

4.50—SCHOOL MEAL MODIFICATIONS

Except for requests to receive “lactose free” milk, the district only provides modified meal components on menus to accommodate students with a disability. A parent/guardian wishing to request dietary accommodations for their student with a disability must submit to the district’s Director of Child Nutrition a medical statement completed by a State licensed healthcare professional, which includes:

- Physicians, including those licensed by:
 - The Arkansas State Medical Board;
 - The Arkansas State Board of Chiropractic Examiners (Chiropractors);
 - The Arkansas Board of Podiatric Medicine (Podiatrists);
- Nurse Practitioners (APRNs in family or pediatric practice with prescriptive authority);
- Physician Assistants (PAs who work in collaborative practice with a physician); and
- Dentists.

The medical statement should include:

1. A description of the student’s disability that is sufficient to understand how the disability restricts the student’s diet;
2. An explanation of what must be done to accommodate the disability, which may include:
 - a. Food(s) to avoid or restrict;
 - b. Food(s) to substitute;
 - c. Caloric modifications; or
 - d. The substitution of a liquid nutritive formula.

If the information provided in the medical statement is unclear, or lacks sufficient detail, the district’s Director of Child Nutrition shall request additional information so that a proper and safe meal can be provided.

When choosing an appropriate approach to accommodate a student’s disability, the District will consider the expense and efficiency of the requested accommodations. The District will offer a reasonable modification that effectively accommodates the child’s disability and provides equal opportunity to participate in or benefit from the program, which may include a generic version of a product.

Parents may submit a written request for their student to be provided “lactose free” milk. The parent’s request is not required to be accompanied by a medical statement in order for it to be granted.

Parents may file a grievance regarding the request for modifications with the District’s 504 Coordinator, who will schedule a hearing on the grievance to be held as soon as possible. The 504 coordinator shall provide a copy of the procedures governing the hearing, including that the parent has the right to be accompanied by counsel, and the appeal process upon request.

Except for requests to receive “lactose free” milk, the district will not prepare meals outside the normal menu to accommodate a family’s religious or personal health beliefs.

Note: The USDA does not consider requests for “lactose free” milk to be a meal modification that requires medical documentation as it is still dairy milk; this is not true for “non-dairy” milks, such as oat milk or soy milk.

Legal References: Commissioner’s Memo FIN-09-044
Commissioner’s Memo FIN-15-122
Commissioner’s Memo CNU-17-051
Commissioner’s Memo CNU-18-008
Commissioner’s Memo CNU-18-023
Commissioner’s Memo CNU-18-025
7 CFR 210.10(g)

Date Adopted: 05-20-2019
Last Revised: 04-28-2025