

## Menu Substitution Exercise

Review the menu below and make changes for a vegetarian diet, dairy free, and gluten free diet.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Oatmeal Grapes Whole & Skim Milk	French Toast Strawberries Whole & Skim Milk	Breakfast Burrito Apples Whole & Skim Milk	Cheerios Blueberries Whole & Skim Milk	Malt-O-Meal Peaches Whole & Skim Milk
<b>Lunch</b>				
Tacos with gr. Beef & Cheese Tomatoes & Lettuce Orange slices Whole & Skim Milk	Turkey & Swiss Sandwiches Baby Carrots Sliced Pears Whole & Skim Milk	Hearty Home-Made Chick Noodle Soup Steamed Broccoli Pineapple tidbits Whole & Skim Milk	English Muffin Pizza (Sausage & Mozz) Spinach Salad Bananas Whole & Skim Milk	Vegetable Lasagna Peas & Carrots Tropical Fruit Salad Whole & Skim Milk
<b>Snack</b>				
Sliced Apples Peanut Butter Water	Yogurt Granola Mixed Berries Water	Hummus Cucumber Slices Cherry Tomatoes Water	Cheese Quesadilla Salsa Water	WG Bagel Boiled Egg Water

Vegetarian Menu	
<p style="text-align: center;"><b>Substitution Ideas</b></p> <ul style="list-style-type: none"> <li>- Dry Beans (<i>Black, Black-Eyed, Garbanzo, Northern, Kidney, Lima, Mung, Navy, Pink, Pinto, Red, Soy</i>)</li> <li>- Legumes (<i>Lentils, Dry Peas</i>)</li> <li>- Nuts/Seeds (<i>Only can be ½ Serving for lunch meat alternate</i>)</li> <li>- Nut/Seed Butters</li> <li>- Cheese (<i>Including Cottage Cheese</i>)</li> <li>- Yogurt</li> <li>- Eggs</li> <li>- Soy Milk (<i>Must be nutritionally equivalent to cow's milk</i>)</li> </ul>	<p><b>Breakfast Changes</b> <i>milk, T-French toast (just ww toast w/pb), W-breakfast burrito (black beans)</i></p> <hr style="border-top: 1px dashed black;"/> <p><b>Lunch Changes</b> <i>milk</i> <i>M- gr. Beef, cheese (replace w/ beans)</i> <i>T- turkey, swiss (nut butter, beans (hummus)</i> <i>W-chicken noodle soup (lentil soup with crackers)</i> <i>Th- sausage, cheese (pureed bean topping)</i> <i>F-cheese (garbanzo bean salad)</i></p> <hr style="border-top: 1px dashed black;"/> <p><b>Snack Changes</b> <i>T-yogurt (nuts), Th-cheese (vegetarian refried beans), F-(nut butter)</i></p>

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## Menu Substitution Exercise

Dairy Free Menu	
<p style="text-align: center;"><b>Substitution Ideas</b></p> <ul style="list-style-type: none"> <li>- Lactaid or lactose-free milk</li> <li>- Soy Milk (<i>must be nutritionally equivalent to milk</i>)</li> <li>- Fruits and vegetables without added milk products</li> <li>- Water-based breads (<i>Italian, French, Jewish Rye, cereals without added milk products</i>)</li> <li>- Meats without added milk products</li> <li>- Dry Beans or Legumes</li> <li>- Nuts/Seeds (<i>Only can be ½ Serving for lunch meat alternate</i>)</li> <li>- Nut/Seed Butters</li> </ul>	<p><b>Breakfast Changes</b></p> <p><i>milk (lactaid/soy), T-French toast (ww toast w/pb), W-breakfast burrito (remove cheese)</i></p>
	<p><b>Lunch Changes</b></p> <p><i>milk (lactaid/soy)</i>  <i>M-remove cheese</i>  <i>T-remove cheese</i>  <i>W-o.k. as long as soup does not have cream</i>  <i>Th-remove cheese, check sausage (add extra meat)</i>  <i>F – remove cheese (gr. Beef or beans only)</i></p>
	<p><b>Snack Changes</b></p> <p><i>T-yogurt (nuts), Th-cheese (refried beans w/ no added milk product)</i></p>

Gluten Free Menu	
<p style="text-align: center;"><b>Substitution Ideas</b></p> <p>Items made with:</p> <ul style="list-style-type: none"> <li>- Rice</li> <li>- Quinoa</li> <li>- Millet</li> <li>- Amaranth</li> <li>- Whole Corn (<i>not fresh corn</i>)</li> <li>- Buckwheat</li> <li>- Kasha</li> <li>- Items labeled as “Gluten Free”</li> </ul>	<p><b>Breakfast Changes</b></p> <p><i>M-check sensitivity to oats (kasha)</i>  <i>T-French toast (GF item, rice or quinoa based item)</i>  <i>W-breakfast burrito (100% whole corn tortilla)</i>  <i>Th-cheerios- (alternate grain based cereal)</i>  <i>F-Malt-O-Meal (rice or quinoa pudding)</i></p>
	<p><b>Lunch Changes</b></p> <p><i>M-taco (100% whole corn tortilla)</i>  <i>T-sandwich bread (GF bread, rice or quinoa based bread)</i>  <i>W-soup (GF noodles, thickener of soup, proc chix)</i>  <i>Th-English muffin, sausage (GF), salad dressing</i>  <i>F-lasagna (noodles, possibly sauce)</i></p>
	<p><b>Snack Changes</b></p> <p><i>T-granola (nuts/seeds), Th-quesadilla (tortilla – 100% whole corn), F-bagel (GF)</i></p>