Low Protein School Lunch Program

Food Services Guide

Getting Started

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.

Cambrooke Foods 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 disabilties, 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 provide 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. Each product label provides laboratory analysis for 7 amino acids important to managing metabolic diets.
Low Protein School Lunch Program
Food Services Guide

Cambrooke's School Lunch Solution

Cambrooke Foods 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'll find:

Menu Calendar
This 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 list identifies just the necessary low protein foods your kitchen staff will need on hand to make each of 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'll need on hand to make the recipes found in our meal plan.

Meal Recipes
Our product development team includes 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 small quantities of 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 small quantities of our products on credit on purchase order. If you would like to set-up an account, please return completed form. For further information, contact our Client Services Department.
Low Protein School Lunch Program
Food Services Guide

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

Cambrooke Foods

Cambrooke Foods 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, bagels, cheese products, pastas, baking mixes, desserts, snacks, and meat alternatives.

Inspired by their two children who have classical PKU, the Cambrooke founders (photo left) 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 line.

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.

If you have any questions about administering a low protein diet at your school, we invite you to contact us at Cambrooke Foods (866-456-9776, ext. 1000).
### Menu Calendar

<table>
<thead>
<tr>
<th>Meal #</th>
<th>SLP #1</th>
<th>SLP #2</th>
<th>SLP #3</th>
<th>SLP #4</th>
<th>SLP #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Grilled Cheese Sandwich</td>
<td>Soft Taco Meal</td>
<td>Spaghetti w/ marinara sauce</td>
<td>French Bread Pizza</td>
<td>Everyone's Favorite</td>
</tr>
<tr>
<td></td>
<td>Mixed green salad, dressing</td>
<td>Wise Onion Rings</td>
<td>Green beans</td>
<td>Mixed green salad, dressing</td>
<td>Mac 'N' Cheese</td>
</tr>
<tr>
<td></td>
<td>Apple Juice</td>
<td>Fruit Cocktail Juice</td>
<td>HomeStyle Bread</td>
<td>Fruit cup Juice</td>
<td>HomeStyle Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Apple Juice</td>
</tr>
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<td>Meal #</td>
<td>SLP #6</td>
<td>SLP #7</td>
<td>SLP #8</td>
<td>SLP #9</td>
<td>SLP #10</td>
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<tr>
<td>Lunch</td>
<td>Chicken Noodle Soup</td>
<td>Ravioli with Golden Gravy Artisan Bread</td>
<td>Italian Submarine</td>
<td>Camburger</td>
<td>Tweekz and Rice</td>
</tr>
<tr>
<td></td>
<td>Crusty Bread w/ cheese spread</td>
<td>Sugar Cookie</td>
<td>(lettuce, tomato, cheese, vinaigrette)</td>
<td>(with ketchup, lettuce, tomato)</td>
<td>Apple slices</td>
</tr>
<tr>
<td></td>
<td>Raspberry Rugelah</td>
<td>Juice</td>
<td>Wise Onion Rings</td>
<td>Camburger Bun</td>
<td></td>
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<tr>
<td></td>
<td>Juice</td>
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<td></td>
<td>Apple</td>
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<td>Meal #</td>
<td>SLP #11</td>
<td>SLP #12</td>
<td>SLP #13</td>
<td>SLP #14</td>
<td>SLP #15</td>
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<tr>
<td>Lunch</td>
<td>Creamy Garlic, Rice &amp; Broccoli Dish</td>
<td>Fajita Meal</td>
<td>Pierogies</td>
<td>Bagels, Bagels!</td>
<td>Tuscan Pizza</td>
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<tr>
<td></td>
<td>Steamed carrots</td>
<td>Sugar Cookie</td>
<td>Mixed green salad, dressing</td>
<td>With cream cheese</td>
<td>Mixed green salad, dressing</td>
</tr>
<tr>
<td></td>
<td>Cinnamon Raisin Rugelah</td>
<td>Juice</td>
<td>Raspberry Rugelah</td>
<td>Wise Onion Rings</td>
<td>Sugar Cookie</td>
</tr>
<tr>
<td></td>
<td>Juice</td>
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<td>Chilled mixed fruit</td>
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<td>Meal #</td>
<td>SLP #16</td>
<td>SLP #17</td>
<td>SLP #18</td>
<td>SLP #19</td>
<td>SLP #20</td>
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<tr>
<td>Lunch</td>
<td>Pasta Primavera with Broccoli and Peppers</td>
<td>Tweekz</td>
<td>Tomato, Lettuce 'N Cheese Sandwich (TLC)</td>
<td>Calif. Vegetables &amp; Rice Dish</td>
<td>Pizza Bagel</td>
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<td>Cinnamon Raisin Rugelah</td>
<td>Mixed green salad, dressing</td>
<td>Wise Onion Rings</td>
<td>HomeStyle Bread</td>
<td>Mixed green salad, dressing</td>
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<tr>
<td></td>
<td>Juice</td>
<td>Popsicle</td>
<td>Sugar Cookie</td>
<td>Raspberry Rugelah</td>
<td>Sugar Cookie</td>
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**CBF Substitutions (low-protein foods):** All breads, cheese, pasta, baked goods, 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 Foods:**
- Bread, pasta, cheese, meat, fish, eggs, peanuts, peanut butter.
- Flour containing baked goods: cookies, cake, crackers, muffins, etc.
- Diet soft drinks containing aspartame.
Low Protein School Lunch Program
Food Services Guide

