

# 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 heatherbermanew@gmail.com by July 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AUG</b>		All items on this menu are certified Gluten Free & Nut Free		
July 24  Grilled Cheese	July 25  Chicken Tenders	July 26  Write in from sub list below	July 27  Chicken Tenders	July 28  Pizza
July 31  French Toast Sticks	Aug 1  Chicken Tenders	Aug 2  Pizza	Aug 3  Write in from sub list below	Aug 4  Grilled Cheese
Aug 7  Chicken Tenders	Aug 8  Grilled Cheese	Aug 9  Chicken Tenders	Aug 10  French Toast Sticks	Aug 11  Write in from sub list below
Aug 14  Pizza	Aug 15  Grilled Cheese	Aug 16  Chicken Tenders	Aug 17  Write in from sub list below	Aug 18  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 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  
 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