



Parents Guide & Food Services Guide

Low Protein School Lunch Program

Parents Guide



At Cambrooke we know firsthand what you and your schoolage child are experiencing. You prepare a cold low protein lunch each day and your child "brown bags" it — while his or her peers line up for the "hot" school lunch.

Here's our plan to help your child have a delicious low protein lunch and finally "Join the Lunch Line."

Getting Started

Schools require you to request special meals and to provide a medical authorization for your child's metabolic diet.

The following steps will guide you through the process:

- Complete the enclosed medical forms. (Note: Doctor's signature required.)
- **Deliver** the signed medical forms and the Cambrooke's Food Services Guide to your school representative.
- Provide your school with the Food Services Guide (includes sample menus, recipes and Credit Application) and Cambrooke's Institutional Price List.
- Follow Up with your school to ensure that your Cambrooke order has been placed. Schedule a "start" date for Cambrooke low-protein lunches.



School Requirements for Accommodating Special Diets

Requirements for providing nutrition services to students with special needs are based on: The Rehabilitation Act of 1973, The Individuals with Disabilities Education Act (IDEA) of 1990, and the Americans with Disabilities Act of 1990. Section 504 of the Rehabilitation Act of 1973 mandates that students with disabilities not be excluded from any program which receives Federal Financial Assistance. Federal law further requires that schools make substitutions in foods for children considered to have a disability under 7 CFR, Part 15b.3 of the USDA's non-discrimination regulation and whose disability restricts their diet. Section 15b.26(d) explains school requirements and specifies that the agency must serve special meals at no extra charge to students.

Together We Can Make a Difference

Proper nutrition during school hours is essential for all students. Too many school age children with metabolic disorders refuse to eat when they feel stigmatized. Parents report that young students receiving a Cambrooke's meal at school avoid binging on prohibited foods and have better energy throughout the day. All of us, parents, educators, and food companies, can play a part in keeping these students well fed.

Additional Enclosures



Eating/Feeding Evaluation & Information Card

A two-page form that must be completed by the parent/guardian and signed by a physician.



Food Services Guide

A booklet containing sample menus, recipes, shopping list, and instructions for preparing low protein school lunches. Also included is useful information on Metabolic Disorders and ADA regulations.



Institutional Price & Account Application

Cambrooke's product list and account application to be provided to School Food Service Department. (This price list and application are for Institutions that are billed directly by Ajinomoto Cambrooke.)

Get to know your Food Service Director and staff. Encourage them to contact you for questions.

Limit the staff trained to prepare food for your child to one or two people. Ensure there is a good understanding of your child's special diet to avoid any mistakes in interpreting diet orders.

More information about serving school lunches can be obtained through the USDA Report: Accommodating Children with Special Dietary Needs in School Nutrition Programs. Your school should have a copy on hand.

Low Protein School Lunch Program Parents Guide: page 4

EATING AND FEEDING EVALUATION: CHILDREN WITH SPECIAL NEEDS

| PART A | | . | | |
|---------------------------------------------------------------------------------|---------------|----------|--------------|---------------|
| Student's Name | | Age | | |
| | | | | |
| Name of School | Grade Lev | <u> </u> | Classroon | |
| Name of School | Grade Le | vei | Classicoli | 1 |
| | | | | |
| Does the child have a disability? If Yes, describe the major life activities at | ffected by t | he Ye | es | No |
| disability. | , | | | |
| | | | | |
| | | | | |
| Does the child have special nutritional or feeding needs? If Yes, complete | e Part B of t | his Ye | es | No |
| form and have it signed by a licensed physician. | | | | |
| If the child is not disabled, does the child have special nutritional or feedi | | | es | No |
| Yes, complete Part B of this form and have it signed by a recognized med | | | | <u> </u> |
| If the child does not require special meals, the parent can sign at the bott | om and ret | urn the | e form to th | e school food |
| service. | | | | |
| PART B | | | | |
| List any dietary restrictions or special diet. | | | | |
| | | | | |
| | | | | |
| List any allergies or food intolerances to avoid. | | | | |
| ,, | | | | |
| | | | | |
| | | | | |
| List foods to be substituted. | | | | |
| | | | | |
| | | | | |
| List foods that mood the following shange in touture. If all foods need to | | d :n +h; | | adicata "All" |
| List foods that need the following change in texture. If all foods need to be | be prepared | ını mı | s manner, ir | idicate All. |
| Cut up or chopped into bite size pieces: | | | | |
| Cat up or direppositions since since process | | | | |
| | | | | |
| Finely ground: | | | | |
| | | | | |
| | | | | |
| Pureed: | | | | |
| | | | | |
| List any special equipment or utensils that are needed. | | | | |
| List any special equipment of utensils that are needed. | | | | |
| | | | | |
| | | | | |
| | | | | |
| Indicate any other comments about the child's eating or feeding patterns | 5. | | | |
| | | | | |
| | | | | |
| | | | | |
| Parent's Signature | | D | ate: | |
| | | | | |
| Dhysician or Madical Authority's Signature | | | 2101 | |
| Physician or Medical Authority's Signature | | 0 | ate: | |
| | | | | |
| | | | | |

INFORMATION CARD

| Student's Name | Teacher's Name | |
|--------------------------------------------------------|---------------------|-------|
| Special Diet or Dietary Restrictions | | |
| | | |
| | | |
| Food Allergies or Intolerances | | |
| | | |
| Food Substitutions | | |
| Foods Requiring Texture Modifications: | | |
| | | |
| Chopped: | | |
| F: 1.6 | | |
| Finely Ground: | | |
| Pureed or Blended: | | |
| | | |
| Other Diet Modifications: | | |
| Feeding Techniques | | |
| | | |
| Supplemental Feedings | | |
| | | |
| Physician or Medical Authority: | | |
| Name | | |
| Telephone | | |
| Fax | | |
| Additional Contact: | Additional Contact: | |
| Name | Name | |
| Telephone | Telephone | |
| Fax | Fax | Г |
| School Food Service Representative/Person Completing F | orm: | |
| Title | | |
| Signature | | Date: |

Low Protein School Lunch Program

Food Services Guide



If your student has been diagnosed with a metabolic disorder, they know from early childhood how important their low protein diet is to maintain proper health.