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.

1 CBF HomeStyle Sliced White Bread
1 CBF American Cheese Slices
1 CBF Cheddar Shreds
1 CBF Mozzarella Shreds
1 CBF Tuscan Pizza Crusts
1 CBF Camburgers
1 CBF Camburger Buns
1 CBF Artisan Bread
1 CBF Spaghetti
1 CBF Bagels (Onion or Plain)
1 CBF Pierogi
1 CBF Cheese Ravioli
1 CBF Sugar Cookie Dough
1 Wise Onion Rings (case)
1 CBF Tortilla Wraps - Plain
1 CBF Creamy Garlic Broccoli and Rice
1 CBF Macaroni ‘N’ Cheese
1 CBF Rugelah - Raspberry
1 CBF Rugelah - Cinnamon Raisin
1 CBF Cheese Wizard
1 CBF Chicken Consomme
1 CBF Short Grain Rice
1 CBF Shake ‘N’ Cheese
1 CBF Plain Cream Cheese
1 CBF Alfredo Sauce Mix
1 CBF Tweekz (Nuggets)

Standard Grocery Foods*

- Apples
- Butter or margarine
- Carrots
- Celery
- French Dressing
- Frozen Broccoli
- Fruit Cocktail
- Garlic Oil
- Garlic Powder or Cloves
- Green Beans
- Juice
- Ketchup

Kraft Miracle Whip
Lettuce
Maple Syrup
Marinara Sauce
Mixed Vegetables
Non-Dairy Creamer
Oil/Vinaigrette Dressing
Pizza Sauce
Salsa
Tomato Sauce
Tomatoes

*Standard grocery products are not provided by Cambrooke foods. Those shown are suitable products for metabolic diets in measured quantities.

Individual Purchase Price $534.90
less <10% SLP Package Discount>
SLP Package Price $481.41

Serving suggestions, recipes, and Nutritional information provided is based on our ingredient profiles and preparation methods.

Nutritional values may vary if preparation methods or ingredients differ.
Meal Recipes

### SLP #1
**Grilled Cheese Sandwich Meal**

**Ingredients**
- 2 slices **CBF HomeStyle Bread**
- 2 Tbs **CBF Cheese Wizard**
- 2 Tbs butter or margarine
- 1 cup mixed salad greens
- 3 Tbs French or Russian Dressing
- 1 cup apple juice
- 1 small apple

**Directions**
1. Butter the outside of each slice of HomeStyle Bread with a tablespoon of butter and spread Cheese Wizard in between the slices.
2. Grill on each side until golden brown and crispy.

