

Allergy Substitution List

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.

Protein Foods	Grain Foods
Smoothie	Mini Flat Rounds
Cheex Mix Strawberry Yogurt	Waffle
Yogurt 4 Oz	Banana Bread Square
Yogurt 8 Oz	Oatmeal Breakfast Round
Cheese Dip Cup	Zucchini Bread
String Cheese	Corn Muffin
	Ham & Cheese Sub/ Turkey & Cheese Sub
	Pizza Kit
	Southwest Chicken Wrap
	Fruity Cheerios Breakfast Break

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Tuna Cup	Wheat Crackers
Jack Links	Graham Crackers
Sunflower Seeds	Tortilla Chips
Amazing Chickpea Spread	Frosted Mini Wheats
Smokehouse Turkey Stick	Pretzel Bites
PB Cup	Curry Chicken Wrap
	Peanut Butter Unavailable

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.

PB Cup

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Tuna Cup	Wheat Crackers
String Cheese	Frosted Mini Wheats
Jack Links	Graham Crackers
Sunflower Seeds	Mini Flat Rounds
Amazing Chickpea Spread	Cheex Mix Strawberry Yogurt
	Pretzel Bites
	Waffle
	Tortilla Chips
	Sun Chips
	Banana Bread Square
	Oatmeal Breakfast Round
	Zucchini Bread
	Frosted Mini Wheats
	Pretzel Bites
	Corn Muffin
	Peanut Butter Unavailable
	Pizza Kit
	Curry Chicken Wrap
	Ham & Cheese Sub
	Southwest Chicken Wrap

REPLACE WITH

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.

Protein Foods	Grain Foods
Waffle	
Banana Bread Square	
Oatmeal Breakfast Round	
Zucchini Bread	
Corn Muffin	
Condiment Mayo	
Fruity Cheerios Breakfast Break	
Southwest Chicken Wrap	

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
String Cheese	Wheat Crackers
Jack Links	Graham Crackers (Mookie)
Sunflower Seeds	Mini Flat Rounds
Amazing Chickpea Spread	Cheex Mix Strawberry Yogurt
Smoothie	Tortilla Chips
Yogurt 4 Oz	Sun Chips
Yogurt 8 Oz	Frosted Mini Wheats
Cheese Dip Cup	Pretzel Bites
PB Cup	
Smokehouse Turkey Stick	
	Peanut Butter Unavailable

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.

Pizza Kit
Curry Chicken Wrap
Ham & Cheese Sub

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Wheat Crackers	
Graham Crackers	
Mini Flat Rounds	
Cheex Mix Strawberry Yogurt	
Waffle	
Sun Chips	
Banana Bread Square	
Oatmeal Breakfast Round	
Zucchini Bread	
Frosted Mini Wheats	
Pretzel Bites	
Corn Muffin	
Peanut Butter Unavailable	
Ham & Cheese Sub/ Turkey & Cheese Sub	
Pizza Kit	
Curry Chicken Wrap	
Southwest Chicken Wrap	

REPLACE WITH

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.

Protein Foods	Grain Foods
Tuna Cup	Wheat Crackers
PB Cup	Mini Flat Rounds
Sabra Hummus Cup	Cheex Mix Strawberry Yogurt
	Banana Bread Square
	Oatmeal Breakfast Round
	Pretzel Bites
	Corn Muffin
	Zucchini Bread
	Peanut Butter Unavailable
	Pizza Kit
	Southwest Chicken Wrap
	Curry Chicken Wrap
	Fruity Cheerios Breakfast Break
	Ham & Cheese Sub/ Turkey & Cheese Sub
	Condiment Mayo

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Jack Links	Graham Crackers
Sunflower Seeds	Waffle
Amazing Chickpea Spread	Tortilla Chips
Yogurt 4 Oz	Sun Chips
Yogurt 8 Oz	Frosted Mini Wheats
Smokehouse Turkey Stick	
String Cheese	
Cheese Dip Cup	
Smoothie	

REPLACE WITH

SESAME ALLERGY

Students with a documented SESAME allergy must have any items containing SESAME removed from their supper meal and replaced with a substitute item from the same food group.

Protein Foods	Grain Foods
Sabra Hummus Cup	

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Any item not listed above	

REPLACE WITH

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.

Protein Foods	Grain Foods
Tuna cup	

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Any item not listed above. 2oz protein	

REPLACE WITH

TREE NUT ALLERGY

Students with a documented TREE NUT allergy must have any items containing nut removed from their supper meal and replaced with a substitute item from the same food group.

Protein Foods	Grain Foods
Peanut Butter Unavailable	
PB Cup	

DO NOT SERVE

SAFE SUBSTITUTIONS
(select any from the lists below for the appropriate food group)

Protein Foods	Grain Foods
Any item not listed above	

REPLACE WITH

Alternative Supper Kits For Students With Allergies:

Allergy Back-up Meal Kit (For allergy besides Fish, Soy)

Free of allergens besides Fish and Soy
Estimote Recipe Number: 9-1234C
Item:
Tuna Cup (Fish, Soy)
Tortilla Chips (None)
Raisins (None)
Paradise Punch (None)
1% White Milk (M), Nonfat White Milk (M); Milk Subst: Offer Soy or Lactaid

Allergen-Free Meal Kit (For students with multiple allergies, including Fish, Soy)

Free of top 9 allergens: Fish, Shellfish, Milk, Wheat, Soy, Tree Nut, Peanuts, Sesame, Egg
Estimote Recipe Number: 9-1234B
Item:
Chicken Tender (Egg) (None)
Sunflower Seeds (None)
Tortilla Chips (None)
Raisins (None)
Paradise Punch (None)
1% White Milk (M), Nonfat White Milk (M); Milk Subst: Offer Soy or Lactaid

* The vegetable and milk components in Alternative Supper Kits are provided by the site; entree and fruit are provided by the CK

Updated 2.28.23

Allergy Back-up Meal Kit (For allergy besides Dairy)

Corn Chex (None)
8 oz yogurt (Dairy)
Cranberries (None)
Paradise Punch (None)
1% White Milk (M), Nonfat White Milk (M); Milk Subst: Offer Soy or Lactaid