

Cherry Creek School District

Special Diet Information

Introduction and Overview

Cherry Creek Schools Food and Nutrition Services (FNS) strives to provide all students with the healthy meals they need to excel in the classroom. When a student is in need of specialized and/or modified meals, we provide these modifications in accordance with USDA regulations 7 CFR Part 15b. In addition to providing modified meals for those with documented medical needs, it is our goal to provide detailed nutrition information to all families regarding the meals served in Cherry Creek School District.

It is essential that a team approach is taken to meet the dietary needs of all students which includes parents and guardians, students, Food and Nutrition Services staff and Health Services staff. Please read below carefully to ensure that your child's needs are met.

Meal Modification Requirements

If your child requires a modified diet due to a medical condition, please follow the process below.

1. Complete the *Medical Statement for Meal Modification Form* available on the Food and Nutrition Services website at www.cherrycreekschools.org or by contacting Food and Nutrition Services at 720-886-7180. Please note the following regarding the *Medical Statement for Meal Modification Form*:
 - a. This form must be signed by a licensed medical authority (MD, DO, APN with prescription authority, or a PA).
 - b. All areas of form must be completed in order to begin any meal modification.
 - c. Most meal modifications will begin in about seven business days from the date received depending on the complexity of the meal modification.
2. Submit the form to the Special Diets Supervisor, Maurene Beamer, RD, SNS, at mbeamer@cherrycreekschools.org or by fax to 720-886-7171.
3. The Meal Modification request will be reviewed by the Special Diets Supervisor for the best approach to accommodating the request.
4. The Special Diets Supervisor shall contact the parent or guardian regarding the request within seven business days of receiving the request at the Student Nutrition Center.
 - a. Plan to provide your student with safe meals until you have confirmation from the Special Diets Supervisor that your student's menu plan is ready to begin.
5. If deemed necessary a written menu plan will be created by the Special Diets Supervisor and a plan will be kept on file with Food and Nutrition Services.
 - a. The written menu plan will be communicated to the Food and Nutrition Services Supervisor and kitchen manager.
 - b. Kitchen manager will work with student and parents to determine how to best

accommodate the new menu plan with limited interruptions to the students meal time. All instructions necessary to implement the menu plan will be kept on file at school.

c. If deemed necessary, the Food and Nutrition Services team will work with the 504 Plan team to best accommodate requests.

6. A students' meal will only be modified if there is a *Medical Statement for Meal Modification* on file with Food and Nutrition Services.

Additional Considerations:

1. Cherry Creek Schools Food and Nutrition Services can offer a non-dairy alternative to the fluid milk component for those with dairy/lactose intolerances that have a signed Medical Statement for Meal Modification on file. However, since milk is optional, a student does not have to take milk to complete a reimbursable meal (as long as three food components are taken and one of these is 1/2 cup fruit or vegetable). Free water is available in each cafeteria.

2. The Cherry Creek School District is considered an allergy-aware environment, not an allergy free environment.

3. Our foodservice staff are trained in current food safety practices and in avoiding cross contamination; however the district is not able to guarantee an allergen-free or contaminant-free environment.

4. Cherry Creek Schools Food and Nutrition Services does not currently serve peanut-containing items as part of reimbursable meals; however, products may have been manufactured in a facility also manufacturing peanut-containing products.

5. Please refer to menu resources noted below and actively monitor the labels of pre-packaged foods when purchasing a la carte items.

Food Allergies and Menu Resources

If your child has food allergies, please follow the process below and use the many resources made available by Health Services and Food and Nutrition Services of Cherry Creek School District.

1. Medical Statement for Meal Modification

a. To ensure the safety of any child with a life threatening food allergy, a physician must fill out a Medical Statement for Meal Modification form and it must be submitted to the Food and Nutrition Services department.

b. Once Food and Nutrition Services receive the appropriate form, our Special Diets Supervisor in conjunction with the kitchen staff and the student's parent/guardian will formulate a plan to modify the menu to remove the allergen to keep the child safe.

c. Instructions for successfully completing the Medical Statement for Meal Modification can be found through the Food and Nutrition Services website at www.cherrycreekschools.org.

d. Accommodations for an allergy cannot be made without an approved Medical Statement for Meal Modification form.

2. Refer to the menu when making decisions regarding your child's menu choices for any non-life threatening allergies or food preferences

a. A detailed menu with allergen information can be found through the parent portal at www.mealviewer.com or through the smartphone app for Apple and Android phones.

b. Online menus provide the following information for each menu item:

- i. Menu item description
- ii. Nutrition label information
- iii. Top nine allergies
- iv. Carbohydrate information

Additional Considerations:

1. The ingredient contents are accurate to the best of our knowledge based on information we have received from the manufacturer. The information provided is meant to be a guide to the ingredients in our food products are not definitive. The Food and Nutrition Services Department is not responsible for any adverse medical events incurred as a result of using this guide. Many factors can affect the ingredients in a product, including cross contamination from other foods. Please verify the menu items being served with the kitchen manager since the menu and the brand of product we use may change at any time without notice. Please contact Maurene Beamer, RD, SNS, Special Diets Supervisor at 720-886-7180 or mbeamer@cherrycreekschools.org for further information about food allergens.

2. All nutritional and allergen information is based on the standardized preparation of the recipe for the menu item. Minor modifications may be made to the menu item to allow for some students to be able to consume menu items (for example, Crispy Beef Taco contains Milk, however, if cheese garnish is omitted, a student with milk allergy/intolerance may be able to consume).

3. If your child's allergy is severe, complicated and/or requires a modified diet that cannot necessarily be achieved using the menu resources available, please follow the previous process for meal modification.

4. As noted above, a meal will not be modified unless a Medical Statement for Meal Modification is on file with Food and Nutrition Services.