

2024 Crestwood GLUTEN FREE Sub Menu Form

Child's Name: _____ Allergies: _____

Group: _____

INSTRUCTIONS

If your child requires a substitute, cross out the main dish and write in your requested item.

Please note that salad and veggie/fruit of the day are always available for your child.

If you have any questions contact Heather in the Crestwood office at 631.692.6361

DAILY SUBSTITUTES

Beef Hamburger - Plain or Udis Bun
 Turkey Hot Dog (Ages 5 & Older) - Plain or Udis Bun
 Grilled Chicken
 Tuna Salad
 Egg Salad
 American Cheese on Udis Bread
 Shoestring Fries (SOY OIL)
 Sliced Turkey Breast
 Wow Butter on Bread
 Udi's Plain Bagel
 Low Fat Yogurt
 Vegetables
 Fresh Fruit
 Fresh Tossed Salad

SNACKS

Pirate's Booty
 Snyder's GF Pretzels
 Fritos
 Lays Potato Chips
 Goodie Girl Chocolate Chip Cookies
 Home Free Cookies (NO EGG, MILK, WHEAT, SOY)
 Rich's GF Ice Cream and Ice Pops

NOTES:

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 HEATHERBERMANCW@GMAIL.COM BY JULY 22</p> <p>If you have any questions contact Heather in the office 631 692 6361</p>				
JULY 29 GRILLED CHEESE	JULY 30 NUGGETS	JULY 31 PASTA	AUG 1 NUGGETS	AUG 2 PIZZA
5 FRENCH TOAST	6 NUGGETS	7 PIZZA	8 PASTA	9 PASTA
12 NUGGETS	13 GRILLED CHEESE	14 NUGGETS	15 FRENCH TOAST STICKS	16 PASTA
19 PIZZA	20 GRILLED CHEESE	21 NUGGETS	22 PASTA	23 NUGGETS