

2020 GLUTEN FREE Lunch Substitution Form-Return By July 22nd

Child's Name _____ Allergy _____ Grade in 9/2020 _____ Phone Number: _____

Return completed form to: Crestwood 313 Round Swamp Rd. Melville, NY 11747 or fax to 631-692-6987

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>AUGUST</h1>		All items on this menu are certified Gluten Free & Nut Free		
July 27 Pizza	28 Hamburger	29 Grilled Cheese	30 Chicken Tenders	31 Write in from sub list below
Aug 3 French Toast Sticks	4 Write in from sub list below	5 Chicken Tenders	6 Grilled Cheese	7 Chicken Tenders
10 Grilled Cheese	11 Pizza	12 Hamburger	13 Write in from sub list below	14 Chicken Tenders
17 Write in form sub list below	18 French Toast Sticks	19 Chicken Tenders	20 Write in from sub list below	21 Chicken Tenders

**Please note that salad and the veggie & fruit of the day are always available for your child.
Please call Elyse or Tanya in the Crestwood office at 631-692-6361 if you have any questions.**

Instructions For Requesting A Substitute

If your child requires a substitute for the main gluten free 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 on the right.
3. Repeat steps 1 and 2 for any day a substitute is needed instead of the main dish.

Substitutes

Hamburger - Plain or on Udi's Bun
 Kosher Frankfurter (Ages 5 & up) - Plain or on Udi's Bun
 Tuna Salad - Scoop or on Bread
 Egg Salad - Scoop or on Bread
 American Cheese on Bread or on Salad
 Sliced Turkey Breast on Bread or on Salad
 Wow Butter on Bread
 Udi's Plain Bagel - Butter, Cream Cheese, or Wow Butter
 Grilled Chicken
 Low Fat Yogurt Gluten Free Chicken Tenders