

DIET ABBREVIATIONS & EXPLANATIONS

GF	<p>Gluten Free - Products will be free from Gluten and Wheat.</p> <p>Gluten Free Grain Options: Bagel, Bread, Buns (Hamburger & Hot Dog), Crackers, Cookies (Chocolate Chip or Snickerdoodle), English Muffin, Muffin (Blueberry & Chocolate), Pasta (Rotini), Pizza Crust, Hard Pretzels, Corn Scoops, Corn Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Meat/Meat Alternative Options: Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Pupusa (Bean & Cheese), Yang's Teriyaki Chicken.</p>
DF-LI	<p>Dairy Free Lactose Intolerance: No Cheese, No Yogurt, No Milk.</p> <p>Unless otherwise noted, students will <u>not</u> be allowed to have cheese, yogurt, or milk.</p>
GFDF-LI	<p>Gluten Free, Dairy Free Lactose Intolerance - Products will be free from Gluten, Wheat, and No Cheese, No Yogurt, No Milk.</p> <p>Unless otherwise noted, students will not be allowed to have cheese, yogurt, or milk. The grain options will be free from cheese and yogurt. The Pupusa will <u>NOT</u> be able to be given due to having cheese. The rest of the Meat/Meat Alternative choices are ok.</p>
DFFEF	<p>Dairy Free, Egg Free - Products will be free of Dairy, Milk Derivatives (Whey, Casien, & Butter), and Egg Ingredients.</p> <p>It will be noted whether a student with only a dairy allergy or a student with only an egg allergy can have that certain food (i.e. students with dairy allergy cannot have pizza, but a student with only an egg allergy can have pizza. Therefore, there will be a "Note" that pizza is ok for EF allergy student).</p> <p>Dairy Free & Egg Free Grain Options: Graham Crackers, Lil' Squares, Scooby Doo Crackers, Honey Belly Bears, Scoops, Heartzels, Nature Valley Crisps, Pop Tart, Animal Crackers, Sandwich Bread, Hamburger/Hot Dog Buns, Bagels, Granola, Pretzel Bites.</p> <p>Dairy Free Grain Options: Pumpkin/Banana Bread.</p> <p>Egg Free Grain Options: All Goldfish flavors (Honey Bun, Cheddar, Pretzel, Etc.), Cheez-Its, all Chex Mix Flavors, Crunch Bars, Croissant, Cinni Minis, Apple Strudel.</p>
GFDF	<p>Gluten Free, Dairy Free - Products will be free from Gluten, Wheat, and No Dairy, Milk Derivatives (Whey, Casien, & Butter).</p> <p>Gluten Free & Dairy Free Grain Options: Bagel, Bread, Buns (Hamburger & Hot Dog), English Muffin, Muffin (Blueberry & Chocolate), Pasta (Rotini), Pizza Crust, Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Gluten Free & Dairy Free Meat/Meat Alternative Options: Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Yang's Teriyaki Chicken, Chocolate No Nut Butter Cup, Sunbutter, Hardboiled Egg, Sunflower Seeds, Hummus.</p>
GFDFEF	<p>Gluten Free, Dairy Free, Egg Free - Products will be free from Gluten, Wheat, Dairy, Milk Derivatives (Whey, Casien, & Butter), and Egg Ingredients.</p> <p>Gluten Free, Egg Free & Dairy Free Grain Options: Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Gluten Free, Dairy Free, Egg Free Meat/Meat Alternative Options: GF Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Yang's Teriyaki Chicken, Chocolate No Nut Butter Cup, Sunbutter, Sunflower Seeds, Hummus.</p> <p>Gluten Free, Dairy Free, Egg Free Dressing: Balsamic Vinaigrette, Raspberry Vinaigrette, Old Venice Italian</p>

All the gluten free items have corn derivatives as an ingredient. The gluten free grain option brands are:

Udi's, Canyon Bakehouse, Harvestland, Glutino, Del Real Foods, Marzetti, Mission, & Venice Baking

