

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 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 Foods' products are specially formulated to be low in protein. Each product label provides laboratory analysis for 7 amino acids important to managing metabolic diets.

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Cambrooke Food's School Lunch Solution

Cambrooke Foods 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 dietician contact us if you would like amino acid values for your recipes or meal modifications.**

Institutional Price / 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.

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**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 Foods 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 Foods has the Glytactin™ and Camino PRO® lines of metabolic formula.

Glytactin metabolic formula products feature Glytactin, a blend of the first whole protein for PKU patients and essential amino acids. Camino PRO are amino acid formulas available for PKU and MSUD. 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, the Cambrooke Foods' 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 Foods' product line.

Cambrooke Foods' 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 Foods' founders inspecting product

Questions?

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, option 2).

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Menu Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal #	SLP #1	SLP #2	SLP #3	SLP #4	SLP #5
Lunch	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
Meal #	SLP #6	SLP #7	SLP #8	SLP #9	SLP #10
Lunch	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 and Rice Apple slices Juice
Meal #	SLP #11	SLP #12	SLP #13	SLP #14	SLP #15
Lunch	Medley Meal - Thai Raspberry Gem Juice	Corny Dog Fruit Cocktail Sliced tomato Butterscotch Chip Cookie Juice	Pierogies Mixed green salad, dressing Juice	Tomato Soup and Southwestern Biscuit Carrot Fruit Cocktail Juice	Pizza Primavera Fruit Cocktail Butterscotch Chip Cookie Juice
Meal #	SLP #16	SLP #17	SLP #18	SLP #19	SLP #20
Lunch	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 Raspberry Gem Juice	Pasta Duets - Creamy Garlic & Broccoli Rice Carrots Fruit Cocktail Juice

CBF Substitutions (low-protein foods)

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

Allowable Foods (in measured amounts)

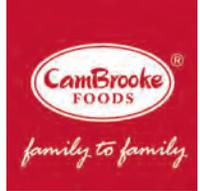
Meatless tomato sauce (marinara), vegetables, fruit, condiments, salad dressing (including Italian and French), butter or margarine.



Forbidden Foods

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

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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 Foods

- 1 CBF American Cheese Singles
- 1 CBF Artisan Bread
- 1 CBF Brooklyn Dogs™
- 1 CBF Butterscotch Chip Cookies
- 1 CBF Camburgers™
- 1 CBF Camburger™ Buns
- 1 CBF Cheddar Shreds
- 1 CBF Cheese Pizza
- 1 CBF Cheese Ravioli
- 1 CBF Chicken Consommé
- 1 CBF Corny Dogs
- 1 CBF GO! Pockets™ - Burrito
- 1 CBF HomeStyle Sliced White Bread
- 1 CBF Marinara Minis
- 1 CBF Medley Meals™ - Thai
- 1 CBF Mini Pockets™ - Pizza
- 1 CBF Pasta Duets™ - Creamy Garlic Broccoli Rice
- 1 CBF Pasta Duets™ - Mac & Cheese
- 1 CBF Pierogi
- 1 CBF Pizza Primavera
- 1 CBF Raspberry Gems
- 1 CBF Short Grain Rice
- 1 CBF Southwestern Biscuits
- 1 CBF Toasted Pierogies
- 1 CBF Tweekz™ (Nuggets)
- 1 CBF Veggie Meatballs
- 1 Aproten® Spaghetti
- 1 Wise® Onion Rings (case)

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.



10% Discount

Individual Purchase Price	\$644.82
<i>less <10% SLP Package Discount></i>	
SLP Total Package Price	\$580.34

Breakfast Foods

Cambrooke Foods' low protein Cozy Mornings™ Apple Cinnamon Cereal, Bagels, Breakfast Bars, 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 Foods. Those shown are suitable products for metabolic diets in measured quantities.

