

2020 Crestwood Lunch Allergy Information & Sub Form

Listed below are the common allergens found in the specific menu items.

If you have any questions please contact Tanya or Elyse in the Crestwood office at 631-692-6361.

Child's Name _____ Allergy _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August		Instructions For Requesting A Substitute If your child requires a substitute for the main dish: 1. Cross out the name of the main dish listed for that day. 2. Write in the substitute that you would like for your child that day from the list of substitutes below. 3. Repeat steps 1 and 2 for any day a substitute is needed instead of the main dish.		
July 27 Pizza WHEAT, MILK	July 28 Meatball Hero EGG, MILK SOY, WHEAT	July 29 Mozzarella Sticks WHEAT, MILK, SOY	July 30 Chicken Nuggets WHEAT	July 31 Baked Ziti EGG, MILK, WHEAT
August 3 French Toast Sticks WHEAT, SOY	4 Quesadilla Chicken/Cheese WHEAT, MILK, SOY	5 Chicken Tenders WHEAT, SOY	6 Grilled Cheese WHEAT, SOY, MILK Egg & Sesame Facility	7 Popcorn Chicken WHEAT, SOY
10 Mac & Cheese WHEAT, MILK, EGG	11 Pizza WHEAT, MILK	12 Spaghetti & Meatballs EGG, MILK SOY, WHEAT	13 Mozzarella Sticks WHEAT, MILK, SOY	14 Chicken Nuggets WHEAT
17 Baked Ziti EGG, MILK, WHEAT	18 French Toast Sticks WHEAT, SOY	19 Popcorn Chicken WHEAT, SOY	20 Crestwood Pasta Gala WHEAT, MILK, EGG	21 Chicken Delight WHEAT, SOY

Substitutes

Beef Hamburger
 Veggie Burger (SOY)
 Turkey Frankfurter (Ages 5 & Older)
 Tuna Salad Sandwich (EGG, SOY, WHEAT)
 Egg Salad Sandwich (EGG, SOY, WHEAT)
 Sliced Turkey Breast
 Low Fat Yogurt (MILK)
 American Cheese Sandwich (SOY, MILK, WHEAT)
 WowButter Sandwich (SOY, WHEAT)
 Plain Pasta (WHEAT)
 Chicken (SOY OIL in marinade)
 Bagels (WHEAT, may contain SESAME)
 Buns (WHEAT, SOYBEAN OIL)
 Bread (WHEAT, SOY)
 Grilled Cheese (WHEAT, MILK, SOY)
**bread/buns made in a facility w/ egg & sesame*

Kosher

Beef Hamburger
 Beef Frankfurter (Ages 5 and Older) (Soy Protein)

Snacks

Goldfish (WHEAT, MILK)
 Pretzels (WHEAT)
 Graham Crackers (WHEAT, SOY)
 Animal Crackers (WHEAT, MILK, EGG, SOY)
 Chocolate Chip Cookies (WHEAT, MILK, EGG, SOY)
 Warm Chocolate Chip Cookie (WHEAT, MILK, EGG, SOY)

Gluten Free Items

Beef Hamburger
 Turkey Frankfurter (Ages 5 & Older)
 Grilled Chicken
 Sliced Turkey Breast
 Low Fat Yogurt
 Vegetables
 Fresh Fruit
 Fresh Tossed Salad
 GF Cookies (NO EGG, MILK, NUT, WHEAT, SOY PROTEIN)
 GF Snacks - pretzels, chips, popcorners, fritos
***Extra cost for these special GF menu items:
 Gluten Free Bread, Buns, Bagels, Pizza,
 French Toast Sticks, & Chicken Tenders
 ~Call the office for details~**