Last Updated: 2/26/2024

Special Diet Elementary Menu 2023-2024
March 4 - March 8

SF &F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Breakfast	Reg Super Bun^+	Reg Mini Waffles^+ (BB or Maple)	Reg Poptart & Cheese Stick	Reg Bagel & Cream Cheese	Reg Breakfast Taco (Ham, Egg & Cheese)
	GF GF Cereal	GF 1/2 GF Muffin+ & Cheese Stick	GF GF Cereal & Cheese Stick	GF GF Bagel+ & Cream Cheese	GF Breakfast Taco (GF Tortillas)
	DF-LI Super Bun^+	DF-LI Blueberry Mini Waffles^+	DF-LI Poptart & Apple Slices w/NNB	DF-LI Bagel & PB* & Jelly	DF-LI Breakfast Taco (no cheese)
	GFDF-LI GF Cereal (SS & F)	GFDF-LI 1/2 GF Muffin+ & HB Egg	GFDF-LI GF Cereal (SS & F)	GFDF-LI GF Bagel+ & HB Egg, PB*, or Chocolate No Nut Butter	GFDF-LI Breakfast Taco (no cheese on GF Flour or Corn Tortilla)
	DFF Poptart & Apple Slices w/NNB	DFF Cereal** (SS & F)	DFF Poptart & Apple Slices w/NNB	DFF Bagel & PB* or NNB Cream Chz ok for kids w/EF allergy	DFF Cereal** Brkfst Taco (no cheese) ok for kids w/DF allergy
	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)
Lunch	Reg Hamburger Build-A-Pizza^ Ham & Cheese Sandwich^	Reg Chicken Nuggets w/Goldfish Bean & Cheese Burrito w/Goldfish Cobb Salad w/Crunch Bar^	Reg Beef Hot Dog Pretzel Dippers w/Cheese Manager's Choice	Reg Chicken & Waffles Mini Corn Dogs Veggie Wrap	Reg The MAX Cheese Pizza Stick Turkey Pepperoni may be available Bean & Cheese Burrito
	GF GF Hamburger GF Build-A-Pizza GF Ham & Cheese Sandwich	GF GF Chicken Tenders w/GF Grain GF Bn & Chz Burrito OR Bn & Chz Pupusa w/GF Grain Cobb Salad w/GF Grain	GF GF Beef Hot Dog Check with manager on alt options	GF GF Chicken Tenders & GF Muffin+ GF Veggie Wrap	GF GF Pizza (1/4 of GF Crust) Bean & Cheese Burrito on a GF Flour Tortilla GF Deli Meat Sandwich
	DF-LI Hamburger Ham Sandwich	DF-LI Chicken Nuggets w/DF grain Cobb Salad (no cheese) w/DF Grain	DF-LI Beef Hot Dog check with manager on alt options	DF-LI Chicken & Waffles Mini Corn Dogs	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI GF Hamburger GF Ham Sandwich	GFDF-LI GF Chicken Tenders w/GF Grain GF Bean Burrito (Homemade) Cobb Salad (no cheese) w/GF Grain	GFDF-LI GF Beef Hot Dog Check with manager on alt options	GFDF-LI GF Chicken Tenders & GF Muffin+ Garden Salad (no cheese), 2 eggs & non-dairy dressing	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat) GF Bean Burrito (Homemade)
	DFF Hamburger Ham Sandwich	DFF Chicken Nuggets w/DFF Grain Cobb Salad can be made DF (no cheese) or EF (no Egg) or take both ingredients out for DFF	DFF Beef Hot Dog Check with manager on alt options	DFF Chicken & DFF Grain / Brkft Bread ok for only DF allergy / Strudel ok for only EF allergy DFF Tyson Mini Corn Dogs	DFF Deli Meat Sandwich (no cheese, choose on of above deli meats) <div style="border: 2px dashed black; padding: 5px; text-align: center;">Both the Pizza and Bean & Cheese Burrito OK for kids with EF allergy</div>
	GFDF GF Hamburger GF Ham Sandwich	GFDF GF Chicken Tenders w/GF Pretzels or Scoops (no GF Crackers^+)	GFDF GF Beef Hot Dog	GFDF GF Chicken Tenders & GF Muffin+ Garden Salad (no cheese), 2 eggs & DF dressing	GFDF Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDFEF Hamburger Patty in Lettuce Wrap w/GFDFEF Grain PB* &/or Choc. NNB, Apple Slices, Hummus, & Scoops	GFDFEF Gluten Free Chicken Tenders w/Scoops or GF Pretzels Cobb Salad (no egg, no cheese) w/GFDFEF Grain	GFDFEF Mesquite Chicken Leg w/GF Pretzel or Scoops PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF Gluten Free Chicken Tenders w/Scoops or GF Pretzels PB* &/or Choc. No Nut Butter, Apple Slcs, Hummus, & Scoops	GFDFEF Cobb or Chef Salad (no egg, no cheese) w/GFDFEF Grain PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops
	Reg Seasoned Curly Fries	Reg F&V Bar	Reg F&V Bar	Reg F&V Bar	Reg Garden Salad
	GF F&V Bar Only	GF F&V Bar	GF F&V Bar	GF F&V Bar	GF Garden Salad
	Other Seasoned Curly Fries	Other F&V Bar	Other F&V Bar	Other F&V Bar	Other Leave off Cheese for Salad.
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg GF Crackers may contain milk. Not listed in ingredients but under the disclaimer GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas				This Symbol "^" denotes contains milk/milk derivatives This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed. This Symbol "+" denotes contains eggs/egg products Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O. **Students can bring in non-dairy milk from home for dry cereal	

