

## West Des Moines Community Schools Diet Modification Request Form

Modifications are required by The United States Department of Agriculture (USDA) to accommodate a disability. Under Section 504, the ADA, and Departmental Regulations of 7 CFR part 15b define a person with disability as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such an impairment. **“Major life activities” are broadly defined and include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. “Major life activities” also include operation of a major bodily function, including but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.**

This form must be completed by a “medical authority” that is authorized by state law to write medical prescriptions: In Iowa this includes only Medical Doctors (MD), Doctors of Osteopathic Medicine (DO), Physician’s Assistants (PA), or Advanced Registered Nurse Practitioners (ARNP).

Return the completed form to the West Des Moines School Nutrition Department 3550 Mills Civic Pkwy West Des Moines IA 50265 email to [dyew@wdmcs.org](mailto:dyew@wdmcs.org) or return to the school nurse in your assigned building.

Participant’s Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Grade: \_\_\_\_\_

School of Attendance \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_  
(Name) (Phone or email)

<b>1) Describe the medical need related to the diet order and “major life activity” (see above) affected.</b> <i>Example: Allergy to peanuts affects ability to breathe.</i>	
<b>2) Explain what must be done to accommodate the medical need:</b>	
Food(s) or Formula to Omit:	Food(s) or Formula to Substitute:
<b>Complete the back to provide additional details</b>	
Modified Texture:	<input type="checkbox"/> Not Applicable <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed
Modified Thickness of Liquids:	<input type="checkbox"/> Not Applicable <input type="checkbox"/> Nectar <input type="checkbox"/> Honey <input type="checkbox"/> Spoon or Pudding Thick
Special Feeding Equipment:	<input type="checkbox"/> Not Applicable <input type="checkbox"/> Equipment Needed: _____ <i>(Example: large handled spoon, sippy cup, etc.)</i>
Infants under one year of age must receive iron-fortified infant formula or breast milk unless a Diet Modification Request Form is on file.	

Licensed prescribing medical professional: \_\_\_\_\_  
(Name, print or type) (Title)

\_\_\_\_\_  
(Signature of medical professional) (Date)

**The program must make accommodations for disabilities. Accommodation is encouraged for other medical conditions.**

The parent/guardian may request a nutritionally equivalent substitute for fluid milk without direction from a medical professional. This site chooses to offer this nutritionally equivalent product: **Lactose Free milk or Soy Milk**. Please circle choice, sign and list the reason for the request. \_\_\_\_\_

USDA allows a parent/guardian to supply substitute foods. Check here if you wish to provide the substitute foods:

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*(To document choices and permission to share with appropriate staff as needed to make accommodations.)*

<p><b>Lactose/milk – Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fluid milk as a beverage or on cereal? ¼ cup of fluid milk to be used on cereal? __yes __no</li> <li><input type="checkbox"/> Yogurt</li> <li><input type="checkbox"/> Milk based desserts such as ice cream and pudding</li> <li><input type="checkbox"/> Hot entrees with cheese as a prime ingredient such as grilled cheese, cheese pizza, or macaroni &amp; cheese</li> <li><input type="checkbox"/> Cheese baked in products such as a casserole or on meat pizza</li> <li><input type="checkbox"/> Cold cheese such as string cheese or sliced cheese on a sandwich</li> <li><input type="checkbox"/> Milk in food products such as breads, mashed potatoes, cookies or graham crackers</li> </ul> <p><b>Student has Lactose intolerance, may have dairy items that do not contain lactose check here</b> <input type="checkbox"/></p>	<p><b>Serve these items instead:</b></p>
<p><b>Soy - Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Protein products extended with soy</li> <li><input type="checkbox"/> Processed items cooked in soy oil</li> <li><input type="checkbox"/> Food products with soy as one of the first three ingredients</li> <li><input type="checkbox"/> Food products with soy listed as the fourth ingredient or further down the list</li> </ul>	<p><b>Serve these items instead:</b></p>
<p><b>Egg - Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cooked eggs such as scrambled eggs or hard cooked eggs served hot or cold</li> <li><input type="checkbox"/> Eggs used in breading or coating of products</li> <li><input type="checkbox"/> Baked products with eggs such as breads or desserts</li> </ul>	<p><b>Serve these items instead:</b></p>
<p><b>Seafood – Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fish (Cod, tuna, tilapia, haddock, salmon, etc.)</li> <li><input type="checkbox"/> Shrimp</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<p><b>Serve these items instead:</b></p>
<p><b>Peanuts – Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Peanuts, individually or as an ingredient</li> <li><input type="checkbox"/> Foods containing peanut oil</li> <li><input type="checkbox"/> Foods items identified as manufactured in a plant that also handles peanuts</li> </ul>	<p><b>Serve these items instead:</b></p>
<p><b>Tree nuts – Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All nuts</li> <li><input type="checkbox"/> Food items identified as manufactured in a plant that also handles nuts</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<p><b>Serve these items instead:</b></p>
<p><b>Grains – Do not serve the items checked below:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Foods containing wheat</li> <li><input type="checkbox"/> Foods containing gluten</li> <li><input type="checkbox"/> Oats</li> <li><input type="checkbox"/> Other: _____</li> </ul>	<p><b>Serve these items instead:</b></p>