

Medical and Religious Menu Substitutions

Menu Items	Allergens in Menu Items	Egg Free Substitute	Milk Free Substitute	Soy Free Substitute	Vegetarian	Wheat Free Substitute	Citrus & Tomato Free Substitute	Miscellaneous Substitute
Cheesy Egg Omelet	<i>Egg, Milk, Soy</i>	Instant Grits	Instant Grits	Instant Grits				
Cheesy Grits	<i>Milk, Soy</i>		Instant Grits	Instant Grits				Rice Crispy Cereal
Chicken Salad (Chicken, Relish, Mayo)	<i>Egg, Soy</i>	Diced Canned Chicken		Diced Canned Chicken	Sunbutter w/ Grape Jelly & String Cheese			
Chickpeas w/ Ranch Dressing	<i>Egg, Milk, Soy, Garlic, Onion</i>	Plain Chickpeas	Plain Chickpeas	Plain Chickpeas				Plain Chickpeas
Chili w/ Ground Turkey	<i>Legumes, Tomato, Garlic, Onion, Citrus</i>				Black, Kidney, Pinto or Vegetarian Baked Beans		Plain Ground Turkey	Plain Ground Turkey
Cornbread	<i>Wheat, Eggs, Soy, Milk</i>	Brown Rice Bread	Brown Rice Bread	Brown Rice Bread		Brown Rice Bread		
Cornflakes	<i>Wheat</i>					Rice Chex Cereal		
Cottage Cheese	<i>Milk</i>		Wheat Crackers					
Cowboy Beans (Ground Turkey w/ Vegetarian Baked Beans)	<i>Legumes, Tomato, Garlic, Onion, Citrus</i>				Black, Kidney, Pinto or Vegetarian Baked Beans		Plain Ground Turkey	Plain Ground Turkey
Cream of Wheat w/ Brown Sugar	<i>Milk, Wheat</i>		Instant Cream of Wheat		Instant Cream of Wheat	Instant Oatmeal		Rice Crispy Cereal
Diced Chicken w/ BBQ Sauce	<i>Tomato, Onion, Garlic, Citrus</i>				Sunbutter w/ Grape Jelly & String Cheese		Plain Diced Chicken	Plain Diced Chicken
Diced Ham	<i>Pork</i>				Black, Kidney, Pinto or Vegetarian Baked Beans			Plain Diced Chicken
Diced Tomatoes	<i>Tomato, Citrus</i>						Extra Lettuce	
Fried Jasmine Rice	<i>Soy, Wheat, Garlic, Onion</i>			Jasmine Rice		Jasmine Rice		Jasmine Rice
Fruit Cocktail	<i>Citrus</i>						Applesauce Cup	
Ground Turkey Sloppy Joe	<i>Tomato, Garlic, Onion, Citrus</i>				Black, Kidney, Pinto or Vegetarian Baked Beans		Plain Ground Turkey	Plain Ground Turkey

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Life Cereal	<i>Wheat</i>					Cheerios Cereal		
Linguine w/ Alfredo Sauce	<i>Milk, Soy, Wheat, Garlic, Cheese</i>		Noodles w/ Marinara Sauce	Noodles w/ Marinara Sauce		Jasmine Rice	Plain Noodles	Jasmine Rice
Meatballs w/ BBQ Sauce	<i>Milk, Soy, Wheat, Tomato, Onion, Garlic, Citrus</i>		Hamburger Pattie	Hamburger Pattie	Black, Kidney, Pinto or Vegetarian Baked Beans	Hamburger Pattie	Hamburger Pattie	Hamburger Pattie
Meatloaf w/ Tomato Sauce	<i>Milk, Soy, Wheat, Garlic, Onion, Citrus</i>		Hamburger Pattie	Hamburger Pattie	Black, Kidney, Pinto or Vegetarian Baked Beans	Hamburger Pattie	Hamburger Pattie	
Milk (for children who only drink water)	<i>Milk</i>		Snack: Peach Cup					
Mini Bagel	<i>Soy, Wheat</i>			Brown Rice Bread		Brown Rice Bread		
Mustard Potato Salad	<i>Egg, Soy, Garlic, Onion</i>	Single Serve Veg		Single Serve Veg				Single Serve Veg
Scrambled Eggs	<i>Egg, Milk, Soy</i>	Breakfast: Instant Cream of Wheat Lunch: Turkey Sausage	Breakfast: Instant Cream of Wheat Lunch: Turkey Sausage	Breakfast: Instant Cream of Wheat Lunch: Turkey Sausage	Breakfast: Instant Cream of Wheat Lunch: Sunbutter w/ Grape Jelly & String Cheese			
Sliced Cheese w/ Tortilla	<i>Milk, Wheat</i>		PM Snack: Sunbutter			Brown Rice Bread		
Sliced Ham w/ Cheese	<i>Milk, Pork</i>		Additional Sliced Ham		Sunbutter w/ Grape Jelly & String Cheese			Sliced Turkey
Sliced Turkey w/ Cheese	<i>Milk</i>		Additional Sliced Turkey		Sunbutter w/ Grape Jelly & String Cheese			
String Cheese	<i>Milk</i>		Lunch: Ham/Turkey PM Snack: Applesauce Cup					
Sunbutter w/ Grape Jelly								Sliced Ham or Turkey
Taco Seasoned Ground Beef	<i>Tomato, Garlic, Onion, Citrus</i>				Black, Kidney, Pinto or Vegetarian Baked Beans		Plain Ground Beef	Plain Ground Beef

