

**Allergy Substitution List**

DAIRY ALLERGY		EGG 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.		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.																																											
<b>DO NOT SERVE</b>	<table border="1"> <thead> <tr> <th>Protein Foods</th> <th>Grain Foods</th> </tr> </thead> <tbody> <tr><td>Smoothie</td><td>Mini Flat Rounds</td></tr> <tr><td>Cheese Dip</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 &amp; Cheese Sub/ Turkey &amp; 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>Curry Chicken Wrap</td></tr> <tr><td></td><td>Fruity Cheerios Breakfast Break</td></tr> </tbody> </table>	Protein Foods	Grain Foods	Smoothie	Mini Flat Rounds	Cheese Dip	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		Curry Chicken Wrap		Fruity Cheerios Breakfast Break	<b>DO NOT SERVE</b>	<table border="1"> <thead> <tr> <th>Protein Foods</th> <th>Grain Foods</th> </tr> </thead> <tbody> <tr><td>Waffle</td><td></td></tr> <tr><td>Banana Bread Square</td><td></td></tr> <tr><td>Oatmeal Breakfast Round</td><td></td></tr> <tr><td>Zucchini Bread</td><td></td></tr> <tr><td>Corn Muffin</td><td></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>	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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Protein Foods	Grain Foods	String Cheese	Protein Foods	Grain Foods
Tuna Cup	Wheat Crackers	Jack Links	Wheat Crackers	
Jack Links	Graham Crackers	Sunflower Seeds	Graham Crackers (Moose)	
Sunflower Seeds	Tortilla Chips	Amazing Chickpea Spread	Mix Flat Rounds	
Amazing Chickpea Spread	Sun Chips	Smoothie	Cheese Dip Cup	
Smokehouse Turkey Stick	Frosted Mini Wheats	Yogurt 4 Oz	Tortilla Chips	
PB Cup		Yogurt 8 Oz	Sun Chips	
	Pretzel Bites	Cheese Dip Cup	Frosted Mini Wheats	
	Curry Chicken Wrap	PB Cup	Pretzel Bites	
	Peanut Butter Uncrustable	Smokehouse Turkey Stick		

**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.

Protein Foods	Grain Foods
PB Cup	Peanut Butter Uncrustable

**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.

Protein Foods	Grain Foods
Wheat Crackers	
Graham Crackers	
Mix Flat Rounds	
Cheese Dip Cup	
Yogurt 4 Oz	
Yogurt 8 Oz	
Smokehouse Turkey Stick	
Cheese Dip Cup	
	Ham & Cheese Sub/ Turkey & Cheese Sub
	Pizza Kit
	Southwest Chicken Wrap
	Curry Chicken Wrap
	Fruity Cheerios Breakfast Break

Protein Foods	Grain Foods
Wheat Crackers	
Graham Crackers	
Mix Flat Rounds	
Cheese Dip Cup	
Yogurt 4 Oz	
Yogurt 8 Oz	
Smokehouse Turkey Stick	
Cheese Dip Cup	
	Ham & Cheese Sub/ Turkey & Cheese Sub
	Pizza Kit
	Southwest Chicken Wrap
	Curry Chicken Wrap
	Fruity Cheerios Breakfast Break

**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	Cheese Dip Cup
	Banana Bread Square
	Oatmeal Breakfast Round
	Pretzel Bites
	Corn Muffin
	Zucchini Bread
	Peanut Butter Uncrustable
	Pizza Kit
	Southwest Chicken Wrap
	Curry Chicken Wrap
	Fruity Cheerios Breakfast Break
	Ham & Cheese Sub/ Turkey & Cheese Sub
	Condiment Mayo

**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	

**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	

**TREE NUT ALLERGY**

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

Protein Foods	Grain Foods
PB Cup	
	Peanut Butter Uncrustable

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

Protein Foods	Grain Foods
Any item not listed above	

**Alternative Supper Kits For Students With Allergies:**

Protein Foods	Grain Foods
Any item not listed above	

Protein Foods	Grain Foods
Any item not listed above	

**Alternative Supper Kits For Students With Allergies:**

Protein Foods	Grain Foods
Any item not listed above	

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