

SUBSTITUTION OF FOODS/SPECIAL MEALS

The USDA governing the National School Lunch Program and School Breakfast Program states that substitutions to the regular meal must be made for children who are unable to eat certain foods because of their disabilities, when that need is certified by a licensed physician. All meals must meet the meal program regulations. **Substitutions must be based on a prescription written by a licensed physician.**

The Program meal patterns per day are as follows: 8 oz. milk; 1 1/2 to 2 oz (depending on grade) meat or meat alternate (eggs, cheese, etc.); 3/4 to 1 cup vegetable or fruit; and 12 to 15 servings of grain per week.

Field trip sack lunches are to be furnished by the parent. This type of meal would come under the heading of special meal (different from the regular meal on the menu). Again, this would need a written prescription from a licensed physician stating the necessity of substituting the regular meal.