

# Discover Texas Field Trip Dietary Information

## Trails, Rails, and Cowtown Tales

Hello! Do you have any students or adults on your program who will need dietary accommodations (i.e. gluten free, no nuts, no dairy, no cheese, etc.)? If so, please send me a list of their names, allergens, and special orders based on the information below.

- **Participant Name:**
- **Dietary Restriction:**
- **Special order:**
- **Color Group:**

**Note: Education in Action does not offer a hearty breakfast to participants, however, a breakfast snack will be provided. Participants are encouraged to eat breakfast before loading the bus or bring their own bus friendly meal (Pop Tarts, Cereal Bars, etc).**

### **Lunch/Dinner:**

- **Served:** Sandwiches from Fire House Subs (individual sack lunch– includes ham, turkey, or grilled cheese, plain lays chips, pickle, and condiments) \*All sandwiches include cheese. Adult sandwiches come with onion, lettuce, and tomato.
- **Alternative:** The student can have a “bun/breadless” option – we can order meat and veggies and the student can bring a bun/bread of their choice along with a condiment. Otherwise, the student is welcome to bring a sack lunch. **NOTE:** Our vendor purchases gluten free bread upon request.
- **Info:** Link to Fire House Subs Nutrition and Allergen list: <https://www.nutritionix.com/firehouse-subs/portal>

### **Lunch/Dinner:**

- **Served:** Cheese Pizza from Papa John’s
- **Alternative:** No cheese pizza w/ 1 meat or veggie topping or the student is welcome to bring a sack lunch. Gluten free crust is also available.
- **Info:** Link to Papa John’s Allergen list: <https://www.papajohns.com/allergens/papa-johns-allergen-guide.html>

Also, here are the snacks we serve to participants during your trip. Participants are welcome to bring their own snacks if they prefer or if they have dietary restrictions.

### **Snacks:**

- **Kind Bars** - <https://www.kindsnacks.com/kids-snack-bars/chewy-honey-oat-M26712.html>
- **Kellogg’s Rice Krispies (Original)** - [https://www.ricekrispies.com/en\\_US/products/kellogg-s-rice-krispies-treats-mini-squares-product.html](https://www.ricekrispies.com/en_US/products/kellogg-s-rice-krispies-treats-mini-squares-product.html)
- **Motts Fruit Snacks** - <https://www.motts.com/products/fruit-snacks/motts-fruit-snacks-fruit-flavored-snacks-assorted-fruit>
- **Little Bites Chocolate Muffins** - <https://www.littlebites.com/product/little-bites-chocolate-chip-muffins>