Providing proper nutrition throughout the school day is essential for their success.

Getting Started

Cambrooke has prepared this Food Services Guide as a "turn-key" solution for the food service professional. Included in this package are our Menu Calendar, Shopping List, Meal Recipes, Institutional Price List/Order Form, Credit Application, and other information that will allow you to easily accommodate this special diet along with your standard lunch program.

If your department needs more information on serving lunch to children with approved disabilities, please refer to the USDA guide "Accommodating Children with Special Dietary Needs in the School Nutrition Programs".

Please review this packet and contact us with your questions or comments.



Metabolic Disorders

Metabolic disorders such as Phenylketonuria (PKU), Homocystinuria (HCU), and Maple Syrup Urine Disease (MSUD) are disabilities as described under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA) of 1990.

Roughly 1 in 12,000 people in the US have PKU, the most common of these genetic disorders. People with errors of protein metabolism have an inability to break down one or more amino acids. While there is no cure, a dietary therapy that includes special low protein foods and amino acid supplement formulas provides a very effective treatment. Failure to follow a strict low protein diet causes toxic amino acids to accumulate in the blood, interfering with brain function and causing neurological disorders.

A child with PKU is unable to process the amino acid Phenylalanine. It is imperative that all food eaten (including special low protein products) be carefully controlled and the phenylalanine ("Phe") content be correctly measured. Periodic blood monitoring by a physician substantiates good dietary compliance. Today all U.S. and European metabolic clinics recommend a strict "diet-for-life" approach to treatment.

Low protein diets are not easily accommodated using only conventional foods. No meat, fish, poultry, eggs, dairy, or legumes are allowed in any quantity. Many vegetables, such as spinach and potatoes can only be eaten in very limited quantities. No conventional bread or pasta (made with flour) can be eaten. Providing proper nutrition and full bellies *requires* special low protein food sources. All of Cambrooke's products are specially formulated to be low in protein for inborn errors of protein metabolism. Each product label provides laboratory analysis for 7 amino acids important to managing metabolic diets.

Cambrooke's School Lunch Solution

Ajinomoto Cambrooke has developed this *Food Services Guide* with you in mind. School principals, guidance counselors, dieticians, cooking staff, and purchasing agents all play a role in the success of each student. *Enclosed you will find:*



Menu Calendar The Menu Calendar is designed to model the typical school lunch fare. We have included 20 complete low protein lunch meals that you can select to fit your calendar. Our menu calendar shows special low protein products in **bold italics** and naturally low protein grocery items in plain type.

Shopping List Our simple Shopping List identifies just the necessary low protein foods your kitchen staff will need on hand to make the 20 recipes in our Menu Calendar. We offer a 10% package discount for buying the 2 month supply. (Many items will provide more than a two-month meal supply.) Refrigerated shipping and handling is included when using the Institutional price list. For your convenience, we list conventional grocery items that you will need on hand to make the recipes found in our meal plan.





Meal Recipes Our product development team created 20 school lunch meals that are easy to prepare and assimilate the student with their peers. Both hot and cold lunch items are represented. A complete nutritional fact panel is provided for the entire meal as shown. Please note that the design requirements of low protein meals are often higher in carbohydrates and fats than the conventional dietary recommendations. Total protein and phenylalanine are shown for all food sources as listed. **Please have your dietician contact us if you would like amino acid values for your recipes or meal modifications.**



Institutional Price List/Order Form This is the price list used by institutions, schools, or non-profits who wish to purchase our products on credit. The shipping charges are included in the prices of the products along with our administrative costs for managing credit accounts. Contact our Client Services Department for further information.

Credit Application This is the application form for credit accounts for institutions, schools, or non-profits who wish to purchase our products on credit using a purchase order. If you would like to set-up an account, please return completed form. For further information, contact our Client Services Department.

Together We Can Make a Difference

Proper nutrition during school hours is essential for all students. Too many school age children with metabolic disorders refuse to eat when they feel stigmatized. Parents report that young students receiving a Cambrooke's meal at school avoid binging on prohibited foods and have better energy throughout the day. All of us, parents, educators, and food companies, can play a part in keeping these students well fed.



Cambrooke's specially formulated and processed low protein medical foods are to be consumed only under the supervision of a physician or other licensed healthcare practitioner.

Ajinomoto Cambrooke

Cambrooke has been developing low protein food products since 1992. With the help of food scientists, technologists, and dieticians, Cambrooke has created a unique product line of breads, ready meals, cheese products, pastas, baking mixes, desserts, snacks, and meat alternatives. In addition to our delicious food, Cambrooke has Glytactin® and Amino Acid Plus lines of metabolic formula as well as ketogenic diet nutritional products, KetoVie® and KetoVie Cafe™, for patients suffering from intractable epilepsy and other disorders where a ketogenic diet is helpful.

Glytactin metabolic formula products feature Glytactin, a blend of the first whole protein for PKU patients and essential amino acids. Designed to put protein back into the meal, Cambrooke's metabolic formula products are food-friendly and are complete with vitamins and minerals—ready to incorporate into mealtime or snacktime.

Inspired by their two children who have classical PKU, Cambrooke's founders are dedicated to producing wholesome food alternatives for all those whose medical conditions require a low-protein diet.

Nutritional safety, exceptional taste, and dietary convenience, are the hallmarks of Cambrooke's product lines.

Cambrooke's products pass a test that no other company can match—our children eat these products every day. We invite your family to taste the difference.



Cambrooke's founders inspecting product



If you have any questions about administering a low protein diet at your school, we invite you to contact us at 866 456 9776, option 2.

