Accommodating Special Diets

Emily Grody, RDN, LD
Ruth Taylor, MS, RDN, LD
Today’s Speakers

Ruth Taylor, MS, RDN, LD

Emily Grody, RDN, LD
Affiliation or Financial Disclosure

• Nothing to disclose
Fulton County School Nutrition
Special Diets

• Equal opportunity 7 CFR 15b

• Fulton County Special Diets 18/19
  • 55 Special Diets
  • 44 Texture Modifications

• 2018 USDA Best Practice Award
Share with your neighbor:

How many special diets do you have within your district?

Who is in charge of planning the special diets within your district?
Fulton County Special Diet Process

Request
Plan
Implement
Best Practice: Multidisciplinary Partnerships

- School Nutrition
- Clinic Assistants
- Speech Language Pathologist
- Teachers

© Copyright 2019 | School Nutrition Association | Annual National Conference | July 14-16, 2019 | St. Louis, Missouri
Request

- Written Medical Statement:
  - Medical Plan of Care for Fulton School Nutrition

- 504 Plan; and/or

- Individualized Education Plan (IEP)
Written Medical Statement Requirements

• Information about disability

• Explanation of what must be done to accommodate child’s disability

• Food(s) to be omitted and recommended alternative

• Signed by State Licensed Healthcare Professional
Best Practice: Standardized Form

• What’s included on Fulton’s standardized form?
  • Instructions
  • Disclosure of 7 CFR 15b
  • Disclosure statement that we plan meals based on available label info, and that we can not guarantee that food products served are not processed in facilities that also process other allergens
  • Child/Parent contact info
  • HIPPA waiver
  • Yes/No question if child has disability; If yes, description
  • Diet order – foods to omit; foods to substitute; texture modification;
  • Signature
Share with your neighbor:

What has been one of the most challenging meal accommodation request your district received?
Planning Dietary Accommodations
Best Practice: Structure Your Team for Support

<table>
<thead>
<tr>
<th>High Volume of Requests:</th>
<th>Normal Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 2 Registered Dietitians develop the Special Diets; a 3rd is on standby if needed.</td>
<td>• 1 Registered Dietitian develop the Special Diets</td>
</tr>
<tr>
<td>• 1 of the above will also train the staff and implement</td>
<td>• 1 Area Supervisor train staff and implement</td>
</tr>
<tr>
<td>• 1 Area Supervisor on stand-by to train, if needed</td>
<td></td>
</tr>
</tbody>
</table>
Planning Dietary Accommodations

- Obtain all nutrition fact labels

- Best Practice: Identify allergens in all menu items
  *We do not post this to public

<table>
<thead>
<tr>
<th>Item</th>
<th>Recipe #</th>
<th>Stock #</th>
<th>Allergens</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic Breadstick</td>
<td>AB012</td>
<td>1395</td>
<td>Soy, Milk, Wheat</td>
<td>*Processed in a facility that produces products with eggs.</td>
</tr>
<tr>
<td>Pepperoni Pizza</td>
<td>AE220A</td>
<td>2554</td>
<td>Milk, Wheat, Soy</td>
<td></td>
</tr>
<tr>
<td>Cheese Pizza</td>
<td>AE220</td>
<td>2552</td>
<td>Milk, Wheat, Soy</td>
<td></td>
</tr>
<tr>
<td>Chicken Nuggets</td>
<td>AE416</td>
<td>2685</td>
<td>Wheat</td>
<td></td>
</tr>
<tr>
<td>Wheat Roll</td>
<td>AB002</td>
<td>1369A</td>
<td>Wheat, Soy, Egg</td>
<td></td>
</tr>
</tbody>
</table>
Planning Dietary Accommodations

