

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	Egg Free Substitute	Milk Free Substitute	Soy Free Substitute	Vegetarian/Pescatarian	Wheat Free Substitute	Citrus & Tomato Free Substitute	Miscellaneous Substitute
Black Beans	Legumes							Diced Turkey
Cheddar Goldfish Crackers-SAC	Milk, Soy, Wheat		Cheerios	Cheerios		Cheerios		
Cheesy Grits	Milk, Soy, Wheat		Instant Grits	Instant Grits		Cheerios		
Cheez-It Crackers-SAC	Milk, Soy, Wheat		Rice Chex Cereal	Rice Chex Cereal		Rice Chex Cereal		
Chicken Salad (Chicken, Relish, Mayo)	Egg, Soy	Diced Canned Chicken		Diced Canned Chicken	Sunbutter w/ Grape Jelly or Tuna			
Chili w/ Ground Turkey	Legumes, Tomato, Garlic, Onion, Citrus				Black/Kidney Beans/Tuna		Plain Ground Turkey	Plain Ground Turkey
Chopped Broccoli	Garlic, Onion							Veggie Cup
Corn	Garlic, Onion							Veggie Cup
Cornbread	Eggs, Milk, Soy, Wheat	Jasmine Rice	Jasmine Rice	Jasmine Rice		Jasmine Rice		
Cornflakes	Wheat					Rice Chex Cereal		
Cottage Cheese	Milk		Wheat Crackers					
Cowboy Beans (Ground Turkey w/ Vegetarian Baked Beans)	Legumes, Tomato, Garlic, Onion, Citrus				Black/Kidney Beans/Tuna		Plain Ground Turkey	Plain Ground Turkey
Cream of Wheat w/ Brown Sugar	Milk, Wheat		Instant Grits			Rice Chex Cereal		
Crushed Pineapple	Citrus						Fruit Cup	
Diced Chicken					Black/Kidney Beans/Tuna			
Diced Chicken w/ BBQ Sauce	Tomato, Onion, Garlic, Citrus				Black/Kidney Beans/Tuna		Plain Diced Turkey	Plain Diced Turkey
Diced Ham	Pork				Black/Kidney Beans/Tuna			Plain Diced Turkey

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Diced Tomatoes	Tomato, Citrus						Extra Lettuce	
Diced Turkey w/ Gravy	Milk, Soy, Wheat		Plain Diced Turkey	Plain Diced Turkey	Black/Kidney Beans/Tuna	Plain Diced Turkey		
Egg Patty	Egg, Milk, Soy	Breakfast: Instant Grits Lunch: Diced Turkey	Breakfast: Instant Grits Lunch: Diced Turkey	Breakfast: Instant Grits Lunch: Diced Turkey				
Fried Jasmine Rice	Soy, Wheat, Garlic, Onion			Jasmine Rice		Jasmine Rice		Jasmine Rice
Fruit Cocktail	Citrus						Fruit Cup	
Green Beans	Garlic, Onion							Veggie Cup
Green Peas	Garlic, Onion							Veggie Cup
Ground Turkey Sloppy Joe	Tomato, Garlic, Onion, Citrus				Black/Kidney Beans/Tuna		Plain Ground Turkey	Plain Ground Turkey
Life Cereal	Wheat					Cheerios Cereal		
Linguine w/ Diced Chicken Alfredo Sauce	Milk, Soy, Wheat, Garlic		Diced Turkey w/ Marinara	Diced Turkey w/ Marinara	Black/Kidney Beans/Tuna--Club: Noodles w/ Marinara	Diced Turkey w/ Marinara--Jasmine Rice		Diced Turkey w/ Marinara
Mandarin Oranges	Citrus						Fruit Cup	
Meatballs w/ BBQ Sauce-SAC	Tomato, Onion, Garlic, Citrus, Milk, Soy, Wheat		Plain Diced Turkey	Plain Diced Turkey	Black/Kidney Beans/Tuna	Plain Diced Turkey	Plain Meatballs	Plain Diced Turkey
Milk (for children who need extra component at snack)	Milk		Snack: Peach Cup					
Oatmeal w/ Brown Sugar and Cinnamon	Milk		Instant Grits					Rice Chex Cereal
Oranges	Citrus						Fruit Cup	
Pineapple Tidbits	Citrus						Fruit Cup	

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Potato Salad	<i>Egg, Soy, Garlic, Onion</i>	Veggie Cup		Veggie Cup				Veggie Cup
Sliced Ham w/ Cheese	<i>Milk, Pork</i>		Additional Sliced Ham		Sunbutter w/ Grape Jelly or Tuna			Sliced Turkey
Sliced Turkey w/ Cheese	<i>Milk</i>		Additional Sliced Turkey		Sunbutter w/ Grape Jelly or Tuna			
Spinach	<i>Garlic, Onion</i>							Veggie Cup
String Cheese	<i>Milk</i>		Lunch: Ham/Turkey PM Snack: Applesauce Cup					
Sunbutter w/ Grape Jelly								Sliced Ham or Turkey
Taco Seasoned Ground Turkey	<i>Tomato, Garlic, Onion, Citrus</i>				Black/Kidney Beans/ Tuna		Plain Ground Turkey	Plain Ground Turkey
Teriyaki Diced Chicken	<i>Sesame, Garlic, Soy, Wheat, Citrus, Onion</i>			Plain Diced Turkey	Black/Kidney Beans/ Tuna	Plain Diced Turkey	Plain Diced Turkey	Plain Diced Turkey
Tropical Fruit	<i>Citrus</i>						Fruit Cup	
Vanilla Yogurt	<i>Milk</i>		Wheat Crackers					Milk Substitute
Whole Corn Tortilla Chips-SAC	<i>Soy</i>			Kix Cereal				
Whole Grain Cheese Snack Crackers	<i>Milk, Soy, Wheat</i>		Cheerios	Cheerios		Cheerios		
Whole Grain Cracker Bites	<i>Milk, Soy, Wheat</i>		Cheerios	Cheerios		Cheerios		
Whole Grain French Toast Sticks	<i>Egg, Milk, Soy, Wheat</i>	Instant Grits	Instant Grits	Instant Grits		Rice Chex Cereal		
Whole Grain Macaroni & Cheese	<i>Milk, Soy, Wheat</i>		Noodles w/ Marinara Sauce	Noodles w/ Marinara Sauce		Jasmine Rice		Jasmine Rice
Whole Grain Muffin-SAC	<i>Eggs, Soy, Wheat</i>	Cheerios		Cheerios		Cheerios		Cheerios

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