**Servings:** 1  
**Total Protein:** 1.7 g  
**Phe per serving:** 86 mg  
**Exchanges:** 5.7

### SLP #2
**Soft Taco Meal**

**Ingredients**
- 1 **CBF Tortilla Wrap-Plain**
- 1/4 cup (14g) iceberg lettuce, shredded
- 1 Tbs **CBF Cheddar Shreds**
- 2 Tbs mild salsa (Old El Paso style)
- 1 cranberry juice cocktail
- 1 bag **Wise Onion Rings**
- 1/2 cup fruit cocktail in light syrup

**Directions**
To the Tortilla Wrap, fold over and wrap add shredded lettuce, Cheddar Shreds, and top with salsa.

**Servings:** 1  
**Total Protein:** 1.2 g  
**Phe per serving:** 37 mg  
**Exchanges:** 2.5

### SLP #3
**Spaghetti Meal**

**Ingredients**
- 60g **CBF Spaghetti**
- 1/3 cup marinara sauce
- 1/4 cup canned green beans, drained
- 1 slice **CBF HomeStyle Bread**
- 1 cup apple juice

**Directions**
Cook Spaghetti according to package directions and rinse. Serve with marinara sauce, a side of green beans & slice of HomeStyle Bread.

**Servings:** 1  
**Total Protein:** 2 g  
**Phe per serving:** 57 mg  
**Exchanges:** 3.8
### Meal Recipes

#### SLP #4
**French Bread Pizza Meal**

**Ingredients**
- 1/2 CBF Artisan Bread, sliced lengthwise
- 1/3 cup marinara sauce
- 1/3 cup (30g) CBF Mozzarella Shreds
- 1/4 cup mixed salad greens
- 3 Tbs French or Russian Dressing
- 1 cup apple or cranberry juice

**Directions**
1. Lightly toast the Artisan Bread and top with marinara sauce and Mozzarella Shreds.
2. Bake 350° until heated through.

#### SLP #5
**Mac 'N' Cheese Meal**

**Ingredients**
- 1/2 package CBF Mac 'N' Cheese
- 1 Tbs butter or margarine
- 1 slice CBF HomeStyle Bread
- 1 cup apple or cranberry juice

**Directions**
1. Stir macaroni into boiling water and simmer 20 to 25 minutes, until tender and drain.
2. Over medium heat, melt 2 Tbs butter in same pan. Add non-dairy creamer, and 1/2 the contents of cheese flavor packet. Blend until smooth and creamy and mixture begins to thicken. Remove from heat, return macaroni to pan. Stir to mix thoroughly and serve.

#### SLP #6
**Chicken Noodle Soup Meal**

**Ingredients**
- 2 cups water
- 1/4 cup (40g) CBF Imitation Rice
- 1 slice CBF Chicken Flavored Consomme
- 1/2 CBF Artisan Bread, toasted
- 1 CBF Cinnamon Raisin Rugelah
- 1 cup apple, cranberry or fruit juice

**Directions**
1. Cook Imitation Rice according to package instructions and drain. 2. Dissolve Chicken Consomme in 2 cups hot water, add rice and serve.