• Align with existing menu as much as possible

• Meet meal pattern requirements as much as possible

• Inventory Management

• Time Management
## Planning Dietary Accommodations

| High School | Recipe Number | WEEK 1 MENU 1 | Component | Portion Size | Recipe Number | WEEK 1 MENU 2 | Component | Portion Size | Recipe Number | WEEK 1 MENU 3 | Component | Portion Size | Recipe Number | WEEK 1 MENU 4 | Component | Portion Size | Recipe Number | WEEK 1 MENU 5 | Component | Portion Size |
|-------------|---------------|---------------|-----------|-------------|---------------|---------------|-----------|-------------|---------------|---------------|-----------|-------------|---------------|---------------|-----------|-------------|---------------|---------------|-----------|
| Entrees:    |               |               |           |             |               |               |           |             |               |               |           |             |               |               |           |             |               |               |           |             |
| A8030       | Brown Rice    | 2 SER         | 1 Cup     | A8030       | Lettuce & Tomato | 3/4 Cup | A8030       | Grilled Chicken Salad | 1 Ea. | A8030       | Grilled Chicken Salad | 1 Ea. |
| Fruits & Vegetables: | | | | | | | | | | | | | | | | | | | | |
| AF1000      | Assorted Fruit Mixes | 1/2 Cup | AF1000     | Assorted Fruit Mixes | 1/2 Cup | AF1000 | Assorted Fruit Mixes | 1/2 Cup |
| AF2000      | Assorted Fresh Fruit | 1/2 Cup | AF2000     | Assorted Fresh Fruit | 1/2 Cup | AF2000 | Assorted Fresh Fruit | 1/2 Cup |
| AV0105      | Steamed Californian Blend | 1/2 Cup | AV0105     | Steamed Californian Blend | 1/2 Cup | AV0105 | Steamed Californian Blend | 1/2 Cup |
| AV0406      | Carrots & Celery | 1/2 Cup | AV0406     | Carrots & Celery | 1/2 Cup | AV0406 | Carrots & Celery | 1/2 Cup |
| Milk & Cheese Varieties: | | | | | | | | | | | | | | | | | | | | |
| 1120        | Milk, Slim    | 1/2 Pt        | 1120       | Milk, Slim   | 1/2 Pt | 1120 | Milk, Slim | 1/2 Pt |
| 1121        | Milk, 1%      | 1/2 Pt        | 1121       | Milk, 1%     | 1/2 Pt | 1121 | Milk, 1% | 1/2 Pt |
| 1343        | Milk, Chocolate | 1/2 Pt        | 1343       | Milk, Chocolate | 1/2 Pt | 1343 | Milk, Chocolate | 1/2 Pt |
| 1344        | Milk, Strawberry | 1/2 Pt | 1344       | Milk, Strawberry | 1/2 Pt | 1344 | Milk, Strawberry | 1/2 Pt |
| Condiments: |              |               |           |             |               |               |           |             |               |               |           |             |               |               |           |             |               |               |           |             |
| 4412        | Ranch         | 1 Ea          | 4412       | Ranch       | 1 Ea. | 4412 | Ranch | 1 Ea |
| 3599        | Salsa         | 1/4 Cup       | 3599       | Salsa       | 1/4 Cup | 3599 | Salsa | 1/4 Cup |

As of 12.10.18, all items on this menu are free of wheat/gluten.

If your school receives a sub menu for something on B C’s Specialized Menu, contact Emily Grady IMMEDIATELY!
# Parental Support

### Fulton County Schools 2018-2019

#### Monday
- **Week of**: Aug 6, Sept 4, Oct 1, Oct 29, Dec 3
  - Grilled Chicken Salad w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Cannelloni & Colavry
  - Steamed California Blend Vegetables

#### Tuesday
- **Week of**: Aug 13, Sept 10, Oct 9, Nov 5, Dec 10
  - Mini Burgers (NO BUN) w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Cannelloni & Colavry
  - Sweet Waffle Fries

#### Wednesday
- **Week of**: Aug 20, Sept 17, Oct 16, Nov 12, Dec 17
  - Grilled Chicken Salad w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Cannelloni & Colavry
  - Steamed Broccoli

#### Thursday
- **Week of**: Aug 27, Sept 24, Oct 22, Nov 26
  - Mini Burgers (NO BUN) w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Cannelloni & Colavry
  - Sweet Waffle Fries

#### Friday
- **Week of**: Aug 6, Sept 4, Oct 1, Oct 29, Dec 3
  - Steak & Nachos w/ White Queso or White Queso Nachos
  - Assorted Fresh and Mixed Fruit
  - Fresh Corn, Cucumber, and Cherry Tomato
  - Black Beans

- **Week of**: Aug 13, Sept 10, Oct 9, Nov 5, Dec 10
  - Turkey Chef Salad w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Fresh Corn, Cucumber, and Cherry Tomato
  - Black Beans

- **Week of**: Aug 20, Sept 17, Oct 16, Nov 12, Dec 17
  - White Queso Nacho Bowl w/ Fork Carrots or White Queso Nachos
  - Assorted Fresh and Mixed Fruit
  - Fresh Corn, Cucumber, and Cherry Tomato
  - Signature Side Salad

