

Do you have a question regarding School Meal Nutrition?

If so, please contact your school's nurse or our Registered Dietitian Nutritionist Amanda Byrd for assistance. We can ensure your child receives the nourishment he or she needs!

Amanda can be reached via email at: Amanda.Byrd@sodexo.com

Information on Special Meal Accommodations

According to the Connecticut State Department of Education:

“The USDA **requires** reasonable meal modifications on a case-by-case basis for children whose disability restricts their diet, based on a medical statement signed by a recognized medical authority. The Connecticut State Department of Public Health defines a recognized medical authority as licensed physicians (doctors of medicine or osteopathy), physician assistants, and advanced practice registered nurses (APRNs), including nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs.

The USDA **allows, but does not require**, meal modifications for children whose special dietary needs do not constitute a disability, including those related to religious or moral convictions, general health concerns, and personal food preferences, such as a preference that a child eats a gluten-free diet because a parent believes it is better for the child. Schools may choose to make these accommodations on a case-by-case basis. All meal modifications for children without disabilities must comply with the USDA meal patterns.”

Please have a recognized medical authority complete and return the following documentation:

[Medical Statement for Meal Modifications in School Nutrition Programs](#)

More about the Dietitian!

Amanda Byrd MDA, RDN is a Registered Dietitian Nutritionist for Sodexo School Food Services in Connecticut. In addition to her career in Child Nutrition, Amanda has also participated in numerous community events to support the child and families in and around Middlesex County. Amanda is a native of Middletown and currently resides there as well. Amanda hold a B.S. in Nutrition & Dietetics from the University of Saint Josephs as well as a M.S. in Dietetic Administration from Utah State University.

