

Medical and Religious Menu Substitutions

Lunch menu items highlighted in yellow are provided by The Club at Paradise Point.

Menu Items	Allergens in Menu Items	Dairy Free Substitute	Egg Free Substitute	Soy Free Substitute	Wheat Free Substitute	Citrus & Tomato Free Substitute	Vegetarian/ Pescatarian	Miscellaneous Substitute
Black Beans	Legumes							Diced Turkey
Cheddar Goldfish Crackers-SAC	Dairy, Soy, Wheat	Cheerios		Cheerios	Cheerios			
Cheesy Grits	Dairy, Soy, Wheat	Instant Grits		Instant Grits	Cheerios			
Cheez-It Crackers-SAC	Dairy, Soy, Wheat	Rice Chex Cereal		Rice Chex Cereal	Rice Chex Cereal			
Chicken Patty-SAC	Soy, Wheat, Garlic, Onion			Diced Turkey	Diced Turkey			Diced Turkey
Chicken Salad (Chicken, Relish, Mayo)	Egg, Soy		Plain Canned Chicken	Plain Canned Chicken			Sunbutter & Jelly / Tuna	
Chopped Broccoli	Garlic, Onion							Veggie Cup
Corn	Garlic, Onion							Veggie Cup
Cornbread	Dairy, Egg, Soy, Wheat	Jasmine Rice	Jasmine Rice	Jasmine Rice	Jasmine Rice			
Cornflakes	Wheat				Rice Chex Cereal			
Cowboy Beans (Ground Turkey, Baked Beans)	Legumes, Tomato, Citrus, Garlic, Onion					Plain Ground Turkey	Black/Kidney Beans/ Tuna	Plain Ground Turkey
Cream of Wheat w/ Brown Sugar	Dairy, Wheat	Instant Grits			Rice Chex Cereal			
Diced Chicken							Black/Kidney Beans/ Tuna	
Diced Chicken w/ BBQ Sauce	Tomato, Citrus, Onion, Garlic					Plain Diced Turkey	Black/Kidney Beans/ Tuna	Plain Diced Turkey
Diced Ham	Pork						Black/Kidney Beans/ Tuna	Plain Diced Turkey
Diced Tomatoes	Tomato, Citrus					Extra Lettuce		
Diced Turkey w/ Gravy	Dairy, Soy, Wheat	Plain Diced Turkey		Plain Diced Turkey	Plain Diced Turkey		Black/Kidney Beans/ Tuna	
Egg Patty	Dairy, Egg, Soy	Breakfast: Instant Grits Lunch: Diced Turkey	Breakfast: Instant Grits Lunch: Diced Turkey	Breakfast: Instant Grits Lunch: Diced Turkey				

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Fried Jasmine Rice	<i>Soy, Wheat, Garlic, Onion</i>			Jasmine Rice	Jasmine Rice			Jasmine Rice
Fruit Cocktail	<i>Citrus</i>					Applesauce Cup/Non Citrus Fresh Fruit		
Green Beans	<i>Garlic, Onion</i>							Veggie Cup
Green Peas	<i>Garlic, Onion</i>							Veggie Cup
Ground Turkey Chili	<i>Legumes, Tomato, Citrus, Garlic, Onion</i>					Plain Ground Turkey	Black/Kidney Beans/ Tuna	Plain Ground Turkey
Ground Turkey Sloppy Joe	<i>Tomato, Citrus, Garlic, Onion</i>					Plain Ground Turkey	Black/Kidney Beans/ Tuna	Plain Ground Turkey
Ground Turkey Taco Meat	<i>Tomato, Citrus, Garlic, Onion</i>					Plain Ground Turkey	Black/Kidney Beans/ Tuna	Plain Ground Turkey
Life Cereal	<i>Wheat</i>				Cheerios Cereal			
Linguine & Diced Chicken w/ Alfredo Sauce	<i>Dairy, Soy, Wheat, Garlic</i>	Diced Turkey w/ Marinara		Diced Turkey w/ Marinara	Diced Turkey w/ Marinara--Jasmine Rice		Black/Kidney Beans/ Tuna-- Club: Noodles w/ Marinara	Diced Turkey w/ Marinara
Mandarin Oranges	<i>Citrus</i>					Applesauce Cup/Non Citrus Fresh Fruit		
Meatballs w/ BBQ Sauce- SAC	<i>Dairy, Soy, Wheat, Tomato, Citrus, Onion, Garlic</i>	Plain Diced Turkey		Plain Diced Turkey	Plain Diced Turkey	Plain Meatballs	Black/Kidney Beans/ Tuna	Plain Diced Turkey
Milk (for children who need 2 components for PM snack)	<i>Dairy</i>	Snack: Fruit Cup						
Oatmeal w/ Brown Sugar and Cinnamon	<i>Dairy</i>	Instant Grits						Rice Chex Cereal
Oranges	<i>Citrus</i>					Applesauce Cup/Non Citrus Fresh Fruit		
Pineapple--Crushed & Tidbits	<i>Citrus</i>					Applesauce Cup/Non Citrus Fresh Fruit		

