

Allergy Substitution List

DAIRY ALLERGY	EGG ALLERGY
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<p><i>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.</i></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e0e0e0;">Protein Foods</th> <th style="background-color: #e0e0e0;">Grain Foods</th> </tr> </thead> <tbody> <tr><td>Smoothie</td><td>Mini Flat Rounds</td></tr> <tr><td>Cheese Mix Strawberry Yogurt</td><td>Waffle</td></tr> <tr><td>Yogurt 4 Oz</td><td>Banana Bread Square</td></tr> <tr><td>Yogurt 8 Oz</td><td>Oatmeal Breakfast Round</td></tr> <tr><td>Cheese Dip Cup</td><td>Zucchini Bread</td></tr> <tr><td>String Cheese</td><td>Corn Muffin</td></tr> <tr><td></td><td>Ham & Cheese Sub/ Turkey & Cheese Sub</td></tr> <tr><td></td><td>Pizza Kit</td></tr> <tr><td></td><td>Southwest Chicken Wrap</td></tr> <tr><td></td><td>Fruity Cheerios Breakfast Break</td></tr> </tbody> </table> <p align="center">DO NOT SERVE</p>	Protein Foods	Grain Foods	Smoothie	Mini Flat Rounds	Cheese 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	<p><i>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.</i></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e0e0e0;">Protein Foods</th> <th style="background-color: #e0e0e0;">Grain Foods</th> </tr> </thead> <tbody> <tr><td></td><td>Waffle</td></tr> <tr><td></td><td>Banana Bread Square</td></tr> <tr><td></td><td>Oatmeal Breakfast Round</td></tr> <tr><td></td><td>Zucchini Bread</td></tr> <tr><td></td><td>Corn Muffin</td></tr> <tr><td></td><td>Condiment Mayo</td></tr> <tr><td></td><td>Fruity Cheerios Breakfast Break</td></tr> <tr><td></td><td>Southwest Chicken Wrap</td></tr> </tbody> </table> <p align="center">DO NOT SERVE</p>	Protein Foods	Grain Foods		Waffle		Banana Bread Square		Oatmeal Breakfast Round		Zucchini Bread		Corn Muffin		Condiment Mayo		Fruity Cheerios Breakfast Break		Southwest Chicken Wrap
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PEANUT ALLERGY	WHEAT (GLUTEN) ALLERGY
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SOY ALLERGY	FISH ALLERGY
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<p><i>Select any from the lists below for the appropriate food group.</i></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e0e0e0;">Protein Foods</th> <th style="background-color: #e0e0e0;">Grain Foods</th> </tr> </thead> <tbody> <tr><td></td><td></td></tr> </tbody> </table> <p align="center">REPLACE WITH</p>	Protein Foods	Grain Foods			<p><i>Select any from the lists below for the appropriate food group.</i></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e0e0e0;">Protein Foods</th> <th style="background-color: #e0e0e0;">Grain Foods</th> </tr> </thead> <tbody> <tr><td></td><td></td></tr> </tbody> </table> <p align="center">REPLACE WITH</p>	Protein Foods	Grain Foods		
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Alternative Supper Kits For Students With Allergies:	
Allergy Back-up Meal Kit (For allergy besides Fish, Soy)	
<p><i>Free of allergens besides Fish and Soy</i></p> <p>Recipe Number: 8-1296</p> <p>Item:</p> <ul style="list-style-type: none"> Tuna Cup (Fish, Soy) Tortilla Chips (None) Raisins (None) Pretzel Bites (None) 1% White Milk (M), Neutral White Milk (M), Milk Substitute: Offer Soy or Lactaid 	<p><i>Free of top 9 allergens: Fish, Shellfish, Milk, Wheat, Soy, Tree Nut, Peanuts, Sesame, Egg</i></p> <p>Recipe Number: 8-1299</p> <p>Item:</p> <ul style="list-style-type: none"> Chicken Tender Jack Link Bites (None) Sunflower Seeds (None) Tortilla Chips (None) Raisins (None) Pretzel Bites (None) 1% White Milk (M), Neutral White Milk (M), Milk Substitute: Offer Soy or Lactaid

Allergy Back-up Meal Kit (For allergy besides Dairy)	
<p><i>Free of allergens besides Milk and Dairy</i></p> <p>Recipe Number: 8-1321</p> <p>Item:</p> <ul style="list-style-type: none"> Corn Chex (None) 5-0 Yogurt (Dairy) Cranberries (None) Pretzel Bites (None) 1% White Milk (M), Neutral White Milk (M), Milk Substitute: Offer Soy or Lactaid 	<p><i>Free of top 9 allergens: Fish, Shellfish, Milk, Wheat, Soy, Tree Nut, Peanuts, Sesame, Egg</i></p> <p>Recipe Number: 8-1321</p> <p>Item:</p> <ul style="list-style-type: none"> Corn Chex (None) 5-0 Yogurt (Dairy) Cranberries (None) Pretzel Bites (None) 1% White Milk (M), Neutral White Milk (M), Milk Substitute: Offer Soy or Lactaid

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