

SOUTHMORELAND FOOD SERVICE DEPARTMENT



CONTACT INFO:

Zach Malavite, Food Service Director (malavitez@southmoreland.net)

Amy Yezek, Administrative Assistant (yezeka@southmoreland.net)

Food Service Office Phone: 724-887-2015

SPC Head Cook-Kelly Smitley 724-887-2028

SES Head Cook-Deanna Sirgey 724-887-2050

MS Head Cook-Melinda Lewandowski 724-887-2053

HS Head Cook-Bonnie Wiltrout 724-887-2047

FOLLOW “SOUTHMORELAND FOOD SERVICE” ON FACEBOOK

(This is an informational page; we are unable to reply to comments there, please contact us by phone or e-mail)

Southmoreland School District operates meals under the National School Lunch and School Breakfast Program.

SCHOOL BREAKFAST PROGRAM (SBP)

Breakfast includes a choice of entrée with whole grains &/or lean protein, fruits, 100% juice and 1% white milk.

NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

Our lunch program offers a variety of student friendly entrees (consisting of lean protein and whole grain), 2 vegetable choices (cooked & fresh, they may take both), fruit (either fresh, canned, dried or 100% fruit juice) and choice of 1% white or 1% chocolate milk. Students MUST take 3 items on their tray and 1 MUST be a fruit or veggie.

*****SPECIAL DIETARY NEEDS/ALLERGIES*****

An allergy form MUST be completed & submitted to the Food Service Department in addition to listing your child's allergy on the nurse's emergency card! Please navigate to the Food Service page on www.southmoreland.net for instructions & forms on proceeding with special dietary requests.

ADVANCE NOTICE IS REQUIRED FOR ANY ALLERGY/SPECIAL DIET REQUESTS SO WE CAN EVALUATE THE REQUEST, RESEARCH OUR FOOD LABELS, PURCHASE FOOD AND CONTACT THE PARENT FOR CLARIFICATION AS NECESSARY.

Note: Please do not include your child's "dislikes" on your nurse/allergy form and be specific to the allergen, contact us if you would like to discuss in more detail prior to sending in the form.

As an example: if you list MILK, we will flag all options of fluid milk as well as items that include the ingredient milk. Please specify in this instance if it is a Lactose, Whey or Casein Protein allergy so we can best fit the needs of your student.

2023-24 SY Meal Prices:

SPC/SES: CEP Operated Sites

Breakfast – FREE

Lunch – FREE

MS/HS: UNIVERSAL FREE BREAKFAST

Free/Reduced Lunch - \$0.00

Paid Lunch - \$2.50

District Adult Breakfast - \$2.40 Adult Lunch - \$4.75

For students enrolled at the MS/HS: If you have not received a Direct Certification Eligibility Letter from the Food Service Department and you feel your family would qualify for benefits we urge you to please apply online for Free/Reduced meals for your students at www.schoolcafe.com/southmorelandsd

(Please note that no students enrolled in grades K-5 are required to fill out any applications for the 23-24SY.)

Menus will be posted monthly on the Food Service section of www.southmoreland.net Please note that menu items are subject to change

Payments can be made through the SchoolCafe system, although a 3rd party service fee will apply. Cash or Checks made payable to Southmoreland Café Fund can also be submitted to pay debt or to purchase a la carte items in the lunchrooms.

We are an equal opportunity provider & employer. Cafeteria substitutes needed!!! Open positions available for permanent employment. Join our team today! Call 724-887-2015 for more information.

Zachary Malavite
 Food Service Director
 2351 Route 981, P.O. Box A
 Alverton, PA 15612
malavitez@southmoreland.net



**SOUTHMORELAND
 SCHOOL DISTRICT
 FOOD SERVICE DEPARTMENT**

Dear Parent/Guardian:

Children need healthy meals to learn. **Southmoreland School District** offers healthy meals every school day. As you may know from our letter regarding CEP, beginning this year both the Primary Center and Elementary School are receiving Breakfast and Lunch for all students at no charge. If you have students enrolled in grades K-5 you may disregard the rest of this letter. For any families with students enrolled in grades 6-12 the following information pertains to you, so please read on. Breakfast costs \$1.30; lunch costs \$2.50. **Your child(ren) may qualify for free meals or for reduced price meals.** Reduced price is \$0.00 for breakfast and \$0.40 for lunch. This packet includes an application for free and reduced price meal benefits, and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

