

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 | |

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|--|---|---|---|---|--|---------------------------------|---|--------------------------|
| Egg Patty | <i>Dairy, Egg, Soy</i> | Breakfast: Instant Grits Lunch: Diced Turkey | Breakfast: Instant Grits Lunch: Diced Turkey | Breakfast: Instant Grits Lunch: Diced Turkey | | | | |
| Fried Jasmine Rice | <i>Soy, Wheat, Garlic, Onion</i> | | | Jasmine Rice | Jasmine Rice | | | Jasmine Rice |
| Fruit Cocktail | <i>Citrus</i> | | | | | Fruit Cup | | |
| 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> | | | | | Fruit Cup | | |
| 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> | | | | | Fruit Cup | | |

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| Pineapple--Crushed & Tidbits | <i>Citrus</i> | | | | | Fruit Cup | | |
| 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 or Turkey |
| 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> | | | | | Fruit Cup | | |
| 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 |

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