Lunch Menu Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| SLP Meal #1 | SLP Meal #2 | SLP Meal #3 | SLP Meal #4 | SLP Meal #5 |
| Grilled Cheese Sandwich Mixed green salad, dressing Apple Juice | Toasted Pierogi Marinara Mini Fruit Cocktail Juice | Spaghetti & Marinara Mini Green beans HomeStyle Bread Juice | Cheese Pizza Mixed green salad, dressing Fruit cup Juice | Mac & Cheese HomeStyle Bread Juice |
| SLP Meal #6 | SLP Meal #7 | SLP Meal #8 | SLP Meal #9 | SLP Meal #10 |
| Brookelyn Dog Homestyle Bread Mixed green salad, dressing Butterscotch Chip Cookie Juice Ketchup | Ravioli with Golden Gravy Artisan Bread Butterscotch Chip Cookie Juice | Veggie Meatball Sub Wise Onion Rings Popsicle Juice | Camburger (ketchup, lettuce, tomato) Camburger Bun Apple Juice | Tweekz & Rice Apple slices Juice |
| SLP Meal #11 | SLP Meal #12 | SLP Meal #13 | SLP Meal #14 | SLP Meal #15 |
| Medley Meal - Vegetable Masala Wise Onion Rings Juice | Corny Dog Fruit Cocktail Sliced tomato Butterscotch Chip Cookie Juice | Pierogies Mixed green salad, dressing Wise Onion Rings Juice | Lynn's Enchiladas Sliced tomato Juice | Pizza Primavera Fruit Cocktail Butterscotch Chip Cookie Juice |
| SLP Meal #16 | SLP Meal #17 | SLP Meal #18 | SLP Meal #19 | SLP Meal #20 |
| Brookelyn Dog with Rice Homestyle Bread Juice Ketchup | Tweekz Mixed green salad, dressing Popsicle Juice | Mini Pockets - Pizza Carrots Fruit Cocktail Juice | GO! Pockets - Burrito Mixed green salad, dressing Butterscotch Chip Cookie Juice | Pasta Duets - Creamy Garlic & Broccoli Rice Carrots Fruit Cocktail Juice |

Cambrooke Substitutions (low-protein foods)

All breads, cheese, pasta, baked goods, ready meals, snacks, chocolates, and meat alternatives.

Allowable Foods (in measured amounts)

Meatless tomato sauce (marinara), vegetables, fruit, condiments, salad dressing (including Italian and French), butter or margarine.



FORBIDDEN: Bread, pasta, cheese, milk, meat, fish, eggs, peanuts, peanut butter. Baked goods containing flour: cookies, cake, crackers, muffins, etc. Diet soft drinks containing aspartame.



Shopping List

This shopping list outlines the necessary products to produce the meals for ONE CHILD for TWO MONTHS or more.

You may purchase this complete package at a discount (no substitutions) or select your own items individually (see attached order form).

Be sure to include your name and direct phone number (extension if applicable) with your purchase order.



Cambrooke's Foods

- **American Cheese Singles**
- **Artisan Bread**
- Brookelyn Dogs™
- **Butterscotch Chip Cookies**
- Camburgers™
- Camburger™ Buns
- **Cheddar Shreds**
- Cheese Pizza
- **Cheese Ravioli**
- Chicken Consommé
- **Corny Dogs**
- **GO! Pockets™ Burrito**
- HomeStyle Sliced White Bread
- Lynn's Enchiladas
- 1 Marinara Minis

1 Medley Meals™ -Vegetable Masala

- Mini Pockets™ Pizza
- Pasta Duets™ Creamy Garlic
- **Broccoli Rice**
- Pasta Duets™ Mac & Cheese
- Pieroai
- Pizza Primavera
- **Short Grain Rice**
- **Toasted Pierogies**
- Tweekz™ (Nuggets)
- **Veggie Meatballs**
- Aproten® Spaghetti
- Wise® Onion Rings (case)

10% Discount -

Individual Purchase Price less <10% SLP Package Discount>

SLP Total Package Price

\$622.56

\$691.73

Salsa

Tomatoes

Breakfast Foods

Cambrooke's low protein Creamy Hot Cereal (flavors: Cinnamon or Vanilla), Bagels, Breakfast Bars, Eggz, Scones and Banana Chip Toaster Topz are available for your school district's breakfast program.

Standard Grocery Foods

Standard grocery products are not provided by Cambrooke. Below are suitable products for metabolic diets in measured quantities.

Apples Butter or Margarine Carrots Corn Starch

Fruit Cocktail Green Beans Juice - Apple, Cranberry,

or Grape

Kraft Miracle Whip® Lettuce or Salad Mix

Non-Dairy Creamer Oil/Vinaigrette Dressing

Popsicles

Ketchup



French Dressing

Serving suggestions, recipes, and nutritional information provided are based on our ingredient profiles and preparation methods. Nutritional values may vary if preparation methods or ingredients differ.

Meal Recipes

SLP Meal #1

Grilled Cheese Sandwich Meal

Ingredients

- 2 slices Cambrooke HomeStyle Bread
- 1 slice **Cambrooke American Cheese Single**
- 1 Tbsp butter or margarine
- 1 cup mixed salad greens
- 3 Tbsp French or Italian dressing
- 1 cup apple juice
- 1 small apple

Directions

- 1. Butter the outside of each slice of HomeStyle Bread with butter and place American Cheese Single in between the bread slices.
- 2. Grill on each side until golden brown and crispy.

Servings: 1

Total Protein: 1.9 g

Phe per serving: 78 mg

Exchanges: 5.2

Nutrition Facts

1 meal

20%

Serving size

Potassium 216mg

Phosphorus 280mg

SLP Meal #2

Toasted Pierogi Meal

Ingredients

- 1 Cambrooke Toasted Pierogi
- 1 Cambrooke Marinara Mini
- 1 cup apple juice
- ½ cup fruit cocktail

Directions

- 1. Three pierogis per serving. Follow package preparation instructions.
- 2. Remove pull off lid from Marinara Mini and microwave to warm.

