



# MENU SUBSTITUTIONS

Substitute any item for another item in the same category.

## PROTEIN

- 1 oz. Meat, Poultry, Fish, Lamb, or Pork
- ¼ cup Cottage Cheese
- 2 Vienna Sausages
- 1 Egg
- 2 Tbsp. Peanut Butter
- ½ cup cooked Beans
- 1 Frankfurter (5/#) = 2 oz.
- ¼ cup Canned Tuna or Salmon
- 1 oz. Deli Meat
- 1 oz. Cheddar or American Cheese

## GRAINS

- 1 slice Bread, Biscuit, Muffin, Cornbread
- ½ cup cooked Rice or Pasta
- ½ cup cooked Cereal
- ¾ cup dry Cereal
- 1 medium Pancake
- 1 slice Pizza Crust
- 1 ounce Potato Chips
- 1 6" Tortilla
- 2 medium Cookies
- ½ Hamburger Roll
- ½ medium Donut

## VEGETABLE

(Vegetables high in Vitamins A & C indicated with the letter after them)

- ½ cup cooked Vegetables -- Broccoli (A & C), Cauliflower (C), Tomatoes (C), Winter Squash (A), Pumpkin (A), Carrots (A)
- 1 cup raw, leafy Vegetables -- Spinach (A), Cabbage (C)
- 1 small Sweet Potato or Yams (A)
- 1 small Potato (C)
- ½ cup chopped, raw Vegetables
- ¾ cup Vegetable or Tomato Juice (C)

## FRUIT

(Fruits high in Vitamins A & C indicated with the letter after them)

- ½ cup canned Fruit
- ½ cup fresh Fruit
- ¾ cup Fruit Juice
- 2 Tbsp dried Fruit (Raisins)
- 1 Orange or Tangerine (C)
- ½ Grapefruit (C)
- ¼ Cantaloupe
- 1/8 Melon (C)
- ½ cup Apricots (A)
- ½ cup Strawberries (C)

## MILK

- 1 cup Milk
- 1 cup Yogurt
- 1 1/3 cup Cottage Cheese
- 1 ½ cup Ice Cream
- 1 ½ oz. American or Cheddar Cheese
- 1 oz. Swiss cheese
- 1 ½ cup Cream Soup

# MENU SUBSTITUTIONS

DATE	CHECK MEAL(S):			MENU ITEM	SUBSTITUTION	REASON FOR SUBSTITUTION	AUTHORIZED BY
	Breakfast	Lunch	Dinner				