**Artisan Bread**
Toast Artisan Bread and spread with Cheese Wizard.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th></th>
<th>SLP #4</th>
<th>SLP #5</th>
<th>SLP #6</th>
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<td>1</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Total Protein:</td>
<td>3.2 g</td>
<td>1.8 g</td>
<td>2.3 g</td>
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<tr>
<td>Phe per serving:</td>
<td>81 mg</td>
<td>55 mg</td>
<td>51 mg</td>
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<td>Exchanges:</td>
<td>5.4</td>
<td>3.6</td>
<td>3.4</td>
</tr>
</tbody>
</table>
Meal Recipes

**SLP #7**

**Ravioli Meal**

**Ingredients**
- 4 CBF Cheese Ravioli, cooked
- 1 Tsp. butter or margarine
- 1/2 tsp CBF Chicken Consomme
- 1 tsp cornstarch
- 1/4 cup water
- 1/4 cup non-dairy creamer
- 1/2 loaf CBF Artisan Bread, toasted
- 1 (28g) CBF Sugar Cookie
- 1 cup apple or cranberry juice

**Directions**
Drop Cheese Ravioli into boiling water, reduce heat and cook for 3 to 4 minutes. Drain and set aside. (May brush with a little olive oil to prevent sticking.)

**Gravy**
Melt butter or margarine in a small saucepan over medium heat. Whisk in the Chicken Consomme, cornstarch, water and non-dairy creamer and continue stirring until sauce begins to thicken.

**Cookie**
Bake cookie for 10-12 minutes in 350° oven.

**Servings:** 1  
**Total Protein:** 1.3 g  
**Phe per serving:** 44 mg  
**Exchanges:** 2.9

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**SLP #8**

**Italian Submarine Meal**

**Ingredients**
- 1/2 loaf CBF Artisan Bread
- 1/4 cup (14g) iceberg lettuce
- 1 fresh tomato wedge (15g), thinly sliced
- 1 slice CBF American or Swiss Cheese Single
- 2 Tbs vinaigrette
- 1 bag Wise Onion Rings
- 1 cup apple or cranberry juice
- 1 popsicle

**Directions**
Slice one-half of a loaf of Artisan Bread in half lengthwise and layer with lettuce, tomato, Swiss Cheese Single and top with vinaigrette.

**Servings:** 1  
**Total Protein:** 2 g  
**Phe per serving:** 57 mg  
**Exchanges:** 3.8

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**SLP #9**

**Camburger Meal**

**Ingredients**
- 1 CBF Camburger
- 1 CBF Camburger Bun
- 1 Tbs ketchup
- 1 Tbs Miracle Whip
- 1 (~14g) fresh lettuce leaf
- 1 (~15g) fresh tomato slice
- 1 small apple
- 1 cup apple or cranberry juice

**Directions**
Lightly sauté Camburger in fry pan with small amount of olive oil. Serve burger on bun, open-faced, with condiments on the side.

**Servings:** 1  
**Total Protein:** 2.3 g  
**Phe per serving:** 86 mg  
**Exchanges:** 6

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**Nutrition Facts**

**Meal Recipes**
### Meal Recipes

#### SLP #10
**Tweekz and Rice Meal**

**Ingredients**
- 2-3 CBF Tweekz (90 g)
- 1/3 cup CBF Short Grain Rice (50 g) dry
- 1 Tbs butter or margarine
- 1 cup peeled apple slices
- 1 cup apple or cranberry juice

**Directions**
1. Bake Tweekz as directed or in 375°F 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.

#### SLP #11
**Creamy Garlic, Broccoli & Rice Meal**

**Ingredients**
- 1/2 package CBF Creamy Garlic, Broccoli & Rice (use remaining 1/2 pkg for another meal)
- 1/4 cup non-dairy liquid creamer
- 1/2 cup steamed carrots
- 1 CBF Cinnamon Raisin Rugelah
- 1 cup apple or cranberry juice

**Directions**
1. Place contents of garlic-broccoli seasoning package into 1/4 cup non-dairy liquid creamer to hydrate. Mix together and set aside while the rice cooks. 2. Stir rice into 3 cups boiling water. Reduce heat and simmer for 10 to 12 minutes stirring frequently until tender. Drain and rinse thoroughly with hot water and set aside. 3. In the same pan over medium heat, add the sauce mixture and stir until it begins to bubble and thicken. Remove from heat and return rice to pan with sauce. Stir to mix thoroughly and serve.