SLP Meal #3

Pasta & Marinara Meal

Ingredients

62g Aproten® Spaghetti (or any shape)

1 Cambrooke Marinara Mini ¼ cup canned green beans, drained

1 slice Cambrooke HomeStyle Bread

1 cup apple juice

Directions

- 1. Cook pasta according to package directions and rinse.
- 2. Remove pull off lid from Marinara Mini and microwave to warm. Toss with pasta.

Servings: 1 Total Protein: 2.1 g Phe per serving: 96 mg Exchanges: 6.4

Servings: 1 Total Protein: 2.1 g Phe per serving: 73 mg Exchanges: 4.8

Nutrition Facts

Amount per serving 680 Calories % Daily Value Total Fat 23g Saturated Fat 9g 44% Trans Fat 0.5g Polyunsaturated Fat 3g Monounsaturated Fat 7g Cholesterol 30mg 10% Sodium 1290mg 56% Total Carbohydrate 118g 43% Dietary Fiber 8g 28% Total Sugars 48g Includes 2g Added Sugars 4% Protein 2g Vitamin D 0mcg 0% Calcium 110mg 8% Iron 2mg 10% 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Nutrition Fac Serving size | 1 Mea |
|-----------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Amount per serving Calories | 420 |
| | Daily Value |
| Total Fat 9g | 11% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2.5g | |
| Monounsaturated Fat 3.5g | |
| Cholesterol 0mg | 0% |
| Sodium 620mg | 27% |
| Total Carbohydrate 84g | 31% |
| Dietary Fiber 2g | 5% |
| Total Sugars 50g | |
| Includes 0g Added Sugars | s 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 42mg | 4% |
| Iron 1mg | 6% |
| Potassium 402mg | 8% |
| Phosphorus 82mg | 6% |
| *The % Daily Value tells you how much serving of food contributes to a daily die a day is used for general nutrition advice | t. 2,000 calories |

| Amount per serving Calories | 490 |
|-----------------------------|-------------|
| | Daily Value |
| Total Fat 3.5g | 49 |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 730mg | 329 |
| Total Carbohydrate 109g | 40% |
| Dietary Fiber 4g | 15% |
| Total Sugars 28g | |
| Includes 1g Added Sugars | 2% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 81mg | 6% |
| Iron 2mg | 89 |
| Potassium 531mg | 109 |
| Phosphorus 185mg | 15% |

Meal Recipes (continued)

SLP Meal #4

Cheese Pizza Meal

Ingredients

1 Cambrooke Cheese Pizza

¼ cup mixed salad greens
 ½ Tbsp French or Italian dressing
 ½ cup fruit salad in light syrup
 1 cup apple or cranberry juice

Directions

Bake pizza according to package directions.

oackage directions.

Servings: 1 Total Protein: 2.3 g Phe per serving: 83 mg Exchanges: 5.5

Nutrition Facts

Serving size 1 Meal

Amount per serving
Calories 700

% Daily Value*

Total Fat 30g 39%

Saturated Fat 5g 27%

Trans Fat 0g

Polyunsaturated Fat 11g

Monounsaturated Fat 8g

Total Carbohydrate 109g

Cholesterol 0mg

Sodium 1350mg

| Dietary Fiber 6g | 22% |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Total Sugars 27g | |
| Includes 4g Added Sugars | 8% |
| Protein 2g | |
| | |
| Vitamin D 0mcg | 0% |
| Calcium 80mg | 6% |
| Iron 2mg | 10% |
| Potassium 585mg | 10% |
| Phosphorus 271mg | 20% |
| *The % Daily Value tells you how much a nutreserving of food contributes to a daily diet. 2,00 a day is used for general nutrition advice. | |

0%

59%

40%

SLP Meal #5

Mac & Cheese Meal

Ingredients

½ box Cambrooke Pasta Duets™-Mac & Cheese

½ Tbsp butter or margarine
 ½ cup non-dairy liquid creamer
 1 slice Cambrooke HomeStyle Bread

1 cup apple or cranberry juice

Directions

- 1. Stir macaroni into 2 quarts of boiling water and simmer 18-20 minutes, until tender and drain. RINSE WELL.
- 2. Over medium heat, melt ½ Tbsp butter in same pan. Add non-dairy creamer, and ½ the contents of cheese flavor packet. Blend until smooth and creamy and mixture begins to thicken. Remove from heat, return macaroni to pan. Blend thoroughly and serve.

Servings: 1
Total Protein: 2.2 g
Phe per serving: 81 mg
Exchanges: 5.4

Nutrition Facts Serving size 1 Meal Amount per serving 710 **Calories** % Daily Value* Total Fat 18g 23% Saturated Fat 12g 61% Trans Fat 0g Polyunsaturated Fat 2g Monounsaturated Fat 3g Cholesterol 15mg 5% Sodium 1200mg 52% Total Carbohydrate 143g 52% 8% Dietary Fiber 2g Total Sugars 3g Includes 1g Added Sugars 2% Protein 2q Vitamin D 0mcg 0% Calcium 76mg 6% Iron 2mg 10% 8% Potassium 401mg 15% Phosphorus 179ma *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SLP Meal #6

Brookelyn Dog Meal

Ingredients

- 1 Cambrooke Brookelyn Dog
- 1 slice Cambrooke Homestyle Bread
- 1 Cambrooke Butterscotch Chip Cookie
- 1 Tbsp Ketchup
- ½ cup mixed salad greens
- 2 Tbsp French or Italian dressing
- 1 cup of cranberry or apple juice

Directions

Prepare Brookelyn Dog according to package directions.