If you have received a **NOTICE OF DIRECT CERTIFICATION** letter for free meals, **do not** complete the application. But **do** let the school know if any children in your household are not listed on the **NOTICE OF DIRECT CERTIFICATION** letter you received.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS OR SPECIAL MILK?
 - All children in households receiving Supplemental Nutrition Assistance Program (SNAP) (formerly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) benefits are eligible for free meals.
 - **Foster children who are under the legal responsibility of a foster care agency or court are eligible for free meals.**
 - **Children participating in their school's Head Start program are eligible for free meals.**
 - Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
 - Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

INCOME ELIGIBILITY REDUCED PRICE GUIDELINES JULY 1, 2023-JUNE 30, 2024					
Family Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$26,973	\$2,248	\$1,124	\$1,038	\$519
2	\$36,482	\$3,041	\$1,521	\$1,404	\$702
3	\$45,991	\$3,833	\$1,917	\$1,769	\$885
4	\$55,500	\$4,625	\$2,313	\$2,135	\$1,068
5	\$65,009	\$5,418	\$2,709	\$2,501	\$1,251
6	\$74,518	\$6,210	\$3,105	\$2,867	\$1,434
7	\$84,027	\$7,003	\$3,502	\$3,232	\$1,616
8	\$93,536	\$7,795	\$3,898	\$3,598	\$1,799
Each additional family member add:	+\$9,509	+\$793	+\$397	+\$366	+\$183

2. HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY? Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, call or email **Amy Yezek at 724-887-2015 or by email at yezeka@southmoreland.net.**
3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD? No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. You may request a paper application from the school at any time by contacting **Amy Yezek at 724-887-2015 or by email at yezeka@southmoreland.net.**
4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS? No, but read the letter you received carefully and

follow the instructions. If any children in your household were missing from your eligibility notification letter, contact **Amy Yezeck at 724-887-2015 or by email at yezecka@southmoreland.net** immediately.

5. CAN I APPLY ONLINE? Yes! The preferred method of filling out an application is online instead of a paper application if you are able. The online application has the same requirements and will ask you for the same information as the paper application. Visit www.schoolcafe.com/southmoreland or the PA Department of Human Services website at www.compass.state.pa.us.
6. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE? Yes. Your child's application is only good for that school year and for the first 30 operating school days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
7. I GET WIC. CAN MY CHILDREN GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Send in an application.
8. WILL THE INFORMATION I GIVE BE CHECKED? Yes. We may also ask you to send written proof of the household income you report.
9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and/or reduced price meals if the household income drops below the income limit.
10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: **Amy Yezeck at 724-887-2015 or by email at yezecka@southmoreland.net**.
11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application or may not receive income at all. Whenever this happens, write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Be careful when leaving income fields blank, as we will assume you meant to do so.
14. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, or receive Family Subsistence Supplemental Allowance payments, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper and attach it to your application. Contact **Amy Yezeck at 724-887-2015 or by email at yezecka@southmoreland.net to receive a second application**.
16. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for **SNAP** or other assistance benefits, visit www.compass.state.pa.us, contact your local county assistance office, or call 1-800-692-7462.

If you have other questions or need help, call **724-887-2015**.

Sincerely,

Zachary Malavite

Food Service Director

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's

2023-2024 SY

National School Lunch Program

The Southmoreland School District offers meals to all students attending any of its schools. The district participates in the School Breakfast Program(SBP) and the National School Lunch Program(NSLP). The SBP and NSLP are regulated by the federal government under USDA and Food and Nutrition Services(FNS). The regulations provided by USDA and FNS are updated every few years to assure that current medical and dietary guidelines are being followed.

What is a School Lunch?

The school lunch program offers five(5) basic components which are categorized as one of the following: Grains, Meat/Meat Alternate, Fruits, Vegetables, and Milk. Cafeteria staff always encourage participants to take one selection from all 5 components for a full, balanced and reimbursable meal however, under the guidelines for Offer Versus Serve the student does not need to take all items offered. The minimum requirements for a reimbursable lunch include taking one fruit or vegetable and two additional different components.

The meals do vary as the students move up through the grade levels. This is shown below-

Primary Center (grades K-1)

The student may select from the following options:

- 1 Entrée (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

Elementary School (grades 2-5)

The student may select from the following options:

- 2 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

Middle School (grades 6-8)

The student may select from the following options:

- 5 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

Senior High School (grades 9-12)

The student may select from the following options:

- 12-15 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Up to 2 *different* Fruits & 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

Daily fruit options may include some of the following: fresh, chilled, canned or frozen fruit, 100% fruit juices

Daily vegetable options may include some of the following: fresh or cooked vegetable & 100% vegetable juice.

