

Students Name:  
Birthdate:  
Parents:  
Home Phone:  
Cell Phone/ Emergency phone:

Effective Date:  
School:

#### Brief history and description:

(Student name) was diagnosed with Phenylketonuria (PKU) at birth. PKU is an inborn error of metabolism, in which the body is unable to properly breakdown a part of protein called Phenylalanine, or Phe. In a person with PKU, Phe can then build up in the brain and cause serious intellectual disabilities. Treatment for PKU consists of a Phenylalanine restricted diet, as well as intake of a prescribed PKU formula.

Foods that are very high in Phe/Protein and **not allowed** in the PKU diet include: Meat, fish, eggs, beans, milk, cheese, yogurt, ice cream, nuts, chocolate and peanut butter. Even regular bread and pasta are too high in protein for most people with PKU, and low protein breads and pasta are substituted. Foods that are allowed in the PKU diet (in known amounts) include: fruits, some vegetables, potatoes, fruit juices, and specialty low protein products.

At school (Student name) will consume a medical formula. His parents will mix the formula and send it to school with (Student name) daily. (Student name) is prescribed an amount of Phenylalanine to consume daily and all foods that are consumed must be weighed on a gram scale.

Problem: Diet

Goal: Maintain diet and maintain normal Third grade School Day

Actions:

1. (Student name) will drop off his formula at Nurse's office every AM upon arriving at school. It will be placed in the Elementary Kitchen refrigerator.
  - a. Parents will mix formula each morning at home and will send with him
  - b. Formula will be placed on (Student name)'s lunch tray as he is going through the lunch line
  - c. Container will be rinsed out before placing back in (Student name)'s backpack to go home for the day.
2. School food service staff will provide (Student name) with a PKU lunch from the PKU Cycle Menu. The regular food menu for the month will be emailed home to (Student name)'s parents 1 week before the start of each new month so that his parent can choose the appropriate substitutions off of the vegetable and fruit selection to complete his school meal. Measurements may be finalized and food ordered by food service staff.
  - a. All preparation of meals will be done by one designated school kitchen staff.

- b. Designated school kitchen staff member will weigh each food individually before lunch and each remaining food will be weighted individually after lunch. All weighing of food will be done on a gram scale by the Designated School Kitchen staff member.
    - c. Director of Food Service will email home each day a list of what was eaten at lunch and the gram weight consumed.
    - d. Low protein food can be ordered from Cambrooke Foods.
3. The Menu plan will be strictly adhered to.
  - a. Talk to class about not sharing food.
4. Grandmother will bake cookies and cupcakes to be keep in the freezer for meals and classroom parties and treats. (frosting will be provided by school vanilla flavored)
  - a. Grandmother will be called by Kitchen personnel when there is one week of frozen bakery left
5. (Student name) will bring all snacks to school for himself for classroom snack time.
6. Rice Dream Ice cream, vanilla, will be kept in the school freezer.
7. Parents will be notified one week in advanced of all classroom parties and classroom field trips.
  - a. Cooler will be sent to keep (Student name)'s formula cold.

Out Come:

Grow and develop into a Happy Healthy young man.