special Diet Order Form.
- The healthcare provider completes the order form describing the student's special dietary needs.
- Give the diet order form to the school nurse.

After the completed diet order is received, the district dietitian is sent a copy of it to write an individualized school menu for the student, as needed.

Federal regulations require National School Lunch Program schools to make menu substitutions on a case-by-case basis to the standard meal requirements for students who are considered disabled and whose disability restricts their diet.

Vegetarian options are available in all schools.

School Menu Restrictions Currently in Place:

Pre-K and Elementary Schools grades K-6 and Buildings with Grades K-8

- Nut products, seafood and pork are not offered

Middle Schools, and Buildings with Grades 6-12 or 7-12

- Seafood or pork are not offered

- **NOTE:** If a student has a **severe nut allergy** and they CANNOT eat food items that are manufactured using shared equipment or in the same facility that processes nuts – **PLEASE NOTE** - CCS purchases foods from manufacturers that may share equipment, and may use the same facilities that process nuts!



GLUTEN-FREE DIET SAMPLE MENU

BREAKFAST

TURKEY HAM
GLUTEN-FREE CEREAL
MILK AND JUICE
FRUIT

LUNCH

UNBREADED MEAT
CORN TORTILLA STRIPS
VEGETABLE/FRUIT
MILK

ELEMENTARY SCHOOL DAIRY- FREE LUNCH MENU ITEMS:

- BAKED BEANS
- BREAD
- CHICKEN DRUMSTICK
- CHICKEN DIPPERS OR NUGGETS
- CHICKEN PATTY
- FRUIT AND OTHER VEGETABLES
- HAMBURGER ON BUN
- SUNBUTTER & BAGEL
- TERIYAKI CHICKEN ON BUN
- TORTILLA STRIPS
- TURKEY HOT DOG ON BUN
- TURKEY SAUSAGE
- TURKEY WRAP

ELEMENTARY SCHOOL VEGETARIAN LUNCH MENU ITEMS:

- BAKED BEANS
- BREAD
- CHEESE AND BEAN ENCHILADA
- CHEESE BITS & TORTILLA STRIPS
- CHEESE PIZZA
- CHEESY BREADSTICKS
- FRUIT AND OTHER VEGETABLES
- MACARONI AND CHEESE
- SUNBUTTER & BAGEL
- TOASTED CHEESE SANDWICH
- TORTILLA STRIPS
- VEGGIE BURGER WITH CHEESE ON BUN
- WOW SOY BUTTER AND GRAPE JELLY SANDWICH

Please Note: Menu subject to change.