

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 each year with a completed Special Diet Order Form.
- The form is required by October 1st of each school year.
- The healthcare provider completes the order form describing the student's special dietary needs.
- Give the diet order form to the school nurse.

If a student develops special dietary needs during the school year, the completed Special Diet Order form can be received by the school district at any time.

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 substitutions to the standard meal requirements for students who are considered disabled and whose disability restricts their diet. If a healthcare provider assesses that food allergies may result in severe life-threatening reactions (anaphylactic reactions), the student may then meet the definition of "disabled person".

Our school district may, at its discretion, make reasonable substitutions for individual students who are not "disabled persons" but are unable to consume a food item because of medical or other dietary needs.

What DOES NOT need a Special Diet Order:

- **Food and milk preferences based on personal or religious reasons**
- **Vegetarian - options are available in all schools.**

Parents are welcome to pack preferred food items for the student to eat at school.

School Menu Restrictions Currently in Place:

PreK and Elementary Schools grades K-6

- Nut products, seafood and pork are not offered

Buildings with Grades K-8, Middle Schools, and Grades 6-12 or 7-12

- Seafood or pork are not offered
- Nut products are not offered in buildings with grades K-8

MAJOR FOOD ALLERGENS



Soy



Peanut



Shellfish



Tree Nuts



Dairy



Wheat



Eggs



Fish

- **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! **Those students with severe nut allergies will need to pack their breakfast and lunch.**

SAMPLE ELEMENTARY SCHOOL MEALS FOR GLUTEN-FREE DIET

BREAKFAST

TURKEY HAM or

TURKEY SAUSAGE

GLUTEN-FREE CEREAL

MILK AND/OR JUICE

FRUIT

LUNCH

UNBREADED POULTRY or

BEEF

TORTILLA STRIPS

VEGETABLE/FRUIT

MILK

DAIRY- FREE LUNCH MENU ITEMS FOR ELEMENTARY SCHOOL YEAR 2016-17:

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

VEGETARIAN LUNCH MENU ITEMS FOR ELEMENTARY SCHOOL YEAR 2016-17:

- BAKED BEANS
- BREAD
- CHEESE AND BEAN ENCHILADA
- CHEESE PIZZA
- CHEESY BREADSTICKS
- FRUIT AND OTHER VEGETABLES
- MACARONI AND CHEESE
- TOASTED CHEESE SANDWICH
- TORTILLA STRIPS
- WOW SOY BUTTER AND GRAPE JELLY SANDWICH