At a minimum 80% of all grains offered are 100% whole grain and the remaining 20% are whole grain enriched.

All milk offered is 1% plain, 1 % flavored, skim or dietary alternate lactaid



School Breakfast Program

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. Made permanent in 1975 the School Breakfast Program is administered at the federal level by the Food and Nutrition Service. At the state level, the program is usually administered by state education agencies, which operate the program through agreements with local school food authorities in more than 78,000 schools and institutions.

Many say that breakfast is the most important meal of the day and we at Southmoreland School District feel no different to this old adage. Studies show that **students who eat a healthy and balanced breakfast are more focused, better prepared and often show fewer behavioral issues in the morning**. Students who eat school breakfast have improved math scores, attendance, punctuality, and decreased anxiety, depression and hyperactivity.

All breakfasts served in Southmoreland include food items from the following components: whole or enriched grains, fruit and fluid milk; additional choices of combination entrees that include a meat/meat alternative component may also be offered. Different options, serving sites and consumption areas are designated depending on each building. ½ cup of fruit plus two different food items must be selected in order for a reimbursable breakfast to be claimed.

Examples of some breakfasts the students will see include:

Cereal, ½ cup mixed berries, milk choice

Mini pancakes, 1 fresh orange, milk choice

Poptarts, 100% orange juice, milk choice

Fruit & yogurt smoothie, cereal bar, milk choice

Daily fruit options may include some of the following: fresh, chilled, canned or frozen fruit, 100% fruit juices

Daily vegetable options may include some of the following: fresh or cooked vegetable & 100% vegetable juice.

At a minimum 80% of all grains offered are 100% whole grain and the remaining 20% are whole grain enriched.

All milk offered is 1% plain, 1 % flavored, skim or dietary alternate lactaid





schoolcafé

QUICK CARD

Contact Info: (Note: For security purposes, you may be asked to verify your contact info, including your security answer, when you request help.)

Phone: 855.PAY-2-EAT - (855) 729-2328

Email: customer@schoolcafe.com

Website: <https://www.schoolcafe.com>

REGISTRATION

1. Select **Create a new account**
2. Select *I'm a Parent* and select **Next**
3. Enter your name and contact information, and then select **Next**
4. Create a username and password you will easily remember, and confirm the password
5. Set up a security question and answer (in case you do forget your login credentials) and select **Next**
6. Read and accept the Terms & Conditions, and then select **Create My Account**

MAKE A PAYMENT




1. At the top of your Dashboard, select **Make a Payment**
2. Enter payment dollar amounts for each student as desired and select **Checkout >**
3. (Optional) If your district allows for purchasing of other types of school items (yearbooks, fees, etc.), you will see a **Shop Campus Store** button, where you can enter payment amounts for those items as well. If the district does not accept those kinds of payments through SchoolCafé, this button will not be visible.
4. On the Checkout screen, confirm the total and select an existing payment method, or choose **Add a New Card** to add a new card.
 - a. When adding a new card, you can enter your card's details and either save the card (even making it your default payment card) or simply use it for a one-time payment.
5. When you have confirmed all details, select **Submit ✓** to complete the payment. Funds are typically available at the child(ren)'s school(s) within 20 minutes.

ADD STUDENT(S)



1. At the top of your Dashboard, select **Add a Student**
2. Enter your student's information as requested
3. Select **Search & Verify student**
4. Verify the student found is accurate and select **Add this Student**



SET UP AUTOMATIC PAYMENTS

1. From your Dashboard, locate an individual student on your account and select the blue text next to 'Automatic Payment' (the text will say either 'Not Set' or 'Set for ...')  Automatic Payment **Not Set**
2. In the first field, enter a Payment Amount. This amount will be paid automatically.
3. In the next field, enter a balance threshold. This tells SchoolCafé how low the student's balance must be before the payment will be made.
4. Select a payment source or select  [Add a Card](#) to add a new card.
5. In the last field, confirm the date that the Automatic Payment will expire. (Note: this date should be before your payment source expires, if possible!)
6. Select 

SET UP LOW BALANCE ALERTS

1. From your Dashboard, locate an individual student and select the blue text next to 'Low Balance Alert' (the text will say either 'Not Set' or 'Set for ...')  Low Balance Alert **Not Set**
2. In the first field, enter a balance threshold. This tells SchoolCafé how low the student's balance must be before a low balance alert is sent to you.
3. In the next field, enter how often you would like to receive a reminder that the student's balance is below the threshold. This is helpful in case you miss an email or alert.
4. Select 

For answers to frequently asked questions, and to get the most up-to-date help with this or any other information not covered here, please visit our website at <https://www.schoolcafe.com> and select

