

USD 497 Meal Modifications Substitutions for Unique Combinations



These are updated upon request and only for the specific meals request by individual families.

Lunch	Dairy Free, Pork Free	Dairy + Egg Free	Dairy Free +GF
Baked Mac & Cheese	Pasta w/ Red Sauce	Pasta w/ Red Sauce	GF Pasta w/ Red Sauce
Beef or Vegetarian Super Nachos	Serve w/out cheese	Serve w/o Cheese	Serve w/o Cheese
Boneless Chicken Wings	Chicken Nuggets	Chicken Nuggets	Oven Roasted Chicken Bites
Bosco Sticks w/ Marinara	Uncrustable + Pretzels (no cheese or goldfish)	Uncrustable w/ Pretzels (no cheese or goldfish)	GF & DF Pizza
Buffalo Chicken Bites w/ Biscuit	Chicken Nuggets	Chicken Nuggets	Oven Roasted Chicken Bites
Build your own Burrito Bowl	No cheese or sour cream	No cheese or sour cream	No cheese or sour cream, rice & beans ok
Build your own Pasta Bowl	Choose red sauce	Choose red sauce	GF pasta w/ Red Sauce
Build your own Ramen Bowl	As menued	As menued	GF pasta
Cheeseburger	Hamburger	Hamburger	Hamburger on GF Bun
Cheesy Chicken Fajita Wrap	Wrap no cheese	Wrap no cheese	Chicken Fajita meat + Chips
Chef Salad Kit	No ham no cheese	No cheese	No cheese no breadstick
Chicken Nuggets w/ Brownie	As menued	Nuggets - no brownie	Oven Roasted Chicken Bites
Chicken Strips w/ Waffle	Chicken Tenders	Chicken Tenders	Oven Roasted Chicken

USD 497 Meal Modifications Substitutions for Unique Combinations



			Bites
Chicken Tenders w/ Dinner Roll	Tenders - No roll	Tenders - No roll	Oven Roasted Chicken Bites
Chicken Wings w/ Roll	Wings - no roll	Wings - no Roll	Wings, No Roll, No sauce
Chickenwich	Chickenwich (no spicy chicken)	Chickenwich (no spicy chicken)	Grilled Chicken on GF Bun
Corn Dog (Turkey)	As menued	Hot Dog w/ Bun	GF Corn Dog
Country Breaded Beef Sticks w/ Roll	Beef Sticks - No Roll	Beef Sticks - No Roll	Oven Roasted Chicken Bites
Crispito	As menued	As menued	Taco Meat w/ Tortilla Chips
Dill Chicken Bites w/ Onion Rings	Chicken Nuggets	Chicken Nuggets	Oven Roasted Chicken Bites
French Toast Sticks w/ Sausage (Chicken)	Hamburger w/ Bun	Hamburger w/ Bun	GF Waffle & Sausage
Grilled Cheese on Pretzel Bun	Hot Turkey on Pretzel Bun	Hot Ham Sandwich on Bread or Bun	Hot Ham on GF Bread or Bun
Grilled Chicken Sandwich	As menued	As menued	Grilled Chicken on GF Bun
Ham & Cheese Hoagie	Turkey on Bread or Bun	Ham on Bread or Bun	Ham on GF Bun or Bread
Hamburger	As menued	As menued	Hamburger on GF Bun
Hot Dog (100% Beef) w/ whole-grain bun	As menued	As menued	Hot Dog on GF Bun or w/ GF Bread
Hot Ham & Cheese on Pretzel Bun	Hot Turkey on Pretzel Bun	Hot Ham Sandwich on Bread or Bun	Hot Ham on GF Bun or Bread
Italian Dunkers	Pasta w/ Meat Sauce	Pasta w/ Meat Sauce	GF Pasta w/ Meat Sauce