#### SLP #12
**Fajita Meal**

**Ingredients**
- 1 CBF Camburger
- 1 CBF Tortilla Wrap Plain
- 1 onion slice
- 1 fresh tomato slice
- 2 Tbs mild salsa
- 1 (28g) CBF Sugar Cookie
- 1 cup apple or cranberry juice

**Directions**
1. Sauté onion in fry pan with small amount of olive oil. 2. Crumble Camburger and add to pan; sauté until completely heated. 3. Place crumbled Camburger and onion on Tortilla Wrap and wrap to serve.

**Cookie**
Bake cookie for 10-12 minutes in 350°F oven.

### Nutrition Facts

#### SLP #10
**Tweekz and Rice Meal**

- **Servings:** 1
- **Total Protein:** 1.6 g
- **Phe per serving:** 64 mg
- **Exchanges:** 4.3

#### SLP #11
**Creamy Garlic, Broccoli & Rice Meal**

- **Servings:** 1
- **Total Protein:** 1.6 g
- **Phe per serving:** 54 mg
- **Exchanges:** 3.6

#### SLP #12
**Fajita Meal**

- **Servings:** 1
- **Total Protein:** 2 g
- **Phe per serving:** 64 mg
- **Exchanges:** 4.3
# Low Protein School Lunch Program

## Meal Recipes

### SLP #13

#### Pierogi Meal

**Ingredients**
- 5 (60g) CBF Pierogi
- 2 Tbs ketchup for dipping
- 1 cup of mixed green salad
- 2 Tbs Ranch or French dressing
- 1 CBF Raspberry Rugelah
- 1 cup apple or cranberry juice

**Directions**
Thaw Pierogies and sauté in butter or margarine. Serve with ketchup.

**Servings:** 1  
**Total Protein:** 2.3 g  
**Phe per serving:** 87 mg  
**Exchanges:** 5.8

### SLP #14

#### Onion Bagel Meal

**Ingredients**
- 1 CBF Onion Bagel
- 2 Tbs CBF Plain Cream Cheese
- 1 bag Wise Onion Rings
- 1/2 cup chilled mixed fruit
- 1 cup apple or cranberry juice

**Directions**
Slice Onion Bagel in half and spread with Plain Cream Cheese.  
Serve with 1/2 cup of chilled mixed fruit and 1 bag of Wise Onion Rings.

**Servings:** 1  
**Total Protein:** 1.5 g  
**Phe per serving:** 50 mg  
**Exchanges:** 3

### SLP #15

#### Tuscan Pizza Meal

**Ingredients**
- 1/2 CBF Tuscan Pizza Shell
- 1/3 cup CBF Mozzarella Shreds
- 1/3 cup tomato sauce
- 1/2 cup mixed green salad
- 2 Tbs French Dressing
- 1 (28g) CBF Sugar Cookie
- 1 cup apple or cranberry juice

**Directions**
1. Slice Tuscan Pizza shell in half on the round. Freeze other half for a future use, or double the amount of sauce & cheese.  
2. Assemble pizza, bake and slice in fourths.  
3. Bake 350° until heated through, approximately 10 minutes.  
4. Serve 2 slices for one meal. Freeze the remaining prepared 2 slices for a future meal.  