- **Week of**: Aug 27, Sept 24, Oct 22, Nov 26
  - Turkey Chef Salad w/ Brown Rice
  - Assorted Fresh and Mixed Fruit
  - Fresh Corn, Cucumber, and Cherry Tomato
  - Steamed Mixed Vegetables

---

*This menu was created for R.S. to be Gluten Free, according to the nutrition labels on file.*

---

**Cambridge High School Cafeteria Manager:**

Melissa Schott  
(317) 254-4780  
schotts@fultonschools.org

---

© Copyright 2019 | School Nutrition Association | Annual National Conference | July 14-16, 2019 | St. Louis, Missouri
Share with your neighbor:

Does your district accommodate requests that do not have a written medical statement?
Implementation

- In person training
  - Manager
  - Key Person or Production Chef

- Best Practice: Special Diet Implementation Form
Documentation

- Production record
- Commend section on production record
- Sample tray

Thursday Sample Tray:

Special Diets: AP: Rot. Chicken w/ Rice/Black Eyed Peas/Oranges; AS: No Lunch

Wings of Fire served to utilize inventory

**Denotes item is no longer attached to a stock number. Nutrition Link number and description is displayed in place of this stock number and description.
Best Practice: Central Office Organization

• Master Spreadsheet

• Electronic file for each student
  • Signed implementation form
  • Notes documenting communication with parents & staff

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
<th>Allergen</th>
<th>Date Received</th>
<th>Date Completed</th>
<th>Parent</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. C.</td>
<td>Cambridge</td>
<td>Wheat/Gluten</td>
<td>6/4/2018</td>
<td>Emily trained staff on 8/3</td>
<td>G.C.</td>
<td></td>
</tr>
<tr>
<td>T. R.</td>
<td>Centennial</td>
<td>Gluten &amp; Lactose Intolerant CAN have Processed Cheese</td>
<td>6/7/2018</td>
<td>Emily trained staff on 8/3</td>
<td>S. R.</td>
<td></td>
</tr>
<tr>
<td>S.R.</td>
<td>Centennial</td>
<td>Gluten &amp; Lactose Intolerant CAN have Processed Cheese</td>
<td>6/7/2018</td>
<td>Emily trained staff on 8/3</td>
<td>S. R.</td>
<td></td>
</tr>
<tr>
<td>P.C.</td>
<td>Wilson Creek ES</td>
<td>Parent requesting a list of all foods containing Peanut/Tree Nuts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Manager Training

• Start-Up Training
  • Overview of Special Diet Process
  • Food safety
  • Substitutions from food distributor
  • Parent requests
Share with your neighbor:

What do you do if a parent comes into the school kitchen and asks to see nutrition labels?
Texture Modified Diets

• Soft Diets

• Pureed Diets
  • Equipment
  • Training
Fluid Milk

- Written Medical Statement
- Reasonable Accommodation
What do you do if a parent requests juice as a substitute for fluid milk?
Peanut-Free Menus

• Fulton Menus are not considered Peanut-Free

• Best Practice: Handout that lists food items on menus and extra sales that:
  • contain peanut/tree nut in ingredients
  • may be processed in facility on shared equipment

• Peanut-Free tables
  • FNS Guidance on Special Seating Arrangements
Special Diet Information on our Website and App

• Process for requesting meal modifications

• Carbohydrate Counts

• We do not post allergen lists
Special Diet Challenges

- Time for due diligence
- Multiple students with meal accommodations at one site
- Students with multiple food allergies
- Field Trips
- Turnover in staffing
Share with your neighbor:

How does your district manage multiple meal accommodations at one site?
Tools & Resources

• **USDA FNS:**
  - **SP 59-2016** Policy Memo on Modifications to Accommodate Disabilities in the School Meal Programs
  - **SP 26-2017** Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers
    - **Companion Piece:** Accommodating Children with Disabilities in the School Meal Programs: Guidance for School Food Service Professionals – released 07/25/2017

• Institute of Child Nutrition – collection of fact sheets on food allergies

• Software Programs
Why we do what we do:

“The staff has been awesome over the years in working with and for my child. I truly appreciate everyone that is involved in this process.”
-Parent

“Thank you so much for taking time to get this done for us...I am so happy to know Fulton County Schools are willing to make this easy for us.”
-Parent

“He was so thrilled to eat from the regular menu. Thank you and your staff...for your professionalism and support during our time of need”
-Parent
Evaluate This Session

Use the ANC App to evaluate the education sessions you attend and you will automatically be entered to win a FREE registration to ANC 2020 in Nashville.*

One entry per person. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.
Thank You!