

Low Protein School Lunch Program

Food Services Guide Summary

The Food Services Guide Summary provides a brief overview of the information contained in Cambrooke's School Lunch Program's Food Services Guide. For the complete 15 page Food Services Guide or if you have any questions, please contact Customer Service.

Getting Started

Cambrooke has prepared the *Food Services Guide* as a "turn-key" solution for the food service professional. School principals, guidance counselors, dietitians, cooking staff, and purchasing agents all play a role in the success of each student.

Included in the complete Food Services Guide 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. See page 2 for more details.

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-Guidance for School Food Service Staff". Please see the USDA Food and Nutrition Service website (www.fns.usda.gov/cnd) for the full document.

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.

"Together We Can Make a Difference"



Cambrooke's School Lunch Solution

Ajinomoto Cambrooke has developed this *Food Services Guide* with you in mind. School principals, guidance counselors, dietitians, 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 dietitian 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.



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.