

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

2023 GLUTEN FREE Lunch Substitution Form

Child's Name _____ Allergy _____

If you have any questions please contact Heather in the Crestwood office at 631-692-6361. Return completed form via email to heatherbermancw@gmail.com by June 1.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY</h1>		All items on this menu are certified Gluten Free & Nut Free <u>VIEW ALL FOOD LABELS</u>		
June 26	June 27	June 28	June 29	June 30
Chicken Tenders	Pizza	Write in from sub list below	Grilled Cheese	Chicken Tenders
July 3	July 4	July 5	July 6	July 7
CLOSED FOR THE HOLIDAY!	Waffle	Grilled Cheese	Chicken Tenders	Pizza
July 10	July 11	July 12	July 13	July 14
Grilled Cheese	Chicken Tenders	Pizza	Write in from sub list below	Grilled Cheese
July 17	July 18	July 19	July 20	July 21
Pizza	Grilled Cheese	Chicken Tenders	Waffle	Chicken Tenders

Please note that salad and the veggie & fruit of the day are always available for your child.

Instructions For Requesting A Substitute

If your child requires a substitute, cross out the main dish and write in your requested item from the substitute list.

Substitutes

- Hamburger - Plain or on Udi's Bun
- Turkey Hot Dog (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