Apples	Green Beans	Oil/Vinaigrette Dressing
Butter or Margarine	Juice - apple, cranberry, or grape	Popsicles
Carrots	Ketchup	Salsa
Corn Starch	Kraft Miracle Whip®	Tomatoes
French Dressing	Lettuce	Tomato Soup - canned condensed
Fruit Cocktail	Non-Dairy Creamer	

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Meal Recipes

SLP #1	SLP #2	SLP #3
Grilled Cheese Sandwich Meal Ingredients 2 slices CBF HomeStyle Bread 1 slice CBF American Cheese Single 1 Tbs butter or margarine 1 cup mixed salad greens 3 Tbs 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	Toasted Pierogi Meal Ingredients 1 CBF Toasted Pierogi 1 CBF 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. Servings: 1 Total Protein: 2.1 g Phe per serving: 96 mg Exchanges: 6.4	Pasta & Marinara Meal Ingredients 62g Aproten® Pasta - Spaghetti (or any variety) 1 CBF Marinara Mini ¼ cup canned green beans, drained 1 slice CBF 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. Serve with a side of green beans & slice of HomeStyle Bread. Servings: 1 Total Protein: 2.1 g Phe per serving: 73 mg Exchanges: 4.8

Nutrition Facts	
Serving Size 1 meal (590g)	
Amount Per Serving	
Calories 620	Calories from Fat 210
% Daily Value*	
Total Fat 24g	36%
Saturated Fat 8g	39%
Trans Fat 1.5g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 7g	
Cholesterol 30mg	10%
Sodium 1230mg	51%
Potassium 220mg	6%
Total Carbohydrate 109g	36%
Dietary Fiber 11g	45%
Sugars 49g	
Protein 2g	
Vitamin A 50%	Vitamin C 10%
Calcium 2%	Iron 6%
Phosphorus 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (513g)	
Servings Per Container: 1 meal	
Amount Per Serving	
Calories 490	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 910mg	38%
Potassium 200mg	6%
Total Carbohydrate 94g	31%
Dietary Fiber 7g	29%
Sugars 49g	
Protein 2g	
Vitamin A 10%	Vitamin C 190%
Calcium 6%	Iron 6%
Phosphorus 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size : 1 Meal (463g)	
Amount Per Serving	
Calories 480	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Potassium 330mg	9%
Total Carbohydrate 107g	36%
Dietary Fiber 6g	25%
Sugars 27g	
Protein 2g	
Vitamin A 8%	Vitamin C 15%
Calcium 6%	Iron 6%
Phosphorus 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Meal Recipes continued

SLP #4

Cheese Pizza Meal

Ingredients

1 CBF Cheese Pizza

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

Directions

Bake pizza according to package directions.

Servings: 1

Total Protein: 2.2 g

Phe per serving: 83 mg

Exchanges: 5.5

Nutrition Facts	
Serving Size: 1 Meal (569g)	
Amount Per Serving	
Calories 660 Calories from Fat 260	
	% Daily Value*
Total Fat 29g	44%
Saturated Fat 4g	19%
Trans Fat 1g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 8g	
Cholesterol 0mg	0%
Sodium 1100mg	46%
Potassium 530mg	15%
Total Carbohydrate 104g	35%
Dietary Fiber 6g	22%
Sugars 57g	
Protein 2g	
Vitamin A 25%	Vitamin C 15%
Calcium 20%	Iron 10%
Phosphorus 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

SLP #5

Mac & Cheese Meal

Ingredients

½ box CBF Pasta Duets™ - Mac & Cheese

- ½ Tbs butter or margarine
- ½ cup non-dairy liquid creamer
- 1 slice CBF HomeStyle Bread
- 1 cup apple or cranberry juice

Directions

1. Stir macaroni into 2 quarts of boiling water and simmer 18 to 20 minutes, until tender and drain. RINSE WELL.
2. Over medium heat, melt ½ Tbs 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 (612g)	
Amount Per Serving	
Calories 820 Calories from Fat 170	
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 8g	40%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 4g	
Cholesterol 15mg	5%
Sodium 1160mg	48%
Potassium 550mg	16%
Total Carbohydrate 159g	53%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 2g	
Vitamin A 6%	Vitamin C 110%
Calcium 15%	Iron 10%
Phosphorus 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

SLP #6

Brookelyn Dog Meal

Ingredients

1 CBF Brookelyn Dog

1 slice CBF Homestyle Bread

1 CBF Butterscotch Chip Cookie

- 1 Tbs Ketchup
- ½ cup mixed salad greens
- 2 Tbs French or Italian dressing
- 1 cup of cranberry or apple juice

