# Low-Protein-Friendly Meal Substitutions for School

**CFL = Cook for Love**  
**CBF = Cambrooke Foods**  
**LP = Low pro/phe**  
**FYH = Follow Your Heart**  
**TC = Taste Connections**

## USDA Meal Pattern

### Breakfast in the Classroom
- CFL Honey Puffs
- Easy Banana Muffins (Gibson)
- CBFs Breakfast Bar(s)
- CFL Morning Glory Muffins
- CFL Crunchy Granola Bars
- CFL Porridge
- Made Good or Sunbelt fruit bar

### Lunch at School
- LP bun
- TC Tortillas
- LP pasta

### Entree
- CFL Veggie Nuggets
- CFL Not Dogs
- CFL Mushroom Bolognese
- TC Tortillas & FYH cheese quesadilla
- CFL Mac & Cheese Sauce on LP pasta
- TC Tortillas w/CFL Mushroom Taco Filling
- Praeger’s Veggie Bites
- Grilled cheese (FYH American Cheese on CFL Bread)
- Trader Joe’s Masala Burgers
- Quesadilla (FYH cheese shreds)
- Jackfruit Tacos (The Jackfruit Company)
- Pizza (Smart Flour Crust, Sauce, FYH Mozzarella)

## Student Housing

### Dorms/Apartments
- CFL Honey Puffs
- Easy Banana Muffins (Gibson)
- CBFs Breakfast Bar(s)
- CFL Morning Glory Muffins
- CFL Crunchy Granola Bars
- CFL Porridge
- Made Good or Sunbelt fruit bar

### Fruit/Veg
- No Substitution Necessary

### Milk
- Medical Formula, Water, or Juice

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