

LOW-PROTEIN-FRIENDLY MEAL SUBSTITUTIONS FOR SCHOOL



CFL = Cook for Love

CBF = Cambrooke Foods

TC = Taste Connections

LP = Low pro/phe

FYH = Follow Your Heart

USDA MEAL PATTERN

BREAKFAST IN THE CLASSROOM

LUNCH AT SCHOOL

STUDENT HOUSING DORMS/APARTMENTS

GRAIN

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

LP bun
 TC Tortillas
 LP pasta

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

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Fruit and Green Salad or vegetables from the salad bar

MILK

MEDICAL FORMULA, WATER, OR JUICE

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ENTREE

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

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 Joes's Masala Burgers
 Quesadilla (FYH cheese shreds)
 Jackfruit Tacos (The Jackfruit Company)
 Pizza (Smart Flour Crust, Sauce, FYH Mozzarella)

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