Special Diet Elementary Menu 2023-2024

March 11 - March 15

SF & F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfast	Reg Oatmeal Breakfast Round^+	Reg Pancake on a Stick+	Reg Donuts^+ (Glzd & Super)	Reg Muffin^+ & Yogurt	Reg Ham, Egg & Chz Croissant^+ Sand.
	GF GF Cereal w/Milk	GF Sausage & 1/2 GF Muffin	GF GF Cereal and Yogurt	GF 1/2 GF Muffin+ & Yogurt	GF Ham, Egg & Cheese GF Bun
	DF-LI Oatmeal Breakfast Round^+	DF-LI Pancake on a Stick+	DF-LI Donuts^+	DF-LI Muffin^+ & HB Egg or PB*	DF-LI Ham & Egg Croissant^+ Sandwich
	GFDF-LI GF Cereal** (SS & F)	GFDF-LI Sausage & 1/2 GF Muffin	GFDF-LI GF Cereal (SS & F)	GFDF-LI 1/2 GF Muffin+ & HB Egg or PB*	GFDF-LI Ham & Egg on GF Bun
	DFFEF Cereal** (SS & F)	DFFEF Poptart w/PB* or NNB Pnck on Stick ok for DF allergy	DFFEF Cereal** (SS & F)	DFFEF Cereal** (SS & F)	DFFEF Pop Tart w/PB* or NNB Ham/Chz (EF allergy) or Ham/Egg (DF allergy) on Eng Muffin
	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal (SS & F)
Lunch	Reg Fun Fish w/Corn Stars^+ Grilled Cheese Sandwich Chicken Salad Sandwich^	Reg Chicken Nuggets (Color Goldfish) Cheese Enchiladas Chicken Caesar Salad w/Crunch Bar	Reg Meatball Sub^ Breakfast Bread Plate Manager's Choice	Reg Popcorn Chicken Bowl Pull-Apart Breadsticks PB&J Lunch Pack (Pretzel Goldfish)	Reg Personal Round Cheese Pizza Personal Round Pepperoni Pizza Bean & Cheese Burrito
	GF GF Grilled Cheese Sandwich GF Chicken Salad Sandwich	GF GF Chicken Tenders w/GF Crackers or Pretzel Cheese Enchiladas Chicken Caesar Salad w/GF Crackers or Pretzel	GF Mesquite Glazed Chicken w/GF Crackers or Pretzel GF Apple Cinnamon Toast recipe w/Yogurt & Cheese Stick	GF GF Popcorn Chicken Bowl (GF Tenders, Chicken Gravy^ ok) GF PB*&J Lunch Pack (on GF Bread) w/GF Pretzels	GF GF Pizza (1/4 of GF Crust) Bean & Cheese Burrito on GF Tortilla Wrap
	DF-LI Fun Fish w/Corn Stars^+ Chicken Salad Sandwich^	DF-LI Chicken Nuggets w/non-dairy Cracker Chicken Caesar Salad w/Crunch Bar (no cheese)	DF-LI Meatball Sub^ (no cheese) Breakfast Bread Slice w/DF MMA Alternative	DF-LI Popcorn Chicken Bowl PB&J Lunch Pack (Pretzel Goldfish, no cheese - sub DF MMA)	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI GF Chicken Salad Sandwich	GFDF-LI GF Chicken Tenders w/GF Crackers or Pretzel Chicken Caesar Salad w/GF Crackers or Pretzel (no cheese)	GFDF-LI Mesquite Glazed Chicken w/GF Crackers or Pretzel GF Apple Cinnamon Toast recipe w/DF MMA Alternative	GFDF-LI GF Popcorn Chicken Bowl (GF Tenders, mashed potato has milk) GF PB*&J Lunch Pack w/GF Pretzels (no cheese - see above)	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat) GF Bean Burrito (Homemade)
	DFFEF Fun Fish w/DFFEF Grain Option (See Diet Abbreviation & Explanations for list)	DFFEF Chicken Nuggets w/DFFEF Grain Option Chicken Caesar Salad w/DFFEF Grain Option (no cheese) Enchiladas OK for kids w/EF Allergy only	DFFEF Mesquite Glazed Chicken w/GF Crackers or Pretzel Breakfast Bread Slice+ OK for kids with DF Allergy. Meatball Sub^ ok for kids with EF Allergy	DFFEF Popcorn Chicken w/Corn (no mashed potatoes, no gravy) PB&J Lunch Pack w/DFFEF Grain (no cheese, Sub DF MMA) Note- Mashed Potatoes & Gravy ok for kids w/only EF allergy	DFFEF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) Both the Pizza and Bean & Cheese Burrito OK for kids with EF allergy
	GFDF GF Chicken Salad Sandwich	GFDF GF Chicken Tenders w/GF Pretzel or Scoops (No Crackers) Chicken Salad (no cheese) w/GF Pretzel/Scoops & DFFEF Dressing	GFDF Mesquite Glazed Chicken w/GF Pretzels or Scoops GF Apple Cinnamon Toast (Cooking Spray, no butter) w/