**Peanut/ Tree Nut:**

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| **Omit**   * Omit peanuts and all tree nuts | **Substitute**   * Substitute sunflower seed butter * Substitute Deli meat sándwich * Substitute peanut free cookie * Substitute Cheese stick and yogurt |

**Dairy (Milk, Cheese)**:

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| **Omit**   * Omit fluid milk only, * may have product with milk used as an ingredient in foods (breads made with milk, pizza, cheese, battered/breaded meat ítems, cheese sauce, burritos), * omit all dairy products- may not have dairy products used as ingredients in foods: pizza, ice cream, burritos, cheese sauce, battered ítems, breads made with milk, | **Substitute**   * substitute Lactose free milk, * substitute Soy milk, * substitute formula, specify \_\_\_\_\_\_\_\_\_\_ |

**Egg:**

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| **Omit**   * Omit Egg and may not have products with egg used as an ingredient in foods (pancakes, mayo, french toast, muffins, pizza, cakes) * omit eggs as a menú ítem but may have product with egg used as an ingredient in foods(pancakes, mayo, french toast, muffins, pizza, cakes) | **Substitute**   * substitute sausage, * Use egg replacer in récipes, * cheese sándwich, * peanut butter uncrustable. |

**Fish/Shellfish:**

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| --- | --- |
| **Omit**  omit all fish and shellfish and any product that may contain fish products (fish nuggets, fish Patty, tuna, asian sauces, worcestershire sauce as an ingredient in récipe) | **Substitute**  substitute chicken,  substitute pork,  substitute beef,  cheese sándwich |

**Soy**: **Note: Most of our food ítems contain soy or soy oil.**

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| **Omit**   * omit soy protein products and anything made with soy products; * omit soy protein products only, | **Substitute**   * may have products cooked in soy oils; * substitute any 100% meat ítem; breads and other products made without soy. * substitute deli meat and/ or cheese slices, string cheese, fresh fruits and vegetables, yogurt, Sun Chips, Sunflower Seeds, Entrees without buns. |

**Wheat/Gluten**:

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| **Omit**   * Omit Wheat and products made with wheat (baked godos with wheat, baking mixes with wheat, crackers, casserole entrees, ookies/cakes, pizza crust, buns/breads, pastas, breaded entrees, breakfast cereals and entrees, gravies/sauces, french fries/tots), | **Substitute**   * substitute rice, hard taco shells or nacho chips, oatmeal, rice cereal, plain meats and cheeses, fresh fruits and vegetables, fruits and vegetables without wheat that do not contain wheat in the allergen statement * may have gluten free products * must have gluten free products |