[FAQs](#)

PARENTAL REQUEST FOR A FLUID MILK SUBSTITUTION FOR SCHOOL-AGE CHILDREN

1. NAME OF STUDENT	2. AGE OR DATE OF BIRTH				
3. NAME OF PARENT/LEGAL GUARDIAN	4. TELEPHONE NUMBER ()				
5. EMAIL ADDRESS:					
<p>6. The above listed student does not have a disability, but is requesting a fluid milk substitute due to a medical or other special dietary need. This form is not intended to accommodate students who do not drink cow's milk due to taste or other preferences. This written statement will remain in effect until the parent or legal guardian revokes such statement or until the school discontinues the fluid milk substitution option. School districts and agencies participating in federal nutrition programs are encouraged, but not required, to accommodate reasonable requests. The student's parent or legal guardian must sign this form. Medical authority signature is optional.</p>					
<p>7. MEDICAL OR OTHER SPECIAL DIETARY NEED REQUIRING A FLUID MILK SUBSTITUTION:</p> <p><input type="checkbox"/> LACTOSE INTOLERANCE</p> <p><input type="checkbox"/> NON-LIFE-THREATENING MILK ALLERGY</p> <p><input type="checkbox"/> RELIGIOUS, ETHNIC, CULTURAL BELIEF</p> <p>PLEASE INDICATE WHICH OF THE FOLLOWING APPLIES TO THE STUDENT:</p> <p><input type="checkbox"/> Student who avoids fluid milk only</p> <p><input type="checkbox"/> Student who avoids fluid milk AND dairy products (cheese and yogurt)</p> <p><input type="checkbox"/> Student who avoids milk as an ingredient in all food products (milk allergy)</p>					
<p>8. REQUESTED FLUID MILK SUBSTITUTE (PLEASE NOTE THAT THE SCHOOL FOOD AUTHORITY HAS THE DISCRETION TO SELECT A SPECIFIC BRAND WHICH MEETS SPECIFIC NUTRITIONAL CONTENT)*:</p> <p><input type="checkbox"/> LACTAID (1% Lactose Free - Turner's Dairy)</p> <p><input type="checkbox"/> DISTRICT APPROVED SOY MILK SUBSTITUTE (Silk Brand Soy Substitute Aseptic 8oz)</p> <p><input type="checkbox"/> NO SUB REQUESTED</p> <p>*School districts, by regulation, are not permitted to substitute juice or water in place of fluid milk for non-disabling conditions. * As a reminder, milk is not a required component for reimbursable meals, it is offered as an option. In addition, potable water is available daily for students during all meal periods and in all cafeteria areas.</p>					
9. SIGNATURE OF PARENT/LEGAL GUARDIAN	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; padding: 2px;">PRINTED NAME OF PARENT/GUARDIAN</td> <td style="width: 40%; padding: 2px;">DATE</td> </tr> <tr> <td style="height: 40px;"> </td> <td> </td> </tr> </table>	PRINTED NAME OF PARENT/GUARDIAN	DATE		
PRINTED NAME OF PARENT/GUARDIAN	DATE				
10. SIGNATURE OF MEDICAL AUTHORITY (OPTIONAL)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; padding: 2px;">PRINTED NAME OF MEDICAL AUTHORITY</td> <td style="width: 40%; padding: 2px;">DATE</td> </tr> <tr> <td style="height: 40px;"> </td> <td> </td> </tr> </table>	PRINTED NAME OF MEDICAL AUTHORITY	DATE		
PRINTED NAME OF MEDICAL AUTHORITY	DATE				

OFFICE USE ONLY

The information on this form should be updated annually to reflect the current medical and/or nutritional needs of the student.

Date:	Status:
Date:	Status:

In accordance with federal law and the United States Department of Agriculture (USDA) policy, this agency is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Children with Disabilities and Special Dietary Needs

Schools participating in a federal school meal program (National School Lunch Program, School Breakfast Program, Fresh Fruit and Vegetable Program, Special Milk Program, and Afterschool Snack Program) are required to make reasonable accommodations for children who are unable to eat the school meals because of a disability that restricts the diet.

1. Licensed Medical Authority's Statement for Children with Disabilities

U.S. Department of Agriculture (USDA) regulations at [7 CFR Part 15b](#) require substitutions or modifications in school meals for children whose disabilities restrict their diets. School food authorities must provide modifications for children on a case-by-case basis when requests are supported by a written statement from a state licensed medical authority.

