

*Food labels are based on most recent order. Subject to change based on availability.

2023 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 Heather in the Crestwood office at 631-692-6361.
 Please return via email to heatherbermancw@gmail.com by June 1.

Child's Name _____ Allergy _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY	Please use this form to specify the foods your child CAN NOT eat due to allergies or medical issues.	Instructions For Requesting A Substitute If your child requires a substitute, cross out the main dish and write in a substitute from the list below. *CLICK MENU ITEMS BELOW TO VIEW INGREDIENTS VIEW ALL FOOD LABELS		
June 26 Popcorn Chicken WHEAT, SOY	June 27 Pizza WHEAT, MILK, SOY	June 28 Meatball Hero EGG, MILK SOY, WHEAT	June 29 Grilled Cheese WHEAT, SOY, MILK Egg & Sesame Facility	June 30 Chicken Tenders WHEAT, MILK, SOY
July 3 CLOSED FOR THE HOLIDAY!	July 4 French Toast Sticks WHEAT, SOY	July 5 Mac & Cheese WHEAT, MILK, SOY	July 6 Chicken Tenders WHEAT, MILK, SOY	July 7 Pizza WHEAT, MILK, SOY
July 10 Grilled Cheese WHEAT, SOY, MILK Egg & Sesame Facility	July 11 Chicken Nuggets WHEAT, SOY	July 12 Pizza WHEAT, MILK, SOY	July 13 Meatball Hero EGG, MILK SOY, WHEAT	July 14 Lasagna Roll WHEAT, EGG, MILK
July 17 Pizza WHEAT, MILK, SOY	July 18 Mac & Cheese WHEAT, MILK, SOY	July 19 Chicken Tenders WHEAT, MILK, SOY	July 20 French Toast Sticks WHEAT, SOY	July 21 Popcorn Chicken WHEAT, SOY

Substitutes

Beef Hamburger
 Veggie Burger (SOY)
 Turkey Hot Dog (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)
 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 Hotdog (Ages 5 and Older) (Soy Protein)

Snacks + Cookout

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)
 Home Free Cookies (NO EGG, MILK, NUT, WHEAT, SOY PROTEIN)
 Ices/ Ice Cream / Afternoon Snacks

Gluten Free Items

Beef Hamburger
 Turkey Hot Dog (Ages 5 & Older)
 Grilled Chicken (SOY)
 Shoestring Fries (SOY OIL)
 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

[CLICK FOR PRICING](#)