

Diet Modification Request Form Question and Answer

1. What is the diet modification process?

Obtain a Diet Modification Request Form (supplied from the Iowa Department of Education) from Central Nutrition Office (CNC) or school nurse. Have the form completed by a licensed medical provider. Return the completed Diet Modification Request Form to the school nurse. A formal plan/ write up will be given to kitchen coordinator and manager with directions for substitutions.

2. Who are the licensed medical providers that can complete the form?

Iowa defines a licensed medical provider who is able to treat medical patients and write a medical prescription as a licensed physician (MD, DO), physician's assistant (PA), or advanced registered nurse practitioner (ARNP).

3. What does, "substantially limit a major life function" mean?

The Americans with Disabilities Act Amendments of 2008 [ADAAA] defines a disability that substantially limits a major life function as any impairment related to: caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, working, reading, concentrating, thinking, sleeping, eating, lifting, bending, communicating, operation of major bodily functions, such as immune system, normal cell growth, digestive, bowel and bladder (34 C.F.R. §104.3 (j)(2)(i) and ADAAA (2008).

4. Why is the Diet Modification Request Form required for a nutritional program?

Children with disability who require changes to the basic meal pattern (such as special supplements or substitutions) are required to provide documentation with accompanying instructions from a licensed medical provider. This is required to ensure that the modified meal is reimbursable, and to ensure that any meal modifications meet nutritional standards, which are medically appropriate for the child (USDA, 2001).

5. In the school setting, who should maintain the Diet Modification Forms?

The food service dietitian should maintain the original form because it is required program documentation related to reimbursement.

6. How does a food service program accommodate a nutritionally related religious preference?

The Diet Modification Request Form addresses medical needs pertaining to a medical condition only. The Offer vs. Serve Program is recommended for many situations where students may decline food items due to taste, tolerance, and religious beliefs without completing a form. (e.g. If providing Offer vs. Serve, a student with a milk intolerance may decline milk without completing a form. However, juice is no longer an acceptable substitution.)

7. What is your substitution for dairy milk?

We provide soy milk which is nutritionally comparable to cow's milk in calcium, protein, Vitamin A, Vitamin D, Magnesium, Phosphorus, Potassium, Riboflavin, and Vitamin B12.

8. What if I don't agree on the decision, can I appeal?

Please contact the Food and Nutrition Management at 515-242-7636.