



# Ogden Preparatory Academy

## Food Service

### Component Substitutions

<b>Menu Item</b>	<b>Component/ Subgroup</b>	<b>Allowable Substitution(s)</b>
Avocados	Dark Green	Celery
Baked Beans	Legume	Canned Vegetarian Beans
Black Beans	Legume	Black Eyed Beans (peas)
Blackberries	Fruit	Blueberries
Broccoli and Cauliflower Fresh Veggie Mix	Other Subgroup	Frozen Vegetable Mix
Canned Apricots	Fruit	Fresh Plums
Canned Fruit Mix	Fruit	Frozen Fruit Mix
Canned or Frozen Corn	Starchy Subgroup	Fresh Jicama
Canned Pineapple	Fruit	Canned Pineapple
Canned Red Beans	Legume	Canned Kidney Beans
Canned Refried Beans	Legume	Dehydrated Refried Beans
Cauliflower	Other Subgroup	Cucumbers
Diced Cantaloupe	Fruit	Whole Cantaloupe
Dried Parsley	Dark Green	Dried Kale
Fresh Apples	Fruit	Canned Apples
Fresh Carrots (RTU)	Red Orange	Frozen Carrots
Fresh Cherries	Fruit	Canned or Dried Cherries
Fresh Clementines	Fruit	Tangelos
Fresh Grapes	Fruit	Fresh Honeydew
Fresh Kiwi	Fruit	Fresh Mango
Fresh Peaches	Fruit	Canned Peaches
Fresh Pears	Fruit	Canned Pears
Fresh Romaine Lettuce	Dark Green	Fresh Spring Mix
Fresh Shredded Red Cabbage (RTU)	Other Subgroup	Fresh Shredded Green Cabbage (RTU)

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Fresh Strawberries	Fruit	Frozen Strawberries
Fresh Watermelon	Fruit	Fresh Raspberries
Frozen Peas	Starchy Subgroup	Snow Peas
Garbanzo Beans	Legume	Frozen or Shelled Edamame
Green Beans	Dark Green	Brussel Sprouts
Green Peppers	Other Subgroup	Canned Green Chilies
Mashed Potatoes	Starchy Subgroup	Fries, Tator Tots, or Potato Wedges
Mushrooms	Other Subgroup	Olives
Oranges	Fruit	Necturines
Pink Beans	Legume	Canned Pinto Beans
Red peppers	Red Orange	Orange or Yellow Peppers
Spinach	Dark Green	Zucchini
Sweet potatoes	Red Orange	Yams
Tomato Sauce	Red Orange	Tomato Paste
Tomatoes	Red Orange	Grape or Cherry Tomatoes
Yellow onions	Other Subgroup	Red Onions