

## **Year 2020**

### *Standard Substitutes*

Entrée Substitute list will be reviewed by the **Menu Planning Committee** and changed monthly if needed



### **Breakfast**

**4oz Juice of Choice**

**3/4c Cold Cereal of Choice**

**1/4 c Scrambled Egg or 1 Boiled Egg**

### **Lunch**

**3 oz (EP) Baked Chicken** (EP means edible portion)

**3/4 c Cottage Cheese & 1 cup Fruit Platter**

**3oz Turkey Sandwich w/ mayo**

### **Dinner**

**2oz Ham Platter or Sandwich w/ mayo**

**2oz Grilled Cheese Sandwich**

**1/2c Egg Salad Platter or Sandwich**

### **Other Substitutes**

**1/2 cup Mashed Potatoes**

**3/4 cup Salad Plate with dressing**

**1/2 cup Tomato juice**

**1/2 Cup Carrots**

**1/2 cup Vanilla or Chocolate Pudding**

**1/2 cup canned Peaches or Pears**