

# Food Allergies, Food Intolerances and Special Diet Needs

## **Champ's Cafe**

*Charlotte County Public Schools*

All meals served by Champ's Cafe meet nutritional standards set by the U.S. Department of Agriculture. If a child has a **disability** as defined by the Americans with Disabilities Act and that disability prevents the child from eating the regular school meal, Champ's Cafe staff will make substitutions prescribed by a **medical doctor**.

Champ's Cafe is not required to make a substitution for a **food allergy** (hypersensitivity) or **food intolerance** (adverse reaction to food not involving the body's immune system), however, through the wide variety of well-planned nutritious foods offered each day, the child can make appropriate safe food choices. We work with our customers to create healthy meals that meet their needs.

Substitutions or modifications for children without disabilities, with medically certified special dietary needs must be based on a statement by a recognized medical authority.

A medical statement must include:

- an identification of the medical or other special dietary condition that restricts the child's diet;
- the food or foods to be omitted from the child's diet and
- the food or choice of foods to be substituted.

The exception to the need for a statement by a recognized medical authority is for **MILK**. If a child has a special diet need, such as an intolerance to lactose (milk sugar) or an allergy to milk, a **parent may write a note indicating the medical need for this exception**. This parent note should be on file with the School Nurse for the nurse to share with Champ's Cafe staff.

A child with a parent note on file can have an 8 oz. calcium-fortified orange juice or one of the calcium-fortified seasonal juices (apple cherry, blue raspberry, tropical island mix, green apple, peach, strawberry kiwi) instead of milk with their meals. If, in addition to milk, the child **cannot** drink calcium-fortified juices for a medical reason, then a statement by a recognized medical authority will be required in order for a child to receive another beverage at no charge with the meal.

A parent may contact the school's Champ's Cafe Manager, School Nurse or the Food & Nutrition Services central office with questions regarding this documentation.