Servings: 1 Total Protein: 2 g Phe per serving: 77 mg Exchanges: 5.1

| Nutrition Fac | ts |
|---------------------------|-------------|
| Serving size | 1 Mea |
| Amount per serving | |
| Calories | 640 |
| % C | Daily Value |
| Total Fat 24g | 30% |
| Saturated Fat 6g | 289 |
| Trans Fat 0g | |
| Polyunsaturated Fat 8g | |
| Monounsaturated Fat 6g | |
| Cholesterol 5mg | 29 |
| Sodium 1100mg | 489 |
| Total Carbohydrate 109g | 40% |
| Dietary Fiber 3g | 129 |
| Total Sugars 21g | |
| Includes 10g Added Sugars | 209 |
| Protein 2g | |
| Vitamin D 0mcg | 29 |
| Calcium 83mg | 69 |
| Iron 2mg | 15% |
| Potassium 556mg | 109 |
| Phosphorus 211mg | 15% |

Meal Recipes (continued)

SLP Meal #7

Ravioli Meal

Ingredients

- 4 Cambrooke Cheese Ravioli, cooked
- 1 tsp butter or margarine
- 1/2 tsp Cambrooke Chicken Consommé
- 1 tsp cornstarch
- ¼ cup water
- ¼ cup non-dairy creamer
- ½ loaf **Cambrooke Artisan Bread**, toasted
- 1 *Cambrooke Butterscotch Chip Cookie*1 cup apple or cranberry juice

Directions

- Drop Cheese Ravioli into boiling water, reduce heat and cook for 3-4 minutes.
 Drain and set aside.
- Gravy: Melt butter or margarine in a small saucepan over medium heat. Whisk in Chicken Consommé, cornstarch, water and non-dairy creamer. Stir until sauce thickens.

Servings: 1

Total Protein: 1.6 g

Phe per serving: 50 mg

Exchanges: 3.3

Nutrition Facts

660

27%

60%

5%

55%

45%

16%

22%

0%

6%

6%

8%

20%

% Daily Value*

Serving size

Calories

Saturated Fat 12g

Polyunsaturated Fat 2g

Monounsaturated Fat 5g

Total Carbohydrate 124g

Includes 11g Added Sugars

Trans Fat 0g

Cholesterol 15mg

Dietary Fiber 4g

Total Sugars 12g

Sodium 1250mg

Protein 2g

Vitamin D 0mcg

Calcium 76mg

Potassium 374mg

Phosphorus 257mg

Total Fat 21g

SLP Meal #8

Veggie Meatball Meal

Ingredients

- 2 Cambrooke Veggie Meatballs
- 2 Tbsp marinara sauce
- 1/2 roll Cambrooke Artisan Bread
- 1 bag **Wise Onion Rings**
- 1 cup apple or grape juice

Directions

- 1. Heat Veggie Meatballs according to package directions.
- 2. Heat sauce and place on sliced Artisan Bread roll with Veggie Meatballs.

SLP Meal #9

Camburger Meal

Ingredients

- 1 Cambrooke Camburger
- 1 Cambrooke Camburger Bun
- 1 Tbsp ketchup
- 1 Tbsp Kraft Miracle Whip®
- 1 (~14g) fresh lettuce leaf
- 1 (~15g) fresh tomato slice
- 1 small apple
- 1 cup apple or cranberry juice

Directions

- 1. Lightly sauté Camburger in fry pan with small amount of olive oil.
- 2. Place Camburger on bun, open-faced, with condiments on the side.

Servings: 1 Total Protein: 2.5 g Phe per serving: 78 mg Exchanges: 5.2

Phe per serving: 78 m
Exchanges: 5.2

Nutrition Facts

| Nutrition Fac | 1 Me |
|-----------------------------|-----------|
| Amount per serving Calories | 50 |
| | Daily Val |
| Total Fat 10g | 12 |
| Saturated Fat 1.5g | |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 3.5g | |
| Cholesterol 0mg | (|
| Sodium 1030mg | 4 |
| Total Carbohydrate 101g | 3 |
| Dietary Fiber 5g | 19 |
| Total Sugars 4g | |
| Includes 2g Added Sugars | 3 ' |
| Protein 3g | |
| Vitamin D 0mcg | |
| Calcium 104mg | |
| Iron 1mg | |
| Potassium 610mg | 1: |
| Phosphorus 237mg | 20 |

Servings: 1
Total Protein: 2.6 g
Phe per serving: 77 mg
Exchanges: 5.1

| Serving size | 1 Mea |
|-----------------------------|-----------------|
| Amount per serving Calories | 520 |
| | % Daily Value |
| Total Fat 10g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 3g | |
| Cholesterol 0mg | 0% |
| Sodium 1370mg | 60% |
| Total Carbohydrate 109g | 39% |
| Dietary Fiber 8g | 29% |
| Total Sugars 21g | |
| Includes 4g Added Sug | jars 7 % |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 88mg | 6% |
| Iron 2mg | 10% |
| Potassium 773mg | 15% |
| Phosphorus 295mg | 25% |

Meal Recipes (continued)

SLP Meal #10

Tweekz & Rice Meal

Ingredients

2-3 Cambrooke Tweekz (90g) ⅓ cup (dry 50g) Cambrooke Short **Grain Rice**

- 1 Tbsp butter or margarine
- 1 cup peeled apple slices
- 1 cup apple or cranberry juice

Directions

- 1. Bake Tweekz as directed or in 375° oven for 10-15 minutes until crisp.
- 2. Cook Short Grain Rice according to package instructions, RINSE WELL. Serve with pat of butter or margarine.
- 3. Keep remaining Tweekz frozen.

Servings: 1 **Total Protein: 2 g** Phe per serving: 68 mg Exchanges: 4.5

SLP Meal #11

Medley Meals -Vegetable Masala Meal

Ingredients

1 Cambrooke Medley Meal -Vegetable Masala

1 14g bag Wise Onion Rings

1 cup cranberry or apple juice

Directions

Heat Medley Meal according to package directions.