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Teriyaki Diced Chicken	<i>Sesame, Garlic, Soy, Wheat, Citrus, Onion</i>			Plain Diced Chicken	Black, Kidney, Pinto or Vegetarian Baked Beans	Plain Diced Chicken	Plain Diced Chicken	Plain Diced Chicken
Traditional Chex Mix	<i>Soy, Wheat, Onion, Garlic</i>			Rice Chex Cereal		Rice Chex Cereal		Rice Chex Cereal
Trail Mix (Cheerios, Rice Chex, Kix, Raisins)						Cheerios, Rice Chex, Raisins		
Turkey Sausage					Sunbutter w/ Grape Jelly & String Cheese			
Vanilla Yogurt	<i>Milk</i>		Wheat Crackers					Milk Substitute
Wheat Roll	<i>Soy, Wheat</i>			Brown Rice Bread		Brown Rice Bread		
Whole Corn Tortilla Chips	<i>Soy</i>			WG Cheddar Goldfish Crackers				
Whole Grain Cheddar Goldfish Crackers	<i>Milk, Wheat, Onion</i>		Rice Chex Cereal			Rice Chex Cereal		Rice Chex Cereal
Whole Grain Cheez It Crackers	<i>Milk, Wheat, Soy</i>		Cheerios	Cheerios		Cheerios		
Whole Grain French Toast Sticks (FarmRich)	<i>Soy, Wheat</i>			Instant Grits		Instant Grits		
Whole Grain French Toast Sticks (Hilltop Hearth)	<i>Soy, Wheat, Milk, Egg</i>	Instant Grits	Instant Grits	Instant Grits		Instant Grits		
Whole Grain Macaroni & Cheese	<i>Milk, Soy, Wheat, Cheese</i>		Noodles w/ Marinara Sauce	Noodles w/ Marinara Sauce		Jasmine Rice		Plain Noodles
Whole Grain Oyster Crackers	<i>Wheat, Soy, Milk</i>		Cheerios	Cheerios		Cheerios		
Whole Grain Spaghetti w/ Ground Turkey Meat Sauce	<i>Wheat, Tomato, Onion, Citrus</i>				Black, Kidney, Pinto or Vegetarian Baked Beans	Jasmine Rice w/ Plain Ground Turkey	Noodles w/ Plain Ground Turkey	Noodles w/ Plain Ground Turkey
Whole Grain Strawberry Yogurt Chex Mix	<i>Milk, Soy, Wheat</i>		Rice Chex Cereal	Rice Chex Cereal		Rice Chex Cereal		
Whole Wheat Biscuit	<i>Milk, Soy, Wheat</i>		Brown Rice Bread	Brown Rice Bread		Brown Rice Bread		
Whole Wheat Bread	<i>Soy, Wheat</i>			Brown Rice Bread		Brown Rice Bread		

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Whole Wheat Breadstick	<i>Soy, Wheat</i>			Brown Rice Bread w/ Jelly		Brown Rice Bread w/ Jelly		
Whole Wheat Bun	<i>Soy, Wheat</i>			Brown Rice Bread		Brown Rice Bread		
Whole Wheat Crackers	<i>Soy, Wheat</i>			Peach Cup		Peach Cup		
Whole Wheat Flour Tortilla	<i>Soy, Wheat</i>			Brown Rice Bread for Sandwiches & Jasmine Rice for Soft Taco		Brown Rice Bread for Sandwiches & Jasmine Rice for Soft Taco		
Whole Wheat Pancakes	<i>Egg, Soy, Wheat</i>	Instant Oatmeal		Instant Oatmeal		Instant Oatmeal		
Whole Wheat Pita Bread	<i>Wheat</i>					Brown Rice Bread		
Whole Wheat Soft Mini Pretzel	<i>Wheat</i>					Rice Chex Cereal		Rice Chex Cereal