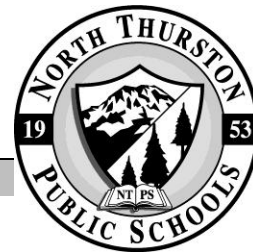


# Standard Food Allergy Substitutions

*For life-threatening allergies, meals from home provide the safest option.*



## ❖ PEANUTS/NUTS

### Common School Items

- Purchased bread products, granola, and cookies may be processed in a facility that contains peanuts or tree nuts.

### School Substitutes Could Include

- String Cheese
- Yogurt
- Crackers

## ❖ MILK

- USDA no longer allows schools to provide juice as a substitute for milk. Instead, a USDA approved soymilk will be made available to students who have a Diet Prescription Form on file with Food and Nutrition Services.

## ❖ DAIRY

### Common School Items

- Pizza
- Cheese Zombie
- Burrito
- Most School-Prepared Breads
- Ice Cream

### School Substitutes Could Include

- Turkey, Ham or Beef Sandwich
- Hamburger
- Hotdog
- Chicken Burger or Nuggets
- Juice Bar

## ❖ WHEAT

### Common School Items

- Sandwich Bread
- Bread Items
- Cookies
- Many Desserts
- Pizza Crust
- Hamburger/Hot Dog Bun
- Pastas
- Breaded Entrée Items
- Breakfast Cereals and Entrées

### School Substitutes Could Include

- Rice
- Tortilla Chips
- Potato (Mashed)
- French Fries
- Oatmeal
- Rice Cereal

## ❖ SOY (Note: Most of our food items contain soy or soy oil.)

### Common School Items

- All Bread Items (Soy Oil)
- Purchased Entrées (burrito, nuggets, corndog, ground beef, ravioli, etc.)
- Salad Dressings/Dips
- Most Purchased Snacks/Dessert Items

### School Substitutes Could Include

- Yogurt
- String Cheese
- Sun Chips
- Hot Dog (No Bun)
- Fresh Fruits and Vegetables

## ❖ EGG

### Common School Items

- Eggs
- Breaded Entre Items
- Cakes
- Mayo Products
- Waffle/French Toast
- Muffins/Quick Breads
- Most School-Prepared Breads

### School Substitutes Could Include

- Hamburger on Bun
- Hot Dog on Bun
- Cheese Sandwich
- Breakfast Sausage

## ❖ FISH

### Common School Items

- Fish Nuggets
- Fish Burger
- Tuna
- Fish Taco

### School Substitutes Could Include

- Hamburger on Bun
- Cheese Sandwich
- Turkey, Ham or Beef Sandwich
- Chicken Nuggets