



## Carbohydrate Menu Request Form

FWCS Nutrition Services will send menus home each month for students with diabetes. These menus will include grams of carbohydrate and protein for each menu item served. *This service must be renewed each school year.*

Name of Student: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Please check how you prefer to receive information.

I do not need menus sent, but prefer to check Nutrition Services website at <http://foodservice.fwcs.k12.in.us/menus.php>

I prefer to receive menus through email

Email Address: \_\_\_\_\_

I prefer to receive menus by fax

Fax number: \_\_\_\_\_

I prefer to receive menus through USPS mail

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

RETURN THIS FORM TO YOUR SCHOOL NURSE