

# 2024 Crestwood Lunch Allergy and Sub Menu Form

Child's Name: \_\_\_\_\_ Allergies: \_\_\_\_\_

Group: \_\_\_\_\_

## DAILY SUBSTITUTES

Beef Hamburger (Cookout)  
 Veggie Burger (SOY) (Cookout)  
 Turkey Hot Dog (Ages 5 & Older) (Cookout)  
 Tuna Salad Sandwich (EGG, SOY, WHEAT)  
 Egg Salad Sandwich (EGG, SOY, WHEAT)  
 Sliced Turkey Breast  
 Low Fat Yogurt (MILK)  
 American Cheese Sandwich (SOY, MILK, WHEAT)  
 WowButter Sandwich (SOY, WHEAT)  
 Plain Pasta (WHEAT)  
 Grilled Chicken (SOY) (Cookout)  
 Bagels (WHEAT, may contain SESAME)  
 Buns (WHEAT, SOYBEAN OIL)  
 Bread (WHEAT, SOY)  
 Grilled Cheese (WHEAT, MILK, SOY)  
 \*bread/buns made in a facility w/ egg & sesame

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>AUGUST</h1> <p>Please cross out any menu item that your child <u>cannot eat</u>, and write in a substitute from the provided list.</p> <p>RETURN FORM TO HEATHER VIA EMAIL AT <a href="mailto:HEATHERBERMANCW@GMAIL.COM">HEATHERBERMANCW@GMAIL.COM</a> BY JULY 22</p> <p>If you have any questions contact Heather in the office 631 692 6361</p>				
JULY 29 <b>GRILLED CHEESE</b> WHEAT, SOY, MILK Egg & Sesame Facility	JULY 30 <b>NUGGETS &amp; WINGS</b> WHEAT, EGG, MILK, SOY	JULY 31 <b>MOZZARELLA STICKS</b> DAIRY, WHEAT	AUG 1 <b>POPCORN CHICKEN</b> WHEAT, SOY	AUG 2 <b>PIZZA</b> WHEAT, MILK, SOY
5 <b>FRENCH TOAST STICKS</b> WHEAT, SOY	6 <b>CHICKEN TENDERS</b> WHEAT, MILK, EGG, SOY	7 <b>PIZZA</b> WHEAT, MILK, SOY	8 <b>SPAGHETTI MEATBALLS</b> WHEAT, MILK, SOY	9 <b>MAC AND CHEESE</b> WHEAT, MILK, SOY
12 <b>NUGGETS</b> WHEAT, EGG, MILK, SOY	13 <b>GRILLED CHEESE</b> WHEAT, SOY, MILK Egg & Sesame Facility	14 <b>POPCORN CHICKEN</b> WHEAT, SOY	15 <b>FRENCH TOAST STICKS</b> WHEAT, SOY	16 <b>SPAGHETTI MEATBALLS</b> WHEAT, MILK, SOY
19 <b>PIZZA</b> WHEAT, MILK, SOY	20 <b>GRILLED CHEESE</b> WHEAT, SOY, MILK Egg & Sesame Facility	21 <b>CHICKEN TENDERS</b> WHEAT, EGG, MILK, SOY	22 <b>PASTA GALA</b> WHEAT, MILK, SOY	23 <b>CHICKEN DELIGHT</b> WHEAT, MILK, EGG, SOY

## KOSHER

Beef Hamburger  
 Turkey Hot Dog (Ages 5 & Older)

## SNACKS

Goldfish (WHEAT, MILK)  
 Pretzels (WHEAT)  
 Graham Crackers (WHEAT, SOY)  
 Animal Crackers (WHEAT, MILK, EGG, SOY)  
 Ritz Crackers (WHEAT, SOY)  
 Nilla Wafers (WHEAT, MILK, EGG, SOY)  
 Chocolate Chip Cookies (WHEAT, MILK, EGG, SOY)  
 ZEE ZEE Bars (Various Allergens - See Website)  
 Cookout Cake (MILK, EGG, WHEAT, SOY)  
 Home Free Cookies (NO EGG, MILK, WHEAT, SOY)  
 Ice Cream and Ices (Various - See Website)

GLUTEN FREE MENU AVAILABLE \* pls inquire

## NOTES: