

Special Diets Swap Activity



Apply Your Special Diet Knowledge!

Use this resource to apply your knowledge and explore ideas for identifying and swapping menu items based on different special diet accommodations!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Celiac Disease (Gluten Free)	<u>Today's Menu</u> Strawberry Overnight Oats Banana Slices 1% Milk	Oats	• Gluten-Free Oats • Quinoa • Corn based or Gluten-Free Cereal • Whole Grain Grits • Breakfast Rice
Soy Allergy	<u>Vegan Tacos</u> Corn Tortillas Yellow Onion Garlic Vegetable Broth Textured Vegetable Protein Seasoning Mix Tomatoes Lettuce	Textured Vegetable Protein; Seasoning Mix	• Black Beans • Crushed Walnuts • Ground Chicken, Turkey or Beef • Soy-free seasonings



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
MEGA CON

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 3/20/2023
www.SquareMeals.org

Special Diets Swap Activity



Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Gluten and Soy Allergy	<u>Todays Menu</u> Chicken Lo Mein Edamame Sliced Pears 1% Milk	Lo Mein Noodles; Edamame	• WG Rice • Vermicelli noodles • Carrots • Mushrooms • Snap Peas
Hindu Religion (No Beef)	<u>Todays Menu</u> Cheeseburger French Fries Orange Slices 1% Milk	Cheeseburger	• Chicken Patty • Vegetarian patty • Fish sticks
Dairy and Egg Allergy	<u>Todays Menu</u> Breakfast Sandwich -WG English muffin, Egg patty, Cheddar cheese, Turkey bacon Strawberry Yogurt Banana 1% Milk	Egg patty; Cheddar; Yogurt	• Exclude Cheese and Egg (if not IP) • Black Bean patty • Add Avocado • Dairy-free Yogurt (ex. Coconut milk or soy-based yogurt)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
MEGA CON

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 3/20/2023
www.SquareMeals.org

Special Diets Swap Activity



Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
PKU (Phenylketonuria)	<u>Todays Menu</u> Sausage Pizza Baby Carrots Sliced Strawberries 1% Milk	Sausage Pizza; 1% Milk	• Low-protein Cheese Pizza • Low-protein Milk Substitute (ex. Coconut milk) • Mushrooms
Lactose Intolerant	<u>Todays Menu</u> WG Cereal Orange Slices Yogurt 1% Milk	Yogurt; 1% Milk	• Lactose-free Yogurt • Soy-based Yogurt • Dairy-free yogurt* • Lactose-free milk
Egg Allergy	<u>Todays Menu</u> Veggie Sandwich - WG Bread, Lettuce, Cucumber, Tomato, Provolone, Mayonnaise, and Avocado String Cheese Fruit Cup 1% Milk	Mayonnaise	• Remove mayonnaise • Hummus • Mustard • Cream Cheese



***Eligible with medical statement**



Food and Nutrition Division
MEGA CON

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 3/20/2023
www.SquareMeals.org

Special Diets Swap Activity



Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Vegan	<u>Roasted Sweet Potato Hash</u> Cinnamon, ground Honey Canola Oil Orange Juice, 100% Salt, Table Sweet potatoes, peeled, cubed	Honey	• Remove Honey • Agave Nectar • Maple syrup
Jewish Religion (Kosher)	<u>Todays Menu</u> Hamburger Apple Slices Mixed Steamed Veggies 1% Milk	Hamburger and/or 1% Milk	• Serve the Milk Before/After Meal • Meat-free entrée
Dairy Free	<u>Todays Menu</u> Lasagna Pineapple Tidbits Green Beans Breadstick Lactose Free Milk	Lasagna (Cheese); Breadstick; Lactose-free milk	• Vegan cheese • Dairy-free breadstick • Plant-based milk (Soy, almond, oat, etc.)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
MEGA CON

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 3/20/2023
www.SquareMeals.org