

CODING RULES

CODE	RULES
	Substitutions should be made only if necessary as as possible
General Rule	Only use reduced, low-fat products when listed products are unavailable
General Rule	Only use reduced sugar/low carb products when listed products are unavailable
8	Use cheapest tomato, any kind
20-23	Fruit may be contained in cans, glass jars, plastic containers, etc.
24-28	Substitute with canned juice of equivalent flavor
29	Substitute with Koolaide, Country Time or equivalent drink mix
31	Substitute with other cold cereal, any type
32	Substitute quick oatmeal
33	Substitute with instant rice. Do not use flavored rice.
37	Substitute any type or flavor of potato chips, including tortilla
43	Substitute with other jam/preserve, any flavor
44	Substitute with other candy
46	Substitute with wheat only if whole wheat is unavailable
47	Substitute other bun, roll, muffin (not bread)
49	Substitute with margarine spread
55	Substitute with pancake mix
56	Substitute with cake mix of any flavor/color
63	Substitute with any frozen or canned berry product
64-65	Substitute with frozen concentrate juice of equivalent flavor
67	Substitute with container of ice cream which weights at least 1/2 pint
68-69	Substitute with UHT milk. Use evaporated milk only if other liquid milk is unavailable.
72	Substitute with cheddar, any type. If cheddar not available, use any non-processed cheese, including mozzarella
74	Substitute with any size/grade eggs
78	Substitute with any fancy-cut steak
82	Substitute with country-style
87	Substitute pork or combination, if possible (not turkey)
89	Substitute with frozen or canned chicken
91	Do not substitute with fish sticks, breaded fish
94-96	Substitute with other like beans
97	Substitute with other nuts