

2020 GLUTEN FREE Lunch Substitution Form-Return By June 26th

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
JULY		All items on this menu are certified Gluten Free & Nut Free		
6	7	8	9	10
Chicken Tenders	<i>Grilled Cheese</i>	Chicken Tenders	Write in from sub list below	Pizza
13	14	15	16	17
Pizza	<i>Grilled Cheese</i>	Chicken Tenders	Write in from sub list below	French Toast Sticks
20	21	22	23	24
Pizza	Chicken Tenders	<i>Grilled Cheese</i>	Chicken Tenders	Write in from sub list below

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