

# Peninsula School District

## Special Dietary Needs offerings

Peninsula School District will make every attempt to accommodate students with medical or special dietary needs. Each special dietary request must be supported by a statement; it must be signed by a recognized medical authority. The medical statement must include:

- An identification of the medical or other special dietary condition which restricts the child's diet;
- The food or foods to be omitted from the child's diet; and
- The food or choice of foods to be substituted.

Additionally, the Nutrition Services Department may make food substitutions, at our discretion, for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need.

Such determinations are only made on a case-by-case basis. This provision covers those children who have food intolerances or allergies, but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.

Below are listed are some of the options we have available for commonly identified special dietary needs:

### Gluten Free Options:

Deli Sandwiches on Gluten Free buns/ breads. Fillings include Turkey, Ham, Egg Salad, \*Tuna Salad.

Hamburger on Gluten Free bun

\*Chicken Sandwich (un-breaded) on a Gluten Free Bun

\*Chicken Strips

\*Nachos

\*Pizza

Variety of Salads with Gluten Free Dressing

\*When available. Please ask Kitchen Manager.

### Tree Nuts/ Peanuts:

As a policy we do not offer any products that contain tree nuts or peanut products. However, we cannot control what foods are brought in from outside. Most schools in our district offer specially designated tables that are essentially "nut free". This enables students to enjoy their meal without the risk of cross contamination from nut oils.

For any specific item or concern please contact the school Kitchen Manager for information.

### Lactose:

We typically do not stock lactose free dairy products due to short shelf life. If requested we will provide a suitable substitute at our discretion for students with lactose intolerances.

It is our goal to provide a high quality, enjoyable dining experience for all of the students in the Peninsula School District. If we can help answer any questions please contact your students' cafeteria manager.