

# Food Allergies, Food Intolerances and Special Diet Needs at *Champ's Café*

School Food & Nutrition Services of Charlotte County Public Schools  
School Board Policy #8500

All meals served by Champ's Café meet nutritional standards set by the USDA, the United States Department of Agriculture. The staff at Champ's Café works with our customers to create healthy meals that meet their nutritional needs and food preferences.

Regarding a request to make a substitution for a food allergy (immune-mediated adverse reaction) or food intolerance (abnormal reaction to food **not** involving the body's immune system) for a disabled or a non-disabled child: Through the wide variety of well-planned nutritious foods offered each day, the child can often make appropriate safe food choices. Champ's Café will make substitutions prescribed by a licensed healthcare provider with prescriptive authority within 15 school days or the dietary modification requested may be discontinued until the medical statement/prescription has been received.

If a child has a special dietary need, Champ's Café must have a signed medical statement from a licensed healthcare provider with prescriptive authority that must include and address these three items:

### Medical Statement/Prescription Requirements:

- 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

This medical statement/prescription must be placed on file with the School Nurse. The School Nurse will notify the Champ's Café Manager and any appropriate staff involved with the child's education. Feel free to contact your School Champ's Café Manager, School Nurse or the Dietitian at the Food & Nutrition Services Central Office (941-575-5400 ext. 1408) with questions you may have regarding this documentation.

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Registered Dietitian/Specialist

\* **MILK** is one of the USDA's 4 food items offered at Breakfast and 5 food components offered at Lunch.

If a child has a medical or special dietary need involving **MILK**, such as lactose intolerance, that is, the child cannot drink regular milk, or can drink milk only on an infrequent basis, a **PARENT NOTE** to the **School Nurse** will allow the Food & Nutrition Services staff to substitute **Lactaid Milk** as a beverage with the meal. (for your convenience, a **form letter** can be downloaded from the *Champ's Café website*).

**Please note:** USDA does not permit Champ's Cafe to provide juice or a bottle of water instead of milk; Neither Juice nor Water provides the same nutrients as milk or Lactaid Milk.

For the **Lactose Intolerant Student who has a PARENT NOTE on file**, the choices are:

- select a **Lactaid Milk**--just ask the cashier if you do not see any available,
- decline milk—it is not requirement for a child to take milk with a meal,

**OR --purchase an 8 oz. juice as an ala carte USDA "Smart Snack"**

If a child does not have a medical need, but does not like the taste of milk, the child may purchase a non-dairy beverage, such as juice or bottled water.

If a child does have a medical need, please comply with the Medical Statement/Prescription Requirements (above).