

Allergy Substitutions for Supper Meals

Students with Meal Accommodations Forms on file with CNS will have a modified supper meal available daily. Modified meals will be marked with the student's name.

DAIRY ALLERGY		
Students with a documented DAIRY allergy must have any items containing dairy removed from their supper meal and replaced with a substitute item from the same food group.		
DO NOT SERVE	<u>Protein Foods</u>	<u>Grain Foods</u>
	Yogurt (tubes or cups)	Cinnamon Crisps
	Cheese (string, cheddar cubes, colby jack)	Cheddar Goldfish
	Turkey Croissant Sandwich	Jalapeno CheesePuffs
	Cold Pizza	Eggo Mini Pancakes Kelloggs Crunch Mania
SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
REPLACE WITH...	<u>Protein Foods</u>	<u>Grain Foods</u>
	Salted seeds	Cereal bowlpak
	Peanut butter or Sunbutter cups	Elf Grahams
	Original Hummus	Tortilla Chips
	Sunbutter Sandwich	Heartzels
	Smucker's PB&J	
	Tuna cup	

EGG ALLERGY		
Students with a documented EGG allergy must have any items containing egg removed from their supper meal and replaced with a substitute item from the same food group.		
DO NOT SERVE	<u>Protein Foods</u>	<u>Grain Foods</u>
	Hard boiled egg	Eggo Mini Pancakes
	<u>Condiments</u>	
	Ranch dressing	
	Mayonnaise	
SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
REPLACE WITH...	Any item not listed above.	

PEANUT ALLERGY		
Students with a documented PEANUT allergy must have any items containing peanuts removed from their supper meal and replaced with a substitute item from the same food group.		
DO NOT SERVE	Smucker's PB&J - replace with 1 oz protein AND 1 oz grain	
	Peanut butter cup - replace with 1 oz protein	
SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
REPLACE WITH...	<u>Protein Foods</u>	<u>Grain Foods</u>
	Sunflower Seeds (salted or blazing hot)	Cereal bowlpak
	Hummus	Tortilla Chips
	Yogurt - tube or 4 oz cup	Crackers
	1 oz cheese (string, colby, or cheddar cubes)	
	Tuna cup	
	Turkey & Cheese Sub (protein & grain)	

WHEAT (GLUTEN) ALLERGY			
Students with a documented WHEAT allergy must have any items containing wheat removed from their supper meal and replaced with a substitute item from the same food group.			
DO NOT SERVE	<u>Protein Foods</u>	<u>Grain Foods</u>	
	Smuckers PB&J	Cinnamon Crisps	
	Cold Pizza	Elf Grahams	
	Turkey Croissant Sandwich	Cinnamon Toast Crunch	
	Sunbutter Sandwich	Goldfish Crackers	
	<u>Grain Foods, continued</u>	Frosted Mini Wheats	
	Eggo Mini Pancakes	Cheez Its Crunch Mania	
	Heartzels	Mini Bagel	
	SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
	REPLACE WITH...	<u>Protein Foods</u>	<u>Grain Foods</u>
Yogurt (4 oz cup or tube)		Tortilla Chips	
Sunflower Seeds		Jalapeno Cheese Puffs	
Cheese		Cinnamon Chex	
Tuna			
Hummus cup			
Peanut butter cup			

SOY ALLERGY			
Students with a documented SOY allergy must have any items containing soy removed from their supper meal and replaced with a substitute item from the same food group.			
DO NOT SERVE	<u>Protein Foods</u>	<u>Grains Foods</u>	
	Sunflower seeds & Cranberries	Cinnamon Toast Crunch	
	Sunbutter Sandwich	Cinnamon Crisps	
	Turkey Croissant Sandwich	Cheez Its	
	Peanut butter cup	Elf Grahams	
	Cold Pizza	Goldfish crackers	
	Tuna cup	Mini Pancakes	
	<u>Condiments</u>		Crunch Mania
	Mayo		
	SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
REPLACE WITH...	<u>Protein Foods</u>	<u>Grain Foods</u>	
	Yogurt (tube or 4 oz cup)	Frosted Mini Wheats	
	Salted sunflower seeds	Tortilla chips	
		Heartzels	
	Cheese (string, cheddar cube, colby)	Mini Bagel Jalapeno Cheese Puffs	

FISH ALLERGY		
Students with a documented FISH allergy must have any items containing fish removed from their supper meal and replaced with a substitute item from the same food group.		
DO NOT SERVE	<u>Protein Foods</u>	
	Tuna cup	
SAFE SUBSTITUTIONS (select any from the lists below for the appropriate food group)		
REPLACE WITH...	<u>Protein Foods</u>	
	Any item not listed above.	