

# Cafeteria Connection

Connecting you to your child's school lunchroom



## Safeguarding Students AGAINST FOOD ALLERGENS IN THE CAFETERIA

As a parent or caregiver, you know that food allergies and intolerances are prevalent. In fact, food allergies are on the rise in children, and an estimated 13 percent of school-aged children in the United States have one or more.

**Your child's health and well-being are important to us,** and we understand the challenges that food allergies can present. We take the management of food allergens seriously in our cafeterias to keep all students safe.

### Here's what you need to know:

**SUBSTITUTIONS:** | We make food substitutions available for students with food allergies. Special dietary requests can be submitted and must be signed by a recognized medical authority that include:

- *Identification of the medical/dietary condition that restricts the child's diet*
- *Food(s) to be omitted from the child's diet*
- *Food or foods to be substituted*

We invite you to contact us for more details.

**MENU PLANNING:** | Our menus are designed with allergen considerations in mind. We offer alternative options for students with specific dietary needs, providing balanced and nutritious meals that cater to their allergies. Please communicate any dietary restrictions or allergies your child has to the school administration or cafeteria staff.

**ALLERGEN AWARENESS:** | Our cafeteria staff is trained to recognize and understand the risks associated with common food allergens such as peanuts, tree nuts, dairy, eggs, wheat, soy, sesame, and fish/shellfish. We work diligently to prevent cross-contamination and to ensure the safety of all students.

**INGREDIENT LABELS:** | We carefully review ingredient labels of the food items we serve. Where possible, we provide clear allergen information on our menus, allowing you to make informed decisions about your child's meals.