> Servings: 1 **Total Protein: 2.8 g** Phe per serving: 80 mg Exchanges: 5.3

Servings: 1

SLP Meal #12

Corny Dog Meal

Ingredients

- 1 Cambrooke Corny Dog
- 2 slices (30g) Tomato
- 1 Cambrooke Butterscotch Chip Cookie

½ cup fruit cocktail

1 cup of cranberry or apple juice

Directions

Prepare Corny Dog according to package directions.

> **Total Protein: 1.5 g** Phe per serving: 60 mg Exchanges: 4

Meal Recipes (continued)

SLP Meal #13

Pierogi Meal

Ingredients

- 5 (58g) Cambrooke Pierogi
- 2 Tbsp ketchup for dipping
- ½ cup of mixed green salad
- 2 Tbsp Ranch or French dressing
- 1 14g bag Wise Onion Rings
- 1 cup apple or cranberry juice

Directions

- 1. Thaw Pierogies.
- 2. Sauté in butter or margarine.
- 3. Serve with ketchup.

SLP Meal #14

Enchilada Meal

Ingredients

- 1 (255g) Cambrooke Lynn's Enchiladas
- 2 slices (30g) tomato
- 1 cup apple or cranberry juice

Directions

Prepare Lynn's Enchiladas according to package directions.

SLP Meal #15

Pizza Primavera Meal

Ingredients

- 1 Cambrooke Pizza Primavera
- ½ cup mixed green salad
- 2 Tbsp Ranch or French dressing
- 1 Cambrooke Butterscotch Chip Cookie
- 1 cup apple or cranberry juice

Directions

Prepare Pizza Primavera according to package directions.

Servings: 1 **Total Protein: 1.6 g** Phe per serving: 57 mg **Exchanges: 3.8**

Servings: 1 **Total Protein: 2.5 g** Phe per serving: 70 mg Exchanges: 4.7

Servings: 1 **Total Protein: 3.2 g** Phe per serving: 120 mg **Exchanges: 8**

Nutrition Facts

| Serving size | 1 Meal |
|-----------------------------|--------------|
| Amount per serving Calories | 620 |
| | Daily Value' |
| Total Fat 21g | 27% |
| Saturated Fat 8g | 39% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 4.5g | |
| Cholesterol 30mg | 10% |
| Sodium 630mg | 27% |
| Total Carbohydrate 111g | 40% |
| Dietary Fiber 3g | 11% |
| Total Sugars 13g | |
| Includes 1g Added Sugars | 2% |
| Protein 2g | |
| Vitamin D 0mcg | 2% |
| Calcium 46mg | 4% |
| Iron 1mg | 6% |
| Potassium 582mg | 10% |
| Phosphorus 131mg | 10% |

| Nutrition F | acts |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Serving size | 1 Meal |
| Amount per serving | |
| Calories | 560 |
| % | Daily Value* |
| Total Fat 15g | 19% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 780mg | 34% |
| Total Carbohydrate 102g | 37% |
| Dietary Fiber 5g | 18% |
| Total Sugars 26g | |
| Includes 1g Added Sugar | s 2 % |
| Protein 3g | |
| Vitamin D 0.6mcg | 4% |
| Calcium 60mg | 4% |
| Iron 0.8mg | 4% |
| Potassium 1030mg | 20% |
| *The % Daily Value tells you how much a serving of food contributes to a daily diet a day is used for general nutrition advice | . 2,000 calories |

| Serving size | 1 Mea |
|-------------------------|---------------|
| Amount per serving | F 20 |
| <u>Calories</u> | <u>530</u> |
| | % Daily Value |
| Total Fat 14g | 18% |
| Saturated Fat 6g | 31% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 4.5 | 5g |
| Cholesterol 10mg | 3% |
| Sodium 330mg | 149 |
| Total Carbohydrate 105g | 38% |
| Dietary Fiber 1g | 3% |
| Total Sugars 13g | |
| Includes 12g Added Su | ugars 24% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 59mg | 49 |
| Iron 2mg | 89 |
| Potassium 543mg | 10% |
| Phosphorus 117mg | 10% |

| Nutrition Facts | | |
|-----------------------------|----------------|--|
| Serving size | 1 Meal | |
| Amount per serving Calories | 480 | |
| | % Daily Value* | |
| Total Fat 19g | 24% | |
| Saturated Fat 3.5g | 16% | |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | |
| Sodium 1160mg | 50% | |
| Total Carbohydrate 79g | 29% | |
| Dietary Fiber 2g | 8% | |
| Total Sugars 13g | | |
| Includes 0g Added Suga | ars 0 % | |
| Protein 2g | | |
| Vitamin D 0mcg | 0% | |
| Calcium 49mg | 4% | |
| Iron 2mg | 8% | |
| Potassium 502mg | 10% | |

| Nutrition Facts | |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Serving size | 1 Meal |
| Amount per serving Calories | 410 |
| % | Daily Value* |
| Total Fat 10g | 13% |
| Saturated Fat 4g | 19% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 3.5g | |
| Cholesterol 5mg | 2% |
| Sodium 560mg | 24% |
| Total Carbohydrate 82g | 30% |
| Dietary Fiber 1g | 2% |
| Total Sugars 28g | |
| Includes 4g Added Sugars | 8% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 63mg | 4% |
| Iron 2mg | 8% |
| Potassium 892mg | 20% |
| Phosphorus 95mg | 8% |
| *The % Daily Value tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice. | 2,000 calories |

| Amount per serving Calories | 710 |
|-----------------------------|-------------|
| % C | Daily Value |
| Total Fat 29g | 38 |
| Saturated Fat 8g | 40 |
| Trans Fat 0g | |
| Polyunsaturated Fat 8g | |
| Monounsaturated Fat 8g | |
| Cholesterol 5mg | 2' |
| Sodium 1320mg | 57 |
| Total Carbohydrate 112g | 41 |
| Dietary Fiber 6g | 20 |
| Total Sugars 18g | |
| Includes 11g Added Sugars | 22 |
| Protein 3g | |
| Vitamin D 0mcg | 0' |
| Calcium 78mg | 6' |
| Iron 2mg | 10 |
| Potassium 570mg | 10' |
| Phosphorus 304mg | 25' |

Recipe Meals (continued)

SLP Meal #16

Brookelyn Dogs & Rice Meal

Ingredients

- 1 Cambrooke Brookelyn Dog
- 1/3 cup Cambrooke Short Grain Rice, prepared
- 1 slice **Cambrooke Homestyle Bread**
- 2 Tbsp Ketchup, for dipping
- 1 cup (~110g) peeled apple slices
- 1 cup cranberry or apple juice

Directions

- 1. Heat Brookelyn Dogs according to package directions.
- 2. Prepare Short Grain Rice according to package directions.

