

Special Diets Swap Activity

Apply your knowledge!

Instructions

- Apply your special diet knowledge and complete these tables
 - Use the Special Diets Resource Handout for inspiration!
- After completing this activity, use the Swap Activity Answer sheet to compare your answers and explore ideas!
- For additional questions – please contact us at **nutrition@texasagriculture.gov**



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.



Food and Nutrition Division
National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Celiac Disease (Gluten Free)	<u>Todays Menu</u> Strawberry Overnight Oats Banana Slices 1% Milk		



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.



Food and Nutrition Division
National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Soy Allergy	<u>Vegan Tacos</u> Corn Tortillas Yellow Onion Garlic Vegetable Broth Textured Vegetable Protein Seasoning Mix Tomatoes Lettuce		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
<p>Gluten and Soy Allergy</p>	<p><u>Todays Menu</u> Chicken Lo Mein Edamame Sliced Pears 1% Milk</p>		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Hindu Religion (No Beef)	<u>Today's Menu</u> Cheeseburger French Fries Orange Slices 1% Milk		



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.



Food and Nutrition Division
National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Dairy and Egg Allergy	<u>Todays Menu</u> Breakfast Sandwich (WG English muffin, Egg patty, Cheddar cheese, Turkey bacon) Strawberry Yogurt Banana 1% Milk		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
PKU (Phenylketonuria)	<u>Todays Menu</u> Sausage Pizza Baby Carrots Sliced Strawberries 1% Milk		



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.



Food and Nutrition Division
National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Lactose Intolerant	<u>Todays Menu</u> WG Cereal Orange Slices Yogurt 1% Milk		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Egg Allergy	<u>Todays Menu</u> Veggie Sandwich - WG Bread, Lettuce, Cucumber, Tomato, Provolone, Mayonnaise, and Avocado String Cheese Fruit Cup 1% Milk		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org

Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Vegan	<p><u>Roasted Sweet Potato Hash</u></p> <p>Oil Cinnamon, ground Honey Canola Oil Orange Juice, 100% Salt, Table Sweet potatoes, peeled, cubed</p>		



Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Jewish Religion (Kosher)	<u>Todays Menu</u> Hamburger Apple Slices Mixed Steamed Veggies 1% Milk		



Special Diets

Swap Activity

Test your special diet knowledge!

1. Review the accommodation and the menu item/recipe
2. Identify which item(s) needs to be “swapped”
3. Provide a “swap” recommendation to meet the accommodation requirements!

Accommodation	Menu Item/Recipe	Item(s) to Swap	Swap Recommendation
Dairy Free	<u>Todays Menu</u> Lasagna Pineapple Tidbits Green Beans Breadstick Lactose-Free Milk		



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.



Food and Nutrition Division
 National School Lunch Program



Updated 6/6/2024
www.SquareMeals.org