

NISD Special Diet Information

Current as of 8 July 2022

Menus for all grade levels are available online and can be accessed at:

<https://schools.mealviewer.com/district/NorthsideIndependentSchoolDistrict,TX>

The Child Nutrition Department will strive to ensure that the menu and nutritional information posted on the Meal Viewer site is current and accurate; however, we are not responsible and cannot guarantee the accuracy of all nutrition information posted on the site.

Products stocked by NISD may change due to supplier changes and unexpected substitutions that are outside of our control. These changes have been more frequent since the COVID pandemic. We appreciate your understanding as we do our best to navigate through the many changes resulting from this pandemic.

Ingredient information for all menu items may be accessed by scheduling an appointment with the district meal planner at (210) 397-7626 and visiting the Child Nutrition district office located at 7520 Mainland Drive.

INFORMATION FOR STUDENTS WITH SPECIAL DIETARY NEEDS AND/OR FOOD ALLERGIES

Substitutions may be made to the standard menu for those students who have documented food allergies and/or special dietary needs. This documentation must be completed and signed by a medical authority and returned to the student's cafeteria, nurse office, and/or the Child Nutrition District Office (Email the district office at: specialdiets@nisd.net) Parents are encouraged to use the **Physician Order Form** for special dietary requests found at www.nisd.net/schools/health/forms.

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.

An update to the **Physician Order Form** (or equivalent documentation) that is **signed by a medical authority** should be provided to the student's cafeteria manager and/or Child Nutrition District Office ONLY if there has been a change in the student's condition. For example, if

another allergen is noted and additional foods should be excluded. If a food allergen is no longer an issue, parents may request that the restriction be removed by sending an email to the café manager and specialdiets@nisd.net. Please note: The nurse requires that this form be updated every 12 months and a copy given to the Nurse Office.

The Child Nutrition Department has MealViewer as an online interactive menu that allows parents and students the opportunity to view what is being served each day. A feature of the Meal Viewer site, is that parents may create a custom account for their student which allows for annotating food allergies. Once this is completed, foods containing the specific allergens will be crossed out on the menus. The menus can be printed off the Meal Viewer site.

Substitutions and an alternate menu can be made for students with medical documentation on file at the school. An effort will be made to provide a substitution for the items containing the allergen(s). Please note, that depending on the circumstances, and the 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/or circumstances.

MILK SUBSTITUTIONS

Students who are unable to tolerate cow's milk due to lactose intolerance have the ability to choose lactose free milk or soy milk. Lactose free and soy milk are available daily to all students as part of a reimbursable meal. These options are also available to purchase when the student does not want a complete meal.

PEANUT/NUT ALLERGIES

Because of the large number of students who are allergic to peanuts, Northside ISD makes an effort to avoid products known to contain peanuts as an ingredient. We do not contact food manufacturers to determine if items are manufactured in a plant where peanuts, nuts, or any other allergens may be present in trace amounts. Northside cannot guarantee that foods procured have not been in contact with peanuts or other nuts during manufacturing.