

# DIET PRESCRIPTION FOR MEALS AT SCHOOL



**CENTRAL VALLEY SCHOOL DISTRICT**  
 NUTRITION SERVICES  
 509-228-5415

A **licensed physician MUST** complete this form for life-threatening food allergies; a recognized medical authority for all food allergies and other food related issues such as food intolerances.

**Return this form to the School Nurse. Form valid for current school year only.**

**REMEMBER: FOR LIFE-THREATENING ALLERGIES, MEALS FROM HOME PROVIDE THE SAFEST OPTION**

**Student:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PEANUTS/NUTS (Not typically on CVSD menu)**

Common School Items	School Substitutions Could Include
Peanut Butter Sandwich	Cheese Sandwich/Cheese Stick
Trail Mix/Granola Bar	Turkey, Ham or Beef Sandwich
Power Alley Bar/Big Foot Cookie	Chicken Nuggets
Some Quick Desserts	Animal Crackers

**MILK**

Common School Items	School Substitutions Could Include
Milk	Juice

**DAIRY**

Common School Items	School Substitutions Could Include
Pizza/Burrito/Ravioli/Spaghetti	Turkey, Ham or Beef Sandwich
Ice Cream/Breaded Entrée Items	Hamburger on a Bun
Cheese Sandwich/Zombie	Soft Taco (No Cheese)

**EGG**

Common School Items	School Substitutions Could Include
Eggs	Hamburger on a Bun
Breaded Entrée Items	Hot Dog on a Bun
Muffins/Quick Breads	Cheese Sandwich

**FOODS TO OMIT**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**WHEAT**

Common School Items	School Substitutions Could Include
Sandwich Bread	Rice
Bread Items/Breaded Entrée Items	Tortilla Chips
Cookies/Cakes/Many Desserts	Potatoes
Pizza Crust	French Fries
Hamburger/Hot Dog Bun	Mashed Potato
Pastas (Ravioli/Spaghetti)	Hard Taco Shell
Breakfast Cereals and Entrees	Rice Cereal

**SOY**

Common School Items	School Substitutions Could Include
All Bread Items (Soy Oil)	Yogurt
Purchased Entrees (burrito, nuggets, corn dog, hamburger, ravioli, etc.)	String Cheese
Salad Dressings/Dips	Sun Chips
Most Purchased Snack/Dessert Items	Fresh Fruits and Vegetables

**FISH**

Common School Items	School Substitutions Could Include
Fish Nuggets	Hamburger on a Bun
Fishwich on a Bun	Cheese Sandwich
Breaded Fish Entrees	Turkey, Ham or Beef Sandwich
Tuna Sandwich	Chicken Nuggets

**FOODS TO SUBSTITUTE\***

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**\*Some substitutions may not be available or allowed. Substitutions must be products commonly available in the school district warehouse.**

<b>FOOD ALLERGY:</b> _____	<b>No Substitutions Needed (circle)</b>	<input type="checkbox"/> MILD <input type="checkbox"/> MODERATE <input type="checkbox"/> SEVERE <input type="checkbox"/> LIFE THREATENING
<b>Licensed Physician Signature (for life threatening allergies):</b> _____	<b>Printed Name:</b> _____	
<b>Recognized Medical Authority Signature:</b> _____	<b>Printed Name:</b> _____	
<b>By signing, standard food substitutions are accepted as listed above unless "No Substitutions Needed" has been circled. Phone:</b> _____		