Servings: 1 **Total Protein: 2 g** Phe per serving: 65 mg Exchanges: 4.3

SLP Meal #17

Tweekz Meal

Ingredients

- 2-3 (~90g) Cambrooke Tweekz
- ½ cup mixed green salad
- 2 Tbsp Ranch or French dressing
- 1 popsicle
- 1 cup apple juice

Directions

- 1. Bake Tweekz as directed or in 375° oven for 10-15 minutes until crisp.
- 2. Keep remaining Tweekz frozen.

Servings: 1 **Total Protein: 2 g** Phe per serving: 78 mg

SLP Meal #18

Pizza Mini Pockets Meal

Ingredients

- 2 Cambrooke Mini Pockets™ Pizza
- ½ cup cooked carrots
- ½ cup fruit cocktail
- 1 cup apple or cranberry juice

Directions

- 1. Bake Mini Pockets according to package directions.
- 2. Cook carrots.

Total Protein: 1.8 g

Recipe Meals (continued)

SLP Meal #19

GO! Pockets Burrito Meal

Servings: 1

Total Protein: 1.9 g

Phe per serving: 49 mg

Exchanges: 3.3

Ingredients

- 1 Cambrooke GO! Pockets Burrito
- ½ cup mixed salad greens
- 2 Tbsp French or Italian dressing
- 1 Cambrooke Butterscotch Chip Cookie
- 1 cup cranberry or apple juice

Directions

Heat GO! Pockets according to package directions.

SLP Meal #20

Creamy Garlic & Broccoli Rice Meal

Ingredients

⅓ box (and sauce mix) Cambrooke Pasta Duets™ -

Creamy Garlic & Broccoli Rice

¼ cup non-dairy creamer

1 Cambrooke Butterscotch Chip Cookie

½ cup cooked carrots

1 cup cranberry or apple juice

Directions

- 1. Prepare 1/3 of Creamy Garlic & Broccoli Rice and sauce mix according to package directions.
- 2. Cook carrots.

Servings: 1 **Total Protein: 2 g** Phe per serving: 78 mg Exchanges: 5.2

Exchanges: 5.2

Servings: 1 Phe per serving: 64 mg Exchanges: 4.3

| Serving size | 1 Mea |
|-----------------------------|-------------|
| Amount per serving Calories | 690 |
| %1 | Daily Value |
| Total Fat 14g | 189 |
| Saturated Fat 7g | 369 |
| Trans Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 1g | |
| Cholesterol 30mg | 109 |
| Sodium 860mg | 379 |
| Total Carbohydrate 143g | 529 |
| Dietary Fiber 5g | 199 |
| Total Sugars 22g | |
| Includes 1g Added Sugars | 29 |
| Protein 2g | |
| Vitamin D 0mcg | 2% |
| Calcium 69mg | 69 |
| Iron 2mg | 109 |
| Potassium 705mg | 15% |
| Phosphorus 178mg | 159 |

| Serving size | 1 Mea |
|--------------------------|-------------|
| Amount per serving | 470 |
| Calories | 470 |
| | Daily Value |
| Total Fat 23g | 30° |
| Saturated Fat 2.5g | 139 |
| Trans Fat 0g | |
| Polyunsaturated Fat 9g | |
| Monounsaturated Fat 7g | |
| Cholesterol 0mg | 0 |
| Sodium 900mg | 39° |
| Total Carbohydrate 65g | 24° |
| Dietary Fiber 2g | 80 |
| Total Sugars 11g | |
| Includes 1g Added Sugars | 20 |
| Protein 2g | |
| Vitamin D 0mcg | 20 |
| Calcium 58mg | 40 |
| Iron 2mg | 80 |
| Potassium 505mg | 10° |
| Phosphorus 113mg | 109 |

| Nutrition Fac | |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Serving size | 1 mea |
| Amount per serving | 222 |
| Calories | <u> 390</u> |
| %1 | Daily Value |
| Total Fat 6g | 8% |
| Saturated Fat 2g | 9% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 3g | |
| Cholesterol 0mg | 0% |
| Sodium 580mg | 25% |
| Total Carbohydrate 83g | 30% |
| Dietary Fiber 4g | 14% |
| Total Sugars 20g | |
| Includes 1g Added Sugars | 3% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 83mg | 6% |
| Iron 2mg | 15% |
| Potassium 587mg | 10% |
| Phosphorus 191mg | 15% |
| *The % Daily Value tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice. | |

| 1 Mea |
|------------------|
| 580 |
| % Daily Value |
| 32% |
| 35% |
| |
| 2% |
| 28% |
| 34% |
| 25% |
| |
| gars 22 % |
| |
| 0% |
| 15% |
| 10% |
| 8% |
| |

| Nutrition Facts | |
|----------------------------------------------------------------------------------------------------------------------------------|--------------|
| Serving size | 1 Meal |
| Amount per serving | 710 |
| Calories | <u>/ 10</u> |
| %[| Daily Value* |
| Total Fat 18g | 23% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 800mg | 35% |
| Total Carbohydrate 139g | 51% |
| Dietary Fiber 0g | 0% |
| Total Sugars 49g | - |
| Includes 9g Added Sugars | 18% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 48mg | 4% |
| Iron 1mg | 6% |
| Potassium 310mg | 6% |
| *The % Daily Value tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice. | |

