

Low Protein School Lunch Program

Food Services Guide Summary



Food Services Guide

The *Food Services Guide Summary* provides a brief overview of the information contained in Cambrooke Foods® 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.*

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

Menu Calendar - includes 20 complete low protein lunch meals.

Shopping List - identifies just the necessary low protein foods your kitchen staff will need on hand to make the 20 recipes. (Many items will provide more than a two-month meal supply.)

Meal Recipes - easy to prepare and assimilate the student with their peers. Both hot and cold lunch items are represented. Complete nutritional fact panel is provided.

Institutional Price List/Order Form - used by institutions, schools, or non-profits who wish to purchase our products on credit. Shipping charges are included in the prices.

Credit Application - application form for credit accounts for institutions, schools, or non-profits who wish to purchase our products on credit using a purchase order.

Other information - will allow you to easily accommodate this special diet along with your standard lunch program. Includes excerpts 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.



Menu Calendar

Shopping List



Shopping List

Credit Application



Institutional Price List

Metabolic Disorders

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"

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.