USD 497 Meal Modifications Substitutions for Unique Combinations



Lasagna Roll w/ Garlic Breadstick	Pasta w/ Red Sauce	Pasta w/ Red Sauce	GF Pasta w/ Red Sauce
Mediterranean Bistro Box	No string cheese	No string cheese	GF crackers & hummus
Mini Corn Dogs	As menued	Hot Dog w/ Bun	GF Corn Dog
Orange Chicken w/ Steamed Rice	As menued	Rice w/ Nuggets	Oven Roasted Chicken Bites
Oven Roasted Chicken bites w/ Biscuit	No Biscuit	No Biscuit	No Biscuit
Pizza Hut	Dairy Free Pizza	Dairy Free Pizza	GF +DF Pizza
Pretzel Dog	As menued	As menued	GF Corn Dog
Spicy Chicken Sandwich - Elem	Grilled Chicken on Bun	Grilled Chicken on Bun	Grilled Chicken On GF Bun
Spicy Chicken Sandwich - HS	Grilled Chicken on Bun	Grilled Chicken on Bun	Grilled Chicken On GF Bun
Sweet & Sour Chicken w/ Steamed Rice	As menued	Oven Roasted Chicken Bites w/ Rice	Oven Roasted Chicken Bites
Teriyaki Chicken Dumplings	As menued	Chicken Dumplings	Oven Roasted Chicken Bites
Teriyaki Chicken Dumplings w/ Chicken Egg Roll	Chicken Dumplings no Egg Roll	Chicken Dumplings no Egg Roll	Oven Roasted Chicken Bites
Turkey & Cheese Hoagie	Turkey on Bread or Bun	Turkey on Bread or Bun	Turkey on GF Bun or Bread
Yogurt Parfait	Pick other entree	Pick other entree	Pick other entree
Breakfast	Dairy Free, Pork Free	Dairy + Egg Free	
Banana Bread	Blueberry Muffin	Apple Strudel Bar	
Breakfast Pizza (Turkey Bacon)	Dairy Free Pizza	Dairy Free Pizza	
Breakfast Pizza (Turkey Sausage)	Dairy Free Pizza	Dairy Free Pizza	

USD 497 Meal Modifications Substitutions for Unique Combinations



Breakfast Taco	No Cheese	Dairy Free Pizza	
Cereal	No Lucky Charms	As menued	
Chicken Biscuit Sandwich	Chicken Patty & English Muffin	Chicken Patty & 2 mini bagels	
Homemade Blueberry Scones	Blueberry Muffin	Apple Strudel Bar	
Mini Pancakes	Mini Bagels	Apple Strudel Bar	
Pancake Sausage Wrap (Turkey)	Sausage & 2 mini bagels	Sausage & 2 mini bagels	
Pumpkin Bread	Blueberry Muffin	Dairy-Free Yogurt & Tiger Bites	
Sausage (chicken) Biscuit Sandwich	Sausage & 2 mini bagels	Sausage & 2 mini bagels	
WG Donut	Dairy-Free Yogurt & Tiger Bites	Dairy-Free Yogurt & Tiger Bites	
Cheesy Egg Scramble	Eggs No Cheese	Sausage & 2 mini bagels	
Yogurt & Banana Muffin	Blueberry Muffin	Dairy- Free Yogurt & Tiger Bites	
Homemade Cinnamon Scones	Mni Bagels	Apple Strudel Bar	
Egg & Cheese Croissant	Chicken Patty & English Muffin	Chcken Patty & 2 mini Bagels	
BGC Snack - Lang, Deer, QR, SF	Dairy Free, Pork Free	Dairy + Egg Free	
Blueberry Muffin	Tiget Bites w/ Soy Milk	Graham Crackers & Soy Milk	
Goldfish Crackers	Granola Bar w/ Milk	Tortilla Chips & Soy Milk	
Cereal	no lucky charms, use soy milk	with Soy Milk	

USD 497 Meal Modifications Substitutions for Unique Combinations



Pumpkin Bread	Tiger Bites w/ Soy Milk	Graham Crackers w/ Soy Milk	
Chips & Salsa	As menued	--	
Sunchips	Totilla Chips & Soy Milk	Tortilla Chips, Salsa & Juice	
Banana Bread	Granola Bar w/ Soy Milk	Mini Bagels & Soy Milk	
Juice	As menued	As menued	
Milk	Soy Milk	Soy Milk	
Graham Crackers	As menued	with Soy Milk	
Pretzels	Graham Crackers	Graham Crackers Soy Milk	