

Menu & Special Diet Information

(Current as of 7/1/25)

Our mission in the Child Nutrition Department is to uphold our Child Nutrition Promise. Our #1 focus is to put our customers first and provide nutritious meals to our students.

Food orders that we receive from manufacturers are subject to change which can affect our warehouse inventory and planned menu. We work every day to maintain good communication with our food suppliers but many times product and delivery changes are difficult to predict and plan for.

We have an online menu platform called School Café. Menus can be accessed here:

<https://www.schoolcafe.com/menus>

As always, we strive to ensure that menu and nutritional information posted online is up to date and accurate; however, we are not responsible and cannot guarantee the accuracy of all nutritional information posted on the site.

Our plan is to have the all sites providing the same menu as what is posted online. There are situations when items can become out of stock and substitutions need to be made. What is posted on our online menus is what we expect to be provided to the majority of sites. Cafeteria Managers are instructed to notify their Admin and School Nurse as soon as they become aware of any food substitutions at their site that may affect the posted menu.

Ingredient information for all menu items may be accessed by scheduling an in-person appointment with the District Menu Planner and Special Diets Coordinator at (210) 397-7639 and visiting the Child Nutrition District Office located at 7520 Mainland Drive.

Special Dietary Needs and/or Food Allergies

Substitutions (special diets) may be made to the standard menu for students who have medical documentation outlining their food allergy and/or special dietary need. This documentation must be completed and signed by a Medical Authority and returned to the student's cafeteria, School Nurse, and/or the Child Nutrition District Office (email the district office at specialdiets@nisd.net). The Medical Authority may include a Physician, Nurse Practitioner, Physician Assistant, Occupational Therapist (food texture modifications), or Registered

Dietitian. Parents are strongly encouraged to use the **Physician Order Form (POF)** for special dietary requests found at: www.nisd.net/schools/health/forms

Please make sure to include the parent's printed name, email, and phone number on the form for us to call if there are any questions. This will speed up any delays in coordinating the appropriate diet.

Each special dietary request must be supported by a statement that explains the food substitution that is requested. The statement must identify:

- the child's disability
- an explanation of why the disability restricts the child's diet
- the major life activity affected by the disability
- the food(s) to be omitted from the child's diet and the food or choice of foods that must be substituted.

The CN Department requires an update to the Physician Order Form that is signed by a Physician or Medical Authority **ONLY** if there has been a change in the student's allergies. For example, if an allergen has been added or removed. This may be different than what is required by your child's Nurse.

Food requests and preferences that **DO NOT** have supporting medical documentation should first be addressed with the student's Cafeteria Manager. These are considered preferences.

Efforts will be made to provide a variety of foods on our menus. We try to obtain foods from manufacturers that contain fewer allergens however, this is not always possible. Please note, that depending on the special diet and child's preferences, parents may want to supplement their child's school menu with food brought from home.

It is recommended that parents introduce their child to the Cafeteria Manager and the School Nurse so that he/she is familiar with your child and his/her allergies and special diet.

Lactose Intolerance/Dairy Allergy

Students who are unable to tolerate 1% Milk or Chocolate Milk due to a lactose intolerance have the ability to choose Lactose Free Milk. Lactose Free Milk is available each day to all students as part of the standard menu. Lactose Free Milk is also available to purchase when the student does not want a complete school meal.

Students who cannot consume any dairy products will require a **Physician Order Form**. **Specifics on the dairy allergy should be annotated (i.e. cannot have fluid cow's milk but may**

have dairy baked in products (pizza and combination foods). Soy Milk is available for students with a dairy allergy. Almond Milk is available for students who have both a soy and dairy allergy. Students with both a soy and dairy allergy requesting Almond Milk must have Almond Milk listed as an appropriate substitution on their POF.

Peanut Allergy

NISD makes an effort to avoid products known to contain peanuts as an ingredient. We do not contact manufacturers to determine if items are manufactured in a plant where peanuts, nuts, or any other allergens may be present. We cannot guarantee that foods procured have not be in contact with peanuts or any other nuts in trace amounts during manufacturing.