Additional Information

Funding Sources

Price of Meals

The following excerpts are from the USDA Food and Nutrition Service's Accommodating Children with Special Dietary Needs in the School Nutrition Programs-Guidance for School Food Service Staff. Please see the USDA Food and Nutrition Service website (www.fns.usda.gov/cnd) for the full document. Meals must be served free or at a reduced price (a maximum of 40 cents for lunch and 30 cents for breakfast) to children who qualify for these benefits regardless of whether or not they have a disability. Schools may not charge children with disabilities or with certified special dietary needs who require food substitutions or modifications more than they charge other children for program meals or snacks.

Incurring Additional Expenses

In most cases, children with disabilities can be accommodated with little extra expense or involvement. If additional expenses are incurred in providing food substitutions or modifications for children with special needs, generally the school food authority should be able to absorb the cost of making meal modifications or paying for the services of a registered dietician. However, when the school food service has difficulty covering the additional cost, there are several alternative sources of funding which school food service managers, school administrators, parents or guardians, and teachers may consider. These sources include the school district's general fund and the additional funding sources listed below. Any additional funding received by school food services for costs incurred in providing special meals must accrue to the nonprofit school food service account.

Potential Funding Sources

IDEA

The Individuals with Disabilities Education Act (IDEA), through the PartB Program, provides Federal funds to assist States and school districts in making a "free appropriate public education" available to eligible children with specified disabilities residing within the State. Students with specified physical, mental, emotional or sensory impairments that need special education and related services are eligible for services under IDEA, at no cost to parents. In appropriate situations, nutrition services may be specified as **special education** (specially designed instruction) or a **related service** (support services required to assist a child with a disability to benefit from special education). Services which may be funded through IDEA include: (1) purchase of special foods, supplements, or feeding equipment; (2) consultation services of a registered dietitian or nutrition professional; and (3) assistance of a special education teacher, occupational therapist or other health professional in feeding the child or developing feeding skills.

Website url: Department of Education/IDEA: http://www.ed.gov (Scroll down to "Most Requested Items" Disabilities Education (IDEA)).

Medicaid

Title XIX of the Social Security Act is an entitlement program which finances medical services for certain individuals and families with low income and resources. Within broad Federal guidelines, a State or territory: (1) establishes its own eligibility standards; (2) determines the type, amount, duration, and scope of services; (3) sets the rates of payment for services; and (4) administers its own program.

Definitions of Disability

Rehabilitation Act of 1973 and the Americans with Disabilities Act

Under Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act (ADA) of 1990, a "person with a disability" means any person who has a physical or mental impairment that substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment. The term "physical or mental impairment" includes many diseases and conditions, a few of which may be: orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; metabolic diseases, such as diabetes or phenylketonuria (PKU); food anaphylaxis (severe food allergy); mental retardation; emotional illness; drug addiction and alcoholism; specific learning disabilities; HIV disease; and tuberculosis. Please refer to the Acts noted above for a more detailed explanation.

Major life activities covered by this definition include caring for one's self, eating, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

Additional Information (continued)

Providing Special Meals to Children with Disabilities

It is important that all recommendations for accommodations or changes to existing diet orders be documented in writing to protect the school and minimize misunderstandings. Schools should retain copies of special, non-meal pattern diets on file for reviews.

The diet orders do not need to be renewed on a yearly basis; however schools are encouraged to ensure that the diet orders reflect the current dietary needs of the child.

The school food service is required to offer special meals, at no additional cost, to children whose disability restricts their diet as defined in USDA's nondiscrimination regulations, 7 CFR Part 15b. If a child's IEP includes a nutrition component, the school should ensure that school food service managers are involved early in decisions regarding special meals or modifications.

The school food service is not required to provide meal services to children with disabilities when the meal service is not normally available to the general student body, unless a meal service is required under the child's IEP.

For example, if a school breakfast program is not offered, the school food service is not required to provide breakfast to the child with a disability, unless this is specified in the child's IEP. However, if a student is receiving special education and has an IEP, and the IEP indicates that the child needs to be served breakfast at school, then the school is required to provide this meal to the child and may choose to have the school food service handle the responsibility. This is discussed in more detail in Section V, under Situation 2.

Responsibilities of FSMC and Other Food Service Operations

Situation: A school district has contracted with an FSMC (Food Service Management Companies) to operate the school's food service. Is the FSMC obligated to accommodate children with disabilities?

Yes. The school is always required to ensure that any benefits available for the general school population are equally available to children with disabilities. Consequently, accommodations for these children must be made regardless of whether the school district operates the food service itself or contracts with an FSMC to do so.

However, as a procurement issue, accommodations for children with disabilities must be included in the contract. School food authorities that do not have any need for special dietary accommodations at the time an FSMC bid is prepared should still include sufficient information in the bid to ensure that the FSMC is aware that dietary accommodations may be required during the term of the contract.

Situation:

Some schools purchase items from nationally recognized fast-food chains and sell these items on an "a la carte" basis. These items are frequently sold in a setting such as a kiosk that uses the chain's logo or otherwise advertises the product. What obligation, if any, does the fast-food chain have to provide alternative meals?

Response:

When the school purchases and sells the product itself, the fast-food chain incurs no more obligations than any other wholesaler or retailer of food products. Consequently, it is important that parents, school food service staff, and other involved school personnel identify and discuss the particular needs of children with special needs and take steps to ensure such children, especially very young children, do not purchase "a la carte" items which can be harmful to them.



Low Protein School Lunch Program

Our plan to help your child have a delicious low protein lunch and finally "Join the Lunch Line."

- Parents Guide
- Food Services Guide

