

# SNEAKY CHEF

<b><u>INSTEAD OF:</u></b>	<b><u>SNEAKY SUBSTITUTIONS</u></b>
White Bread	Whole Wheat Bread
White Rice	Brown Rice
Regular Pasta	Whole Wheat Pasta/ Spinach Tortellini
Regular Jelly	All Fruit Preserves
Regular Applesauce	No Sugar Added Applesauce
Bisquick Pancake Mix	Homemade Pancakes with Fruit or Pumpkin
American Cheese	Mozzarella or Provolone Cheese
Regular Eggs	Eggs From Vegetarian Fed Hens
Eggs for Breakfast	French Toast
Fruit without skin	Fruit with skin
Regular Yogurt	Greek Yogurt
Ranch Dressing	Yogurt Based Dips
Salt	Herbs & Spices