Directions

1. Prepare Brookelyn Dog according to package directions.
2. Assemble salad.

Servings: 1

Total Protein: 2 g

Phe per serving: 77 mg

Exchanges: 5.1

Nutrition Facts	
Serving Size: 1 Meal (442g)	
Amount Per Serving	
Calories 590 Calories from Fat 210	
	% Daily Value*
Total Fat 23g	35%
Saturated Fat 5g	27%
Trans Fat 0g	
Polyunsaturated Fat 8g	
Monounsaturated Fat 6g	
Cholesterol 5mg	2%
Sodium 880mg	37%
Potassium 590mg	17%
Total Carbohydrate 102g	34%
Dietary Fiber 9g	36%
Sugars 20g	
Protein 2g	
Vitamin A 25%	Vitamin C 120%
Calcium 15%	Iron 10%
Phosphorus 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Meal Recipes continued

SLP #10	SLP #11	SLP #12
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Tweezk and Rice Meal

Ingredients

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

Directions

1. Bake Tweezk 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 Tweezk frozen.

Servings: 1

Total Protein: 1.8 g
Phe per serving: 68 mg
Exchanges: 4.5

Nutrition Facts	
Serving Size : (503g)	
Amount Per Serving	
Calories 600	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 30mg	11%
Sodium 630mg	26%
Potassium 510mg	15%
Total Carbohydrate 110g	37%
Dietary Fiber 6g	22%
Sugars 13g	
Protein 2g	
Vitamin A 10%	Vitamin C 110%
Calcium 8%	Iron 8%
Phosphorus 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Medley Meals Thai Meal

Ingredients

- 1 **CBF Medley Meal – Thai**
- 1 **CBF Raspberry Gem**
- 1 cup cranberry or apple juice

Directions

Heat Medley Meal according to package directions.

Servings: 1

Total Protein: 3.5 g
Phe per serving: 129 mg
Exchanges: 8.5

Nutrition Facts	
Serving Size : 1 Meal (580g)	
Amount Per Serving	
Calories 540	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	26%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3g	
Cholesterol 5mg	2%
Sodium 680mg	28%
Potassium 820mg	23%
Total Carbohydrate 106g	35%
Dietary Fiber 5g	21%
Sugars 14g	
Protein 4g	
Vitamin A 10%	Vitamin C 120%
Calcium 8%	Iron 20%
Phosphorus 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Corny Dog Meal

Ingredients

- 1 **CBF Corny Dog**
- 2 slices (30 g) Tomato
- 1 **CBF Butterscotch Chip Cookie**
- ½ cup fruit cocktail
- 1 cup of cranberry or apple juice

Directions

Prepare Corny Dog according to package directions.

Servings: 1

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

Nutrition Facts	
Serving Size : 1 Meal (472g)	
Amount Per Serving	
Calories 530	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4.5g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Potassium 550mg	16%
Total Carbohydrate 105g	35%
Dietary Fiber 6g	23%
Sugars 14g	
Protein 1g	
Vitamin A 30%	Vitamin C 110%
Calcium 8%	Iron 6%
Phosphorus 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Meal Recipes continued

SLP #13	SLP #14	SLP #15
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Pierogi Meal

Ingredients
 5 (60g) **CBF Pierogi**
 2 Tbs ketchup for dipping
 ½ cup of mixed green salad
 2 Tbs Ranch or French dressing
 1 **CBF Raspberry Gem**
 1 cup apple or cranberry juice

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

Servings: 1
Total Protein: 2.2 g
Phe per serving: 82 mg
Exchanges: 5.5

Nutrition Facts	
Serving Size : 1 Meal (412g)	
Amount Per Serving	
Calories 470 Calories from Fat 170	
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 4g	19%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 4g	
Cholesterol 5mg	2%
Sodium 670mg	28%
Potassium 610mg	17%
Total Carbohydrate 78g	26%
Dietary Fiber 3g	11%
Sugars 20g	
Protein 2g	
Vitamin A 25%	Vitamin C 120%
Calcium 6%	Iron 10%
Phosphorus 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Soup and Biscuit Meal

Ingredients
 1 **CBF Southwestern Biscuit**
 5.2 oz condensed Tomato Soup
 1 (10g) carrot
 ¼ cup fruit salad in light syrup
 1 cup apple or cranberry juice

Directions
TOMATO SOUP
 Use water when heating condensed soup.
BISCUIT
 Split Southwestern Biscuit. Heat or toast.

