

PHYSICIAN'S CHECKLIST FOR
SPECIAL DIETS AND/OR EATING INSTRUCTIONS

STUDENTS NAME _____ SCHOOL _____

DATE _____ PHYSICIAN'S SIGNATURE _____

CHECK OR CIRCLE ALL THAT APPLY:

Lactose intolerance or Milk Allergy*

a. Avoid Milk only? Yes/No

b. Avoid All dairy products Yes/No

Temporary Milk Withholding (due to medications, illness, etc)

From (date) _____ to (date) _____

For Lactose Intolerance, Milk Allergy, or Temporary Mild withholding, we will substitute with 100% fruit juices unless otherwise instructed.

_____ Diabetes Mellitus (must attach specific diet plan)

Mid-morning snack? Yes/No Afternoon snack? Yes/No

Weight reduction or increase (must attach specific diet plan)

_____ Food Allergies: (please continue on back if necessary)

A. Certain Protein Products (list all that apply)

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

_____ B. Certain Grain Products (list all that apply)

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

_____ C. Other Allergies listed (list all that apply)

- | |
|----------|
| 1. _____ |
| 2. _____ |
| 3. _____ |

Chewing or Swallowing Assistance Required:

- | | |
|---------------------------------|------------------------------------|
| 1. Blended Foods | 4. Soft diet with blended meats |
| 2. Soft Foods | 5. Specify other Assistance Needed |
| 3. Foods cut up in small pieces | _____ |

Unless there are documented medical reasons for deviation from the School Lunch Pattern, we are required to serve a minimum of : 2-3 oz of meat/meat alternate, 2 servings fruit/or vegetable, 1-2 oz of bread serving and choice of 8 oz of milk (whole, buttermilk, 1% white, 1% chocolate, skim milk). School breakfast consist of 1 bread/bread alternate, 1 meat/meat alternate (or 2 breads or 2 meats), a cup of fruit juice & milk. Milk and/or 4 oz of 100% fruit juice can be purchased extra with or without a meal. Juice can be substituted (without charge) for the milk under special medical instructions.