**Cookie**
Bake cookie for 10-12 minutes in 350° oven.

**Servings:** 1  
**Total Protein:** 2.9 g  
**Phe per serving:** 98 mg  
**Exchanges:** 6.5

### Nutrition Facts

| Meal | Serving Size | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Polyunsaturated Fat | Monounsaturated Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron | Phosphorus | 
|------|--------------|----------|-------------------|----------|---------------|----------|---------------------|--------------------|-------------|---------|-----------|-------------------|---------------|--------|---------|----------|-----------|----------|-------|----------|---------|----------|--------|-------|----------|
| SLP #13 Pierogi Meal | 1 meal | 229 | 110 | 16% | 4.5g | 1.1g | 0.0g | 3.3g | 0% | 180mg | 450mg | 4g | 4g | 64g | 12g | 3g | 2g | 10% | 12% | 8% | 8% | 8% | 8% |
| SLP #14 Onion Bagel Meal | 1 meal | 150 | 30 | 7% | 2.6g | 1.7g | 0.0g | 2.3g | 0% | 80mg | 400mg | 12% | 12% | 37g | 22% | 0g | 1g | 12% | 12% | 12% | 12% | 12% | 12% |
| SLP #15 Tuscan Pizza Meal | 1 meal | 220 | 30 | 13% | 2.9g | 1.9g | 0.0g | 3.9g | 0% | 170mg | 370mg | 2% | 2% | 120g | 40% | 0g | 2g | 20% | 20% | 20% | 20% | 20% | 20% |

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Low Protein School Lunch Program

Meal Recipes

**SLP #16**

Pasta Primavera Meal

**Ingredients**
- 50g CBF Spaghetti, cooked according to pkg instructions
- 1 Tbs CBF Alfredo Sauce Mix
- 1 Tbs butter
- 1/3 cup non-dairy liquid creamer
- 1/4 cup (46g) cooked broccoli
- 1/4 cup (38g) blanched red, green or yellow pepper
- 1 cup apple or cranberry juice
- 1 CBF Cinnamon Raisin Rugelah

**Directions**
1. In a small sauce pan, melt butter over medium heat, add Alfredo Sauce Mix stirring vigorously with a fork while adding the non-dairy creamer. Simmer until thickened about two minutes.
2. Combine Spaghetti, sauce and vegetables together and serve.

**Servings:** 1
**Total Protein:** 3.04 g
**Phe per serving:** 97 mg
**Exchanges:** 6.5

**Nutrition Facts**
- Serving Size (61g)
- Calorie Count: 163
- Total Fat: 5.0g
- Cholesterol: 5mg
- Sodium: 71mg
- Carbohydrate: 27g
- Dietary Fiber: 6g
- Sugars: 3g

**SLP #17**

Tweekz Meal

**Ingredients**
- 2-3 CBF Tweekz (@ 90 g)
- ½ cup mixed green salad
- 2 Tbs Ranch or French dressing
- 1 popsicle
- 1 cup apple juice

**Directions**
1. Bake Tweekz as directed or in 375º oven for 10-15 minutes until crisp.
2. Serve with salad and dressing.

**Servings:** 1
**Total Protein:** 1.5 g
**Phe per serving:** 60 mg
**Exchanges:** 4

**Nutrition Facts**
- Serving Size (427g)
- Calorie Count: 194
- Total Fat: 24g
- Cholesterol: 20mg
- Sodium: 407mg
- Carbohydrate: 21g
- Dietary Fiber: 5g
- Sugars: 4g

**SLP #18**

Tomato, Lettuce, and Cheese Sandwich Meal

**Ingredients**
- 2 slices CBF Homestyle Sliced White Bread, lightly toasted
- 2 fresh tomato slices
- 1 slice CBF American Cheese Singles
- 1 iceberg lettuce leaf
- 1 Tbs Kraft Miracle Whip
- 1 bag Wise Onion Rings
- 1 (28g) CBF Sugar Cookie
- 1 cup apple or cranberry juice

**Directions**
- Sandwich
  - Lightly toast HomeStyle Bread and assemble sandwich. Serve with Wise Onion Rings and juice.
- Cookie
  - Bake cookie for 10-12 minutes in 350º oven.

