



**North East Independent School District
Meal Modification Request for School Year 2025-26**

The school meal modification request must be submitted to the School Nurse by the parent or guardian. A new form is required yearly. Allergen restrictions are listed on the back of the form. **This form must be completed and signed by a Texas Licensed Medical Authority (Physician, Physician Assistant or Advance Practice Nurse).**

Student Legal Name: Last _____ First _____ Middle Initial _____

Date of Birth _____ Student ID # _____ School _____ Grade (9/2024) _____

1) Condition/Diagnosis that requires a special diet or food modification at school: _____

➤ This form is not needed for lactose intolerance, as the district offers lactose free and soy milk with meals.

2) Does this student have a disability? Yes _____ No _____

Under Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act of 2008, a "person with a disability" is any person who has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment or is regarded as having such an impairment.

If yes, check the major life activities affected by the disability and reason the disability prevents the child from eating the regular school meal.

breathing _____; eating _____; hearing _____; learning _____; seeing _____; speaking _____; walking _____;
performing manual tasks _____; caring for oneself _____

- The School Nutrition Services staff will make every attempt to reasonably accommodate students that have dietary restrictions that are not life threatening or not reported by a medical authority as a disability.
- School Nutrition Services will not make menu accommodations based on religious beliefs or food preferences.

Medical Authority Name (print): _____ Date: _____

Medical Authority Signature: _____ Phone: _____

Registered Dietitian working with the case: _____ Phone: _____

*I understand that if my child's medical or health needs change, it is my responsibility to notify the school and submit a new Meal Modification Request. **Parent/guardian may submit a request in writing or email to schoolnutrition@neisd.net to remove diet restrictions.***

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____ Date _____

Parent/Guardian Phone: _____ Email: _____

Updated 4/2025

Allergen & Texture Modification Check List: Check the food allergen(s) to be omitted from the child's diet or check the no substitution needed box. Review the foods that are recommended substitutions. School Café may be used to view allergen information for menu items: <https://www.schoolcafe.com/NorthEastISD> For Texture Modifications, check as needed.

☐ **No Substitution Needed**

☐ **Peanut/Tree Nut Allergy**

Common School Items: Scones and a few prepackaged snack items processed in a facility that contains peanuts/tree nuts

Diet Restriction

Restricts nut products

Substitution Could Include

Nut free snack

☐ **Milk & Milk Proteins Allergy (not lactose intolerant)**

Common School Items: Milk, yogurt, ranch dressing, entrée salads, cheese products, some breaded entrees, ice cream, pudding, some bread products, most breakfast entrees

Diet Restriction

Restricts all dairy products, including milk solids, casein, whey, and lactalbumin

Substitution Could Include

A dairy-free menu will be planned and provided for the cafeteria staff to prepare. Parent must contact SchoolNutrition@neisd.net to request a menu plan

☐ **Wheat Allergy (Wheat, Rye, Barley)**

Common School Items: Bread/buns, rolls, flour tortillas, crackers, croutons, breaded meat items, pizza products, corn dogs, pasta, pretzels, spicy hash browns, gravy, soy sauce, breakfast cereal, most breakfast entrees, cookies, cereal bars, some ice cream products

Diet Restriction

Restricts wheat, rye, and barley, including wheat flours, starch, wheat extracts, and thickeners

Substitution Could Include

A wheat-free menu will be planned and provided to the cafeteria staff to prepare. Parent must contact SchoolNutrition@neisd.net to request a menu plan

☐ **Soy Protein Allergy (Please specify below)**

Allergic to all soy: cannot tolerate soy oil and soy lecithin

☐ Can tolerate soy oil and soy lecithin

Common School Items

Soy protein: Most entrees, spring rolls, soy milk, soy sauce

Soy oil: Most bread items, fried rice, most entrees, salad dressings, ranch dip, packaged snacks, gravy

Diet Restriction

Restricts all soy products, including soy oil & soy lecithin
OR
Restricts soy protein products but allows items with soy oil & soy lecithin

Substitution Could Include

A soy-free menu will be planned and provided to the cafeteria staff to prepare. Parent must contact SchoolNutrition@neisd.net to request a menu plan

☐ **Egg Allergy (Please specify below)**

☐ Allergic to all egg products: cannot tolerate baked goods, breading on meats, mayonnaise, etc.

☐ Whole Egg Allergy: tolerates eggs in baked goods, mayonnaise, pasta, and breading on meats

Common School Items:

Eggs as an ingredient - breaded meat, mayonnaise products, pasta, French toast, cinnamon rolls, rolls, etc.

Whole eggs - Breakfast tacos, omelets, hard-cooked eggs

Diet Restriction

Egg Allergy restricts eggs in baked items, mayonnaise-based and breaded meat items
OR
Whole Egg Allergy allows eggs in baked items, mayonnaise, pastas, and breaded meat items.

Substitution Could Include

Egg Allergy: An egg-free menu will be provided to the cafeteria staff to prepare. Parent must contact SchoolNutrition@neisd.net to request a menu plan.
Whole Egg Allergy - Alternate menu items available daily

☐ **Fish (seafood, shellfish)**

Common School Items: Fish and a few ingredients processed in a facility that contains fish

Diet Restriction

Restricts fish

Substitution Could Include

Alternate menu choice of the day

☐ **Texture Modification Required**

Liquids: ☐ Thin ☐ Slightly Thick ☐ Mildly Thick ☐ Moderately Thick ☐ Extremely Thick

Solids: ☐ Pureed ☐ Minced & Moist ☐ Soft & Bite Sized

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