



SCHOOL LUNCH BASICS.

Public school lunches are regulated to follow the US Dietary Guidelines and the Institutes of Medicine's Dietary Reference Intakes (DRI) age groupings for calories.

BREAKFAST

- » Kindergarten through 5th grade: **350-500** calories
- » 6th through 8th grade: **400-550** calories
- » 9th through 12th grade: **450-600** calories

LUNCH

- » Kindergarten through 5th grade: **550-650** calories
- » 6th through 8th grade: **600-700** calories
- » 9th through 12th grade: **750-850** calories

For most children with PWS, this provides too many calories and the child will need modifications to their diet in order to participate in school meals.

SCHOOL MEAL MODIFICATIONS INCLUDE:

- » Packing meals
- » Giving half portions
- » Limiting food groups
- » Providing alternative trays

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KEY PEOPLE TO KNOW.

DIETITIAN

School districts have dietitians on a district level. They can help with menu planning based on guidelines provided on a higher level.

SCHOOL NURSE

This role manages the medical plan for the child at the school, including dietary accommodations.

FOOD SERVICE MANAGER

Individual schools have someone on site who is in charge of the kitchen. Although this person is not a clinician, he or she can help with logistics of the food.

PLACES TO DOCUMENT THE DIETARY NEEDS.

- » **Individualized Educational Program (IEP) or 504:** Document what nutrition related accommodations need to be made due to the child's disability (PWS, diabetes, etc.).
- » **IHP/Physician's Statement/Diet Modification Form/Request for Dietary Accommodations:** Managed by the school nurse in conjunction with health care providers (usually need MD signature) and the family.

QUESTIONS TO CONSIDER & DEFINE WITH THE SCHOOL.

- » Who is providing meals and how the meals get to the school?
- » Where will the child eat and who will watch him?
- » What are the food security measures in place in the classroom and common spaces?
- » Who is the key person to communicate for special events, outings, etc.?

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