

Stafford County Public Schools Health Services

Dear Parent/Guardian,

Stafford County Schools Nutrition Department has prepared a list of foods that students should **NOT** eat if they are allergic to a particular food. Food menu items and ingredient lists are available to families on the School Nutrition web page.

Students must prepay and use a personal account number in order to be part of the program for identification of allergies in the cafeteria. Cafeteria managers will assist in identifying allergy items, but students must assume the responsibility for making good decisions and avoiding foods to which they have allergies. Please review the food lists and menus with your child prior to the school day so that your child is prepared to make the best choices.

The cafeteria will provide a substitution when an allergy item is on the menu. Every day we have standard substitutes available. With prior notice and health care provider (HCP) orders it is possible to make other substitutions or accommodations as well. Have your HCP complete the Diet Prescription Form (on forms web page) and schedule an appointment with the school nurse to discuss these arrangements.

LACTOSE FREE

Self Monitor

Lactose free milk is available at an additional cost

MILK DISABILITY (allergy)

Milk

Yogurt

Cheese or Cheese Products

Ice Cream

Pudding

Ranch Dressing

NUT ALLERGY

Little Debbie products (all types)

Peanut Butter and Jelly sandwich

Tortilla chips (Snyder's Bulk Pack)

Rold Gold Products

Quaker Snack Mixes

M&M Cookie

SHELLFISH ALLERGY

Chicken stir fry / stir fry sauce

Precaution: Companies can change ingredients at any time and suppliers may make substitutions without notice, so while some of the above items maybe allergy free when planned, we prefer that you consider them as listed above. Please feel free to discuss this with your nurse or café manager.