

**San Diego County Office of Education  
Outdoor Education Program  
6401 Linda Vista Road, Room 410  
San Diego, CA 92111-7399**

**Dear parents of students who plan to attend the Outdoor Education Program:**

The Outdoor Education Program participates in the National School Lunch and Breakfast programs. Under program rules, we are required to offer a menu that meets specific dietary and nutritional guidelines. We are not allowed to deviate from the approved menu plan for an individual student unless the student has a documented allergy/chronic disease, or disability.

The attached Medical Statement form provides you the opportunity to note specific (medically necessary) needs that affect your child that would require a special meal that differs from the standard menu.

Please take a moment to review the forms:  
Medical Statement to Request Special Meals and/or Accommodations

This form must be signed by your child's **PHYSICIAN (doctor)**. The school nurse, or the parent, cannot certify a medical condition that requires a special meal unless the school already has a signed physician's certification letter on file and a copy of that letter is sent with the completed forms.

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"The U.S. Department of Agriculture (USDA) and the California Department of Education's Nutrition Services Division (NSD) prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). The USDA and NSD are equal opportunity providers and employers."

"El Departamento de Agricultura de los EE.UU. (USDA, siglas en ingles) y la Division de Servicios Alimenticios (NSD) del Departamento de Educacion de California prhiben la discriminacion en todos sus programas y actividades a base de raza, color, origen nacional, genero, religion, edad, o impedimentos.

Para presentar una queja sobre discriminacion, escriba a USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW Washington, DC 20250-9410 o llame (202) 720-5964 (voz y TDD). El USDA y la NSD son proveedores y empleadores que ofrecen oportunidad igual a todos."