Servings: 1
Total Protein: 2.2 g
Phe per serving: 80 mg
Exchanges: 5.3

Nutrition Facts	
Serving Size (574g)	
Servings Per Container : 1 meal	
Amount Per Serving	
Calories 490 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 5mg	2%
Sodium 660mg	27%
Potassium 380mg	11%
Total Carbohydrate 99g	33%
Dietary Fiber 2g	10%
Sugars 70g	
Protein 2g	
Vitamin A 40%	Vitamin C 200%
Calcium 10%	Iron 10%
Phosphorus 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pizza Primavera Meal

Ingredients
 1 **CBF Pizza Primavera**
 ½ cup mixed green salad
 2 Tbs Ranch or French dressing
 1 **CBF Butterscotch Chip Cookie**
 1 cup apple or cranberry juice

Directions
 Prepare Pizza according to package directions.

Servings: 1
Total Protein: 2.3 g
Phe per serving: 90 mg
Exchanges: 6

Nutrition Facts	
Serving Size : 1 Meal (525g)	
Amount Per Serving	
Calories 750 Calories from Fat 260	
	% Daily Value*
Total Fat 29g	46%
Saturated Fat 7g	33%
Trans Fat 1g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 9g	
Cholesterol 5mg	2%
Sodium 1280mg	53%
Potassium 520mg	16%
Total Carbohydrate 125g	42%
Dietary Fiber 8g	31%
Sugars 21g	
Protein 2g	
Vitamin A 25%	Vitamin C 120%
Calcium 30%	Iron 10%
Phosphorus 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Low Protein School Lunch Program

Food Services Guide



Meal Recipes continued

SLP #16	SLP #17	SLP #18
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Brookelyn Dogs & Rice Meal

Ingredients
 1 **CBF Brookelyn Dog**
 1/3 cup **CBF Short Grain Rice**, prepared
 1 slice **CBF Homestyle Bread**
 2 Tbs Ketchup - for dipping
 1 cup (~110 g) 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: 72 mg
Exchanges: 4.8

Nutrition Facts	
Serving Size : 1 Meal (548g)	
Amount Per Serving	
Calories 650	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 8g	42%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 30mg	10%
Sodium 640mg	27%
Potassium 660mg	19%
Total Carbohydrate 136g	45%
Dietary Fiber 10g	39%
Sugars 20g	
Protein 2g	
Vitamin A 20%	Vitamin C 130%
Calcium 10%	Iron 8%
Phosphorus 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tweezk Meal

Ingredients
 2-3 (~90g) **CBF Tweezk**
 1/2 cup mixed green salad
 2 Tbs Ranch or French dressing
 1 popsicle
 1 cup apple juice

Directions
 1. Bake Tweezk as directed or in 375° oven for 10-15 minutes until crisp.
 2. Serve with salad and dressing.
 3. Keep remaining Tweezk frozen.

Servings: 1
Total Protein: 1.8 g
Phe per serving: 78 mg
Exchanges: 5.2

Nutrition Facts	
Serving Size (416g)	
Servings Per Container : 1 meal	
Amount Per Serving	
Calories 420	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 1.5g	9%
Trans Fat 0.5g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 8g	
Cholesterol 20mg	7%
Sodium 1130mg	47%
Potassium 500mg	14%
Total Carbohydrate 64g	21%
Dietary Fiber 4g	18%
Sugars 6g	
Protein 2g	
Vitamin A 25%	Vitamin C 110%
Calcium 8%	Iron 10%
Phosphorus 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pizza Mini Pockets Meal

Ingredients
 2 **CBF Mini Pockets™ - Pizza**
 1/2 cup cooked carrots
 1/2 cup fruit cocktail
 1 cup apple or cranberry juice

Directions
 1. Bake Mini Pockets according to package directions.
 2. Prepare carrots.

