

- [Click here to download the Special Dietary Needs Form](#)

The Pittsylvania County Schools' Nutrition Program wants to help provide a safe, educational environment in which your child may learn. By working together we can create a plan that can help meet your child's special dietary needs. If your child has a medical dietary need that requires food to be different, modified, or avoided, please contact the principal's office at your child's school to set up an appointment with the school nurse.

In order to make menu modifications for your child, we are required by law to have medical documentation outlining his/her food allergy submitted on a required **Special Dietary Needs Form**. Please have the doctor who treats your child for his/her food allergy complete this form in detail and sign it. Return the signed, completed form to the school nurse.

Once the form is returned to the school nurse, he/she will then submit the form to the registered dietitian who will review the information and evaluate the request to modify menu offerings. The registered dietitian will then contact you to set up a meeting to discuss your child's needs.

**For specific dietary needs:**

**Diabetics**

We ask that diabetic students or parents of diabetic students please visit the school nurse. We provide carbohydrate counts of all items that we serve in the cafeteria. *You do not need to fill out a special dietary needs form.* The nurses can work with you to manage your carbohydrate counts and your medication.

**Life Threatening Food Allergies**

In accordance with USDA regulations the School Nutrition Program is required to provide food substitutions or modifications for any student with life threatening allergies when mandated by physician signed orders. You must have the doctor who treats your child for his/her food allergy complete the **Special Dietary Needs Form**.

The School Nutrition Program is very concerned about preventing severe life-threatening allergenic reactions. Efforts are made to instruct our cafeteria staff on the severity of food allergies. By law, food manufacturers are required to identify the major allergens (milk, eggs, fish, peanuts, tree nuts, soybeans, wheat and shellfish) on food labels. We review ingredient labels annually for the food items we serve and may initiate additional contact with food manufacturers if we need more information regarding the allergens that their foods may contain.

Although the School Nutrition Program works attentively to assure the safety of the foods it serves, the risk of cross contamination that may occur at manufacturing plants, although small, cannot be ruled out. Some food manufacturers produce the major allergen containing products in the same facilities as non-allergen containing foods. Consequently, **we want you to be aware that our ingredient data cannot be 100 percent accurate.**

The School Nutrition Program maintains a reference notebook of food ingredient labels of all foods that our cafeterias regularly serve. Individuals may call the School Nutrition Program office (434-432-2487 ext. 5045) to schedule a time to look through the reference notebook to identify the foods that may contain ingredients your child should avoid.

We want you to be well-informed and trust that these precautions taken by the School Nutrition Program provide the necessary assurance you are seeking in managing your child's diet at school.

**Lactose Intolerance**

The School Nutrition Program can provide lactose free milk for children with lactose intolerance. Parents need to request this alternative in writing.

Please contact the School Nutrition Program for additional assistance at 434-432-2761 ext. 5045.