POCONO MOUNTAIN SCHOOL DISTRICT

PO Box 200 ● Swiftwater, PA 18370 ● 570-839-7121

For Office Use:

Initials

Child Nutrition Department Special Diet Form 2025 - 2026

Part 1 - Parent/Guardian to complete the following		
Today's Date:		
Students Name:		**Student ID#:**
Name of School:	**Grade:**	**DOB:**
Which meals will the student be eating from the cafeteria? Circle ALL that apply: Breakfast - Lunch - None		
Parent/Guardian Name:	**Good Email to Contact:**	**Phone #:**

Part 2 – To be completed by a Licensed Physician, Physician's Assistant, or Registered Nurse Practitioner

A) Does this student have a severe or life-threatening food allergy, identified disability, or medical condition?
The school may choose to accommodate a student with a non-disabling special dietary need.

- **NO**
- **YES** – Specify affected life activities below.

B) Describe condition(s): _____

C) Indicate Food Allergy(s) or Food(s) to be Avoided:

- Lactose Intolerance – Fluid milk only
- Lactose Intolerance – Fluid milk, yogurt, & cheese (ex. Pizza)
- Milk (MILD Allergy) – Fluid milk only
- Milk (MILD Allergy) – Dairy & dairy products
- Milk – Dairy, dairy products, & foods with milk ingredients (ex. Muffins, Rice Krispies Treats)
- Soybean – Whole soybeans, textured soy protein, & tofu
- Soybean ingredients– Soybean oil & soy lecithin
- Eggs – Whole eggs (ex. Boiled, scrambled)
- Egg ingredients – Eggs cooked into foods (ex. Pancakes)
- Wheat/Gluten – Celiac Disease
- Sesame
- Peanuts
- Tree Nuts
- Fish
- Shellfish

Other:
_____

D) May this student have foods that are made in the same facility as any of their allergens (trace amounts)?

- **YES**
- **NO –** Specify which allergens: _____

E) Suggested substitutions for food items not served *(Note: Water & juice cannot be substituted for milk in cases of a non-disability per USDA. The district offers lactaid milk & soymilk as milk substitutes.)*:

_____

Medical Authority Credential	**Medical Authority Signature**	**Date**	**Office Phone #**

Email or Fax to
mmazaika@pmsd.org or (570)839-3133

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