Servings: 1
Total Protein: 1.8 g
Phe per serving: 64 mg
Exchanges: 4.3

Nutrition Facts	
Serving Size 1 meal (480g)	
Amount Per Serving	
Calories 390	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	4%
Trans Fat 0.5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 580mg	24%
Potassium 580mg	17%
Total Carbohydrate 83g	28%
Dietary Fiber 7g	26%
Sugars 22g	
Protein 2g	
Vitamin A 90%	Vitamin C 100%
Calcium 8%	Iron 15%
Phosphorus 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Low Protein School Lunch Program

Food Services Guide



Meal Recipes continued

SLP #19

GO! Pockets Burrito Meal

Ingredients

- 1 **CBF GO! Pockets - Burrito**
- ½ cup mixed salad greens
- 2 Tbsp French or Italian dressing
- 1 **CBF Raspberry Gem**
- 1 cup cranberry or apple juice

Directions

1. Heat GO! Pockets according to package directions.
2. Prepare salad.

Servings: 1

Total Protein: 1.9 g

Phe per serving: 51 mg

Exchanges: 3.4

Nutrition Facts	
Serving Size : 1 Meal (453g)	
Amount Per Serving	
Calories 580	Calories from Fat 200
	% Daily Value*
Total Fat 23g	35%
Saturated Fat 6g	29%
Trans Fat 0g	
Polyunsaturated Fat 8g	
Monounsaturated Fat 5g	
Cholesterol 5mg	2%
Sodium 750mg	31%
Potassium 550mg	16%
Total Carbohydrate 96g	32%
Dietary Fiber 7g	28%
Sugars 17g	
Protein 2g	
Vitamin A 30% • Vitamin C 100%	
Calcium 10% • Iron 10%	
Phosphorus 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

SLP #20

Creamy Garlic & Broccoli Rice Meal

Ingredients

- ⅓ box (and sauce mix) **CBF Pasta Duets™ - Creamy Garlic & Broccoli Rice**
- ¼ cup non-dairy creamer
- 1 **CBF Butterscotch Chip Cookie**
- ½ cup cooked carrots
- 1 cup cranberry or apple juice

Directions

1. Prepare ⅓ of Creamy Garlic & Broccoli Rice and sauce mix according to package directions.
2. Prepare carrots.

Servings: 1

Total Protein: 2 g

Phe per serving: 78 mg

Exchanges: 5.2

Nutrition Facts	
Serving Size 1 meal (485g)	
Amount Per Serving	
Calories 600	Calories from Fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 5g	24%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3.5g	
Cholesterol 5mg	2%
Sodium 440mg	18%
Potassium 500mg	14%
Total Carbohydrate 121g	40%
Dietary Fiber 5g	21%
Sugars 38g	
Protein 2g	
Vitamin A 270% • Vitamin C 10%	
Calcium 6% • Iron 8%	
Phosphorus 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Low Protein School Lunch Program

Food Services Guide



Additional Information

Funding Sources

Price of Meals

Incurring Additional Expenses

Potential Funding Sources

IDEA

Medicaid

Definitions of Disability

Rehabilitation Act of 1973 and the Americans with Disabilities Act

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.

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.

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)).

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.

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.

Low Protein School Lunch Program

Food Services Guide



Additional Information

Providing Special Meals to Children with Disabilities

Continued

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?

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 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.

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family to family

ACCOUNT APPLICATION

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

Payment Terms Due upon receipt
Can your company meet the payment terms? Yes or No
If NO, what terms can you meet? _____

Finance Charge 1.5% per month, 18% per year

Payment Type All payments are to be made in US Dollars, except:
Canadian Dollars are accepted for Canadian based accounts

Please print or type:

Agency/Company Name _____
Authorized Signature _____
Name _____
Title _____
Phone Number _____ **Fax Number** _____

Billing Information:

Agency/Company Name _____
Attention _____
Address _____
City, State, Zip Code _____
Accounts Payable Contact Name _____
Phone Number _____ **Fax Number** _____

Do you require a Purchase Order number? Yes or No

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

Name _____ **Email** _____
Phone Number _____ **Fax Number** _____

Name _____ **Email** _____
Phone Number _____ **Fax Number** _____

Please ensure you complete all fields, otherwise it will delay the processing of your application.

For INTERNAL Use Only: Approved / Denied Date _____ Initials _____
Division _____ Client Account Number _____ Credit Limit _____
Client Account Last Name _____