

# 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
<b>JULY</b>	No need to fill out this form unless you must specify which foods your child CAN NOT eat due to allergies or medical issues.	<b><u>Instructions For Requesting A Substitute</u></b> 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.		
6  <b>Chicken Tenders</b>  WHEAT, SOY	7  <b>Grilled Cheese</b>  WHEAT, SOY, MILK Egg & Sesame Facility	8  <b>Popcorn Chicken</b>  WHEAT, SOY	9  <b>Mac &amp; Cheese</b>  WHEAT, MILK, EGG	10  <b>Pizza</b>  WHEAT, MILK
13  <b>Spaghetti &amp; Meatballs</b>  EGG, MILK SOY, WHEAT	14  <b>Mozzarella Sticks</b>  WHEAT, MILK, SOY	15  <b>Chicken Nuggets</b>  WHEAT	16  <b>Baked Ziti</b>  EGG, MILK, WHEAT	17  <b>French Toast Sticks</b>  WHEAT, SOY
20  <b>Quesadilla Chicken/Cheese</b>  WHEAT, MILK, SOY	21  <b>Chicken Tenders</b>  WHEAT, SOY	22  <b>Grilled Cheese</b>  WHEAT, SOY, MILK Egg & Sesame Facility	23  <b>Popcorn Chicken</b>  WHEAT, SOY	24  <b>Mac &amp; Cheese</b>  WHEAT, MILK, EGG

## 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)  
 Cookout Cake (MILK, EGG, WHEAT, 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 for Cookout Cake (NO EGG, MILK, NUT, WHEAT, SOY PROTEIN)  
**\*Extra cost for these special GF menu items:  
 Gluten Free Bread, Buns, Bagels, Pizza,  
 French Toast Sticks, & Chicken Tenders  
 ~Call for details~**