

# Attachment A: Foods to be Omitted and Substituted

Special Dietary Needs for School Meals

**Child's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Grade Level:** \_\_\_\_\_

Medical providers must specify foods to exclude and foods to include for children with special dietary needs. This information can be provided using this form or by writing a separate diet order. Foods are listed alphabetically by food category.

Dairy  Milk Allergy  Lactose Intolerant  Other: \_\_\_\_\_

## Foods to Exclude

- Fluid Milk
- All ingredients containing milk\*
- Cheese
- Yogurt
- Butter
- Cream/Ice Cream
- Baked goods made with milk
- Buttermilk
- Other, Specify:

## Allowable substitutes

- Lactose-free milk
- Plant-based milk alternates  
(e.g. soy, almond, and rice milk)
- Plant-based cheese alternates
- Other, Specify:

\*Ingredients that contain milk include: Artificial butter or cheese flavor, Casein or caseinates, Curd, Ghee, Hydrolysates, Lactalbumin, lactalbumin phosphate, Lactose, lactoglobulin, lactoferrin, lactulose, Rennet, Whey or whey products.

Eggs  Egg Allergy  Other: \_\_\_\_\_

## Foods to Exclude

- Eggs\*
- Baked goods containing eggs
- Other, Specify:

## Allowable substitutes

- Egg-free protein options
- Egg-free baked goods
- Other, Specify:

\*Ingredients that contain egg include: Albumin (also spelled albumen), Egg (dried, powdered, solids, white, yolk), Eggnog, Lysozyme, Mayonnaise, Meringue (meringue powder), Ovalbumin, Surimi

Grains  Wheat Allergy  Celiac Disease  Gluten Intolerant  Other: \_\_\_\_\_

## Foods to Exclude

- Wheat\*
- Condiments
- Rye
- Oats
- Barley
- Other, Specify:

## Allowable substitutes

- Gluten-free alternative grains
- Wheat-free alternative grains
- Rice
- Corn products
- Quinoa
- Other, Specify:

\*Ingredients that contain wheat include: Bread crumbs, Bulgur, Cereal extract, Club wheat, Couscous, Cracker meal, Durum, Einkorn, Emmer, Farina, Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat), Hydrolyzed wheat protein, Kamut®, Matzoh, matzoh meal (also spelled as matzo, matzah, or matza), Pasta, Seitan, Semolina, Soy sauce (may contain wheat, not all varieties), Spelt, Sprouted wheat, Triticale, Vital wheat gluten, Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch), Wheat bran hydrolysate, Wheat germ oil, Wheat grass, Wheat protein isolate, Whole wheat berries.

Meat  Vegetarian  Religious Preference  Other: \_\_\_\_\_

**Foods to Exclude**

- Beef
- Pork
- Poultry
- Lamb/Mutton
- Seafood
- Other, Specify:

**Allowable substitutes**

- Plant-based meat alternates (e.g. tofu)
- Eggs
- Dairy (e.g. cheese, yogurt)
- Peanuts & Peanut Butter
- Beans
- Other, Specify:

Peanut/Tree Nuts  Peanut Allergy  Tree Nut Allergy  Other: \_\_\_\_\_

**Foods to Exclude**

- Peanuts & Peanut Butter
- Peanut Oil
- All Tree Nuts\* & Nut Butters
- Other, Specify:

**Allowable substitutes**

- Soy Butter
- Sunflower Seed Butter
- Almond Butter
- Nut-free protein options

\*Tree Nuts Include: Almond, Beechnut, Brazil nut, Bush nut, Butternut, Cashew, Chestnut, Filbert, Ginko nut, Hazelnut, Hickory nut, Lichee nut, Macadamia nut, Nangai nut, Pecan, Pine nut, Pistachio, Shea nut, Walnut.

Seafood  Fish Allergy  Shellfish Allergy  Other: \_\_\_\_\_

**Foods to Exclude**

- Crustaceans (crab shrimp lobster)
- Mollusks (clam, mussel, oyster, scallop)
- Finned Fish\*
- Caesar Dressing
- Imitation fish/crab
- Other, Specify:

**Allowable substitutes**

- Non-fish protein options
- Other, Specify:

\*Finned Fish include: Anchovy, Bass, Catfish, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Herring, Mahi mahi, Perch, Pike, Pollock, Salmon, Snapper, Sole, Swordfish, Tilapia, Trout, Tuna, Walleye.

Other Condition: \_\_\_\_\_

**Foods to Exclude**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Allowable substitutes**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Signature of Preparer	Printed Name	Date
Signature of Medical Authority & Credentials	Printed Name	Date