The third page of this document ("Medical Plan of Care for School Food Service") may be used to obtain the required information from the licensed medical authority. For this purpose, a *state licensed medical authority* in Pennsylvania includes a:

- Physician,
- Physician assistant,
- Certified registered nurse practitioner, or
- Dentist.

The written medical statement must include:

- An explanation of how the child's physical or mental impairment restricts the child's diet;
- An explanation of what must be done to accommodate the child; and
- The food or foods to be omitted and recommended alternatives, if appropriate.

2. Other Special Dietary Needs

School food service staff may make food substitutions for individual children who do not have a medical statement on file. Such determinations are made on a case-by-case basis and all accommodations must be made according to USDA's meal pattern requirements. Schools are encouraged, but not required, to have documentation on file when making menu modifications within the meal pattern.

Special dietary needs and requests, including those related to general health concerns, personal preferences, and moral or religious convictions, are not disabilities and are optional for school food authorities to accommodate. Meal modifications for non-disability reasons are reimbursable provided that these meals adhere to Program regulations.

3. Rehabilitation Act of 1973 and the Americans with Disabilities Act

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 means any person who has a physical or mental impairment that substantially limits one or more major life activities or major bodily functions, has a record of such an impairment, or is regarded as having such an impairment. A physical or mental impairment does not need to be life threatening in order to constitute a disability. If it limits a major life activity, it is considered a disability.

Major life activities include, but are not limited to: caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. A major life activity also includes the operation of a major bodily function, including but not limited to: functions of the immune system; normal cell growth; and digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.

4. Individuals with Disabilities Education Act

A child with a disability under Part B of the *Individuals with Disabilities Education Act* (IDEA) is described as a child evaluated in accordance with IDEA as having one or more of the recognized thirteen disability categories and who, by reason thereof, needs special education and related services. The Individualized Education Program (IEP) is a written statement for a child with a disability that is developed, reviewed, and revised in accordance with the IDEA and its implementing regulations. When nutrition services are required under a child's IEP, school officials need to ensure that school food service staff is involved early in decisions regarding special meals. If an IEP or 504 plan includes the same information that is required on a medical statement (see section 1, above), then it is not necessary to get a separate medical statement.

School Nutrition Program Contact

For more information about requesting accommodations to school meals and the meal service for students with disabilities, contact:

Click here to enter local contact name and information.

Zachary Malavite, Food Service Director malavitez@southmoreland.net 724.887.2015

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov.

This institution is an equal opportunity provider.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Contact your child's school.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Comuníquese con la escuela de su niño.

Medical Plan of Care for School Food Service

Please read pages 1 and 2 before completing this form.

Student's Name	Date of Birth	Grade Level/Classroom
Name of School/Site		
Name of Parent/Guardian		Phone Number of Parent/Guardian
Signature of Parent/Guardian		Date
1. Provide an explanation below of how the student's physical or mental impairment restricts the student's diet:		
2. Describe the specific diet or necessary modifications prescribed by the state licensed medical authority to accommodate the student's needs:		
3. List the food or foods to be omitted (please be specific) and recommended alternatives, if appropriate. <u>Foods to be omitted:</u>		
<u>Suggested substitutions:</u>		
4. Indicate texture modifications, if applicable: <input type="checkbox"/> Chopped/Cut into bite-sized pieces <input type="checkbox"/> Diced/Finely Ground <input type="checkbox"/> Pureed <input type="checkbox"/> Other:		
5. List any required special adaptive equipment:		
Name of Physician/Medical Authority & Title (Please Print)		Provider Phone Number
Signature of Physician/Medical Authority		Date
<p><i>Signing the following section is optional but may prevent delays by allowing the school to speak with the physician/medical authority.</i></p> <p>Health Insurance Portability and Accountability Act Waiver In accordance with the provisions of the Health Insurance Portability and Accountability Act of 1996 and the Family Educational Rights and Privacy Act, I hereby authorize _____ (medical authority) to release such protected health information of my child as is necessary for the specific purpose of Special Diet information to _____ (school/program) and I consent to allow the physician/medical authority to freely exchange the information listed on this form and in their records concerning my child with the school program as necessary. I understand that I may refuse to sign this authorization without impact on the eligibility of my request for a special diet for my child. I understand that permission to release this information may be rescinded at any time except when the information has already been released. My permission to release this information will expire on _____ (date). This information is to be released for the specific purpose of Special Diet information.</p> <p>The undersigned certifies that he/she is the parent, guardian or representative of the person listed on this document and has the legal authority to sign on behalf of that person.</p> <p>Parent/Guardian Signature: _____ Date: _____</p>		

