# MEDICAL STATEMENT TO REQUEST

**SPECIAL MEALS AND/OR ACCOMMODATIONS**

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| **1.  School** | | **2.  Site Name** | | | | **3. Site Phone Number** | | |
| **4. Name of Child** | | | | | | **5. Age of Child** | | |
| **6. Name of Parent or Guardian** | | | | | | **7. Phone Number** | | |
| **8. Description of Child’s Physical or Mental Impairment Affected:** | | | | | | | | |
| **9. Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:** | | | | | | | | |
| **10. Indicate Food Texture for Above Child:**   **Regular**   **Chopped**  **Ground**  **Pureed** | | | | | | | | |
| **11. Foods to be Omitted and Appropriate Substitutions:**  **Foods To Be Omitted** **Suggested Substitutions** | | | | | | | | |
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| **12. Adaptive Equipment to be Used:** | | | | | | | | |
| **13. Signature of State Licensed Healthcare Professional\*** | | **14. Printed Name** | | | **15. Phone Number** | | **16. Date** | |

**\*For this purpose, a state licensed healthcare professional in Virginia is a licensed physician, a physician assistant, or a nurse practitioner.**

**The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant.**

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**INSTRUCTIONS**

1. **School:** Print the name of the school that is providing the form to the parent.

2. **Site:** Print the name of the school site where meals will be served.

3. **Site Phone Number:** Print the telephone number of site where meal will be served.

4. **Name of Child:** Print the name of the child to whom the information pertains.

5. **Age of Child:** Print the age of the child.

6. **Name of Parent or Guardian:** Print the name of the person requesting the child’s medical statement.

7. **Phone Number:** Print the telephone number of parent or guardian.

8. **Description of Child’s Physical or Mental Impairment Affected:** Describe how the physical or mental impairment restricts the child’s diet.

9. **Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:** Describe a specific diet or accommodation that has been prescribed by the state healthcare professional.

10. **Indicate Texture:** If the participant does not need any modification, check “Regular.”

11. **Foods to be Omitted:** List specific foods that must be omitted (e.g., exclude fluid milk).

**Suggested Substitutions:** List specific foods to include in the diet (e.g., calcium-fortified juice).

12. **Adaptive Equipment to be Used:** Describe specific equipment required to assist the child with dining (e.g., sippy cup, large handled spoon, wheel-chair accessible furniture, etc.).

13. **Signature of State Licensed Healthcare Professional:** Signature of state licensed healthcare professional requesting the special meal or accommodation.

14. **Printed Name:** Print name of state licensed healthcare professional.

15. **Phone Number:** Telephone number of state licensed healthcare professional.

16. **Date:** Date state licensed healthcare professional signed form.

**Citations are from Section 504 of the Rehabilitation Act of 1973, Americans with Disabilities Act (ADA) of 1990, and ADA Amendment Act of 2008:**

**A person with a disability** is defined 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.

**Physical or mental impairment** means (a) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: neurological; musculoskeletal; special sense organs; respiratory; speech; organs; cardiovascular; reproductive, digestive, genito‑urinary; hemic and lymphatic; skin; and endocrine; or (b) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

**Major life activities** 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 bodily functions** have been added to major life activities and include the functions of the immune system; normal cell growth; and digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.

**“Has a record of such an impairment”** means a person has, or has been classified (or misclassified) as having, a history of mental or physical impairment that substantially limits one or more major life activities.