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Potato Salad	<i>Egg, Soy, Garlic, Onion</i>		Veggie Cup	Veggie Cup				Veggie Cup
Sliced Ham & Cheese	<i>Dairy, Pork</i>	Additional Sliced Ham					Sunbutter & Jelly / Tuna	Sliced Turkey
Sliced Turkey & Cheese	<i>Dairy</i>	Additional Sliced Turkey					Sunbutter & Jelly / Tuna	
Spinach	<i>Garlic, Onion</i>							Veggie Cup
String Cheese	<i>Dairy</i>	Lunch: NO SUB PM Snack: Applesauce Cup						
Sunbutter								Sliced Ham /Turkey, Canned Chicken/Tuna
Teriyaki Diced Chicken	<i>Soy, Wheat, Citrus, Sesame, Garlic, Onion</i>			Plain Diced Turkey	Plain Diced Turkey	Plain Diced Turkey	Black/Kidney Beans/ Tuna	Plain Diced Turkey
Tropical Fruit	<i>Citrus</i>					Applesauce Cup/Non Citrus Fresh Fruit		
Vanilla Yogurt	<i>Dairy</i>	Wheat Crackers						Milk Substitute
Waffle Fries-SAC	<i>Soy</i>			Veggie Cup				
Wheat Twin Crackers	<i>Soy, Wheat</i>			Fruit Cup	Fruit Cup			
Whole Corn Tortilla Chips-SAC	<i>Soy</i>			Kix Cereal				
Whole Grain Cheese Snack Crackers	<i>Dairy, Soy, Wheat</i>	Cheerios		Cheerios	Cheerios			
Whole Grain Cracker Bites	<i>Dairy, Soy, Wheat</i>	Cheerios		Cheerios	Cheerios			
Whole Grain French Toast Sticks	<i>Dairy, Egg, Soy, Wheat</i>	Instant Grits	Instant Grits	Instant Grits	Rice Chex Cereal			
Whole Grain Macaroni & Cheese	<i>Dairy, Soy, Wheat</i>	Noodles w/ Marinara Sauce		Noodles w/ Marinara Sauce	Jasmine Rice			Jasmine Rice
Whole Grain Muffin-SAC	<i>Egg, Soy, Wheat</i>		Cheerios	Cheerios	Cheerios			Cheerios

Miscellaneous Substitutes may include allergies and/or religious substitution for Legumes, Pork, Sunbutter, Sesame, Garlic and/or Onion.

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Whole Grain Spaghetti & Ground Turkey Spaghetti Sauce	<i>Wheat, Tomato, Citrus, Onion</i>				Jasmine Rice w/ Plain Ground Turkey	Jasmine Rice w/ Plain Ground Turkey	Black/Kidney Beans/ Tuna-- <i>Club: Noodles w/ Marinara</i>	Jasmine Rice w/ Plain Ground Turkey
Whole Grain Sweet Potato Crackers	<i>Soy, Wheat</i>			Cheerios	Cheerios			
Whole Grain Veggie Crackers	<i>Dairy, Soy, Wheat</i>	Rice Chex Cereal		Rice Chex Cereal	Rice Chex Cereal			
Whole Wheat Berry Animal Crackers	<i>Dairy, Soy, Wheat</i>	Rice Chex Cereal		Rice Chex Cereal	Rice Chex Cereal			
Whole Wheat Biscuit	<i>Dairy, Soy, Wheat</i>	Jasmine Rice		Jasmine Rice	Jasmine Rice			
Whole Wheat Bread (Sandwiches)	<i>Soy, Wheat</i>			White Corn Soft Tortillas	White Corn Soft Tortillas			
Whole Wheat Bun (Sandwiches)- SAC	<i>Soy, Wheat</i>			White Corn Soft Tortillas	White Corn Soft Tortillas			
Whole Wheat Flour Tortilla (Sandwiches)	<i>Wheat</i>				White Corn Soft Tortillas			
Whole Wheat Flour Tortilla (Tacos)	<i>Wheat</i>				White Corn Soft Tortillas			
Whole Wheat Pancakes	<i>Dairy, Egg, Soy, Wheat</i>	Cheerios	Cheerios	Cheerios	Cheerios			
Whole Wheat Pita Bread (Snack)	<i>Wheat</i>				Rice Chex Cereal			
Whole Wheat Pita Bread (Sandwiches)	<i>Wheat</i>				White Corn Soft Tortillas			
Whole Wheat Soft Mini Pretzel	<i>Wheat</i>				Rice Chex Cereal			Rice Chex Cereal
Whole Wheat Waffles- SAC	<i>Dairy, Egg, Soy, Wheat</i>	Cheerios	Cheerios	Cheerios	Cheerios			