

NSLP Special Diets Resources



Learn more about policies and regulations related to special diet requests and accommodations. Explore handouts, recipes, and trainings from the TDA, USDA, ICN, and the FDA!

Texas Department of Agriculture (TDA)

- [TDA ARM: Section 25 Meal Accommodations](#)
- [TDA NSLP Trainings](#)
- [NSLP Medical Statement Sample Form](#)
- [Meal Accommodation Tracking Form](#)
- [Fluid Milk Substitution Worksheet](#)

US Department of Agriculture (USDA)

- [Accommodating Children with Disabilities in the School Meal Programs](#)
- [Accommodating Disabilities in School Meal Programs: Guidance and Q&As](#)
- [Final Fluid Milk Substitution Rule in School Nutrition Programs](#)
- [Food Allergy Resources](#)

Institute of Child Nutrition (ICN)

- [ICN Child Nutrition Recipe Box](#)
- [ICN Menus of Flavor Recipes](#)
- [Food Allergy Resources](#)
- [Food Allergies in School Nutrition Programs Training Course](#)
- [Managing Food Allergies in SNPs Training Course](#)

Food and Drug Administration (FDA)

- [Food Allergies Resource Page](#)

Make sure recipes meet Child Nutrition Program Meal Pattern Requirements!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
National School Lunch Program

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NSLP Special Diets Resources

Explore handouts, recipes, and trainings available to you from the FARE, CDC, and the AND!

Food Allergy Research and Education (FARE)

- [Recognizing and Responding to a Reaction](#)
- [Food Allergy & Anaphylaxis Emergency Care Plan](#)
- [Section 504 and Written Management Plans](#)
- [Food Allergies K-12: Your Rights and Responsibilities](#)
- [CDC's Toolkit for Managing Food Allergies in Schools](#)
- [Exclude the Food, Not the Child](#)
- [2023 FASTER Act in Action: Understanding Sesame Legislation](#)
- [Allergy-Friendly Recipes](#)
- [FARE Substitution Ideas](#)
- [Avoiding Cross-Contact](#)
- [Food Allergies and Early Childhood: Your Rights and Responsibilities](#)
- [Preschool and Early Child Care Food Allergy Training](#)

Centers for Disease Control and Prevention (CDC)

- [Food Allergies in Schools Toolkit](#)
- [Voluntary Guidelines for Managing Food Allergies](#)
- [CDC's Toolkit for Managing Food Allergies in Schools \(FARE webinar\)](#)

Academy of Nutrition and Dietetics (AND)

- [Nutrition for Autism Spectrum Disorder](#)
- [Food Allergies and Intolerances](#)
- [Lactose Intolerance](#)
- [Celiac Disease: An Introduction](#)
- [Cultural Cuisines and Traditions](#)
- [Holidays and Celebrations](#)



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NSLP Special Diets Recipes

Check out these resources! Learn new recipes and explore ways to incorporate new, safe foods into your menus!

Allergy-Friendly



- [FARE](#)
- [Pancakes](#)
- [Dairy-Free Grilled Cheese](#)
- [Pupusas and Salsa Roja](#)
- [Chicken and Sausage Gumbo](#)
- [Jerk Jackfruit and Mango Chutney](#)
- [Veggie Tacos](#)

Vegetarian and Vegan

- [Institute of Child Nutrition](#)
- [Apple and Beet Baked Oatmeal](#)
- [Asian-Inspired Chop Salad](#)
- [Baked Sweet Potatoes and Apples](#)
- [Southwest Tofu Scramble](#)
- [Chickpea Masala](#)
- [Vegetable Lasagna](#)

Gluten Free

- [National Celiac Association](#)
- [Chili Taco Salad](#)
- [Buttermilk Pancakes](#)
- [Pumpkin Muffins](#)
- [Chicken Pot Pie](#)
- [Broccoli Cheddar Soup](#)

Cultural and Religious

- [Academy of Nutrition and Dietetics](#)
- [Cultural Cuisine and Traditions](#)
- [Holidays and Celebrations](#)
- [USDA](#)
- [Multicultural Child Care Recipes](#)



Diabetic-Friendly

- [Center for Disease Control and Prevention](#)
- [Spanish Omelet](#)
- [Turkey Stew](#)
- [Two Cheese Pizza](#)
- [Cuban Beans and Rice](#)
- [Pozole](#)
- [Tropical Fruits Fantasia](#)

Texture Modified

- [Cherry Cocoa Smoothie \(Moderately Thick\)](#)
- [Butternut Squash Soup \(Moderately Thick\)](#)
- [Mini Turkey Meatloaves \(Minced & Moist\)](#)
- [Corn muffin Breakfast \(Minced & Moist\)](#)
- [Sausage Pancake Squares \(Soft & Bite Sized\)](#)

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