**Servings:** 1
**Total Protein:** 2 g
**Phe per serving:** 71 mg
**Exchanges:** 4.7

**Nutrition Facts**
- Serving Size (65g)
- Calorie Count: 124
- Total Fat: 24g
- Cholesterol: 20mg
- Sodium: 407mg
- Carbohydrate: 21g
- Dietary Fiber: 5g
- Sugars: 4g

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### Meal Recipes

#### SLP #19
**California Vegetables & Rice Meal**

**Ingredients**
- 1/3 cup CBF Short Grain Rice, prepared, drained & rinsed well
- 1/3 cup mixed frozen vegetables, heated
- 3 Tbs CBF Cheese Wizard
- 1 slice CBF HomeStyle Bread, plain or toasted
- 1 cup apple or cranberry juice
- 1 CBF Raspberry Rugelah

**Directions**
1. Cook Short Grain Rice according to package instructions, RINSE WELL.
2. Combine with heated vegetables.
3. Mix in the Cheese Wizard and serve warm.

**Servings:** 1  
**Total Protein:** 1.9 g  
**Phe per serving:** 90 mg  
**Exchanges:** 6

#### SLP #20
**Pizza Bagel Meal**

**Ingredients**
- 1/2 CBF Plain Bagel
- 3 Tbs tomato sauce
- 2 Tbs CBF Mozzarella Cheese Shreds
- 1 Tbs black olives, sliced
- 1/2 cup mixed green salad
- 3 Tbs French or Italian dressing
- 1 (28g) CBF Sugar Cookie
- 1 cup apple or cranberry juice

**Directions**
1. Lightly toast Plain Bagel, layer with sauce, Mozzarella Cheese Shreds, and sliced olives.
2. Bake in a 400° oven until heated through, approximately 10 minutes.

**Cookie**
Bake cookie for 10-12 minutes in 350° oven.

**Servings:** 1  
**Total Protein:** 2 g  
**Phe per serving:** 54 mg  
**Exchanges:** 3.6

---

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Meal</th>
<th>Serving Size (674g)</th>
<th>Serving Per Container: 1 meal</th>
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<tbody>
<tr>
<td><strong>California Vegetables &amp; Rice Meal</strong></td>
<td>Calories 610</td>
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<td></td>
<td>Protein (3g)</td>
<td>Vitamin A (20%)</td>
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**Servings:** 1  
**Total Protein:** 1.9 g  
**Phe per serving:** 90 mg  
**Exchanges:** 6

<table>
<thead>
<tr>
<th>Meal</th>
<th>Serving Size (674g)</th>
<th>Serving Per Container: 1 meal</th>
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<tbody>
<tr>
<td><strong>Pizza Bagel Meal</strong></td>
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<tr>
<td></td>
<td>Protein (2g)</td>
<td>Vitamin A (35%)</td>
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**Servings:** 1  
**Total Protein:** 2 g  
**Phe per serving:** 54 mg  
**Exchanges:** 3.6
Low Protein School Lunch Program
Food Services Guide

Additional Information

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.

Potential Funding Sources

Individuals with Disabilities Education Act
The Individuals with Disabilities Education Act (IDEA), through the Part B 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 address: 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.

Funding Sources

Price of Meals
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.

Definitions of Disability and of Other Special Dietary Needs

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.

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.

Providing Special Meals to Children with Disabilities

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
Additional Information

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 Food Service Management Companies (FSMC) and Other Food Service Operations

Situation: A school district has contracted with a FSMC to operate the school’s food service. Is the FSMC obligated to accommodate children with disabilities?

Response: 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 a 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.
### SCHOOL LUNCH PROGRAM – CREDIT APPLICATION

Cambrooke Foods, LLC offers to provide products to the undersigned, who agrees to pay Cambrooke Foods, LLC based on the credit terms stated below:

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<th>Credit Limit</th>
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<td>If NO, what terms can you meet?</td>
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Do you require a Purchase Order number? Yes or No

#### Personnel Authorized to Place Orders (attach additional sheet if necessary):

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For INTERNAL Use Only: Approved / Denied Date _________________________ Initials _________________________

Division _________________________ Client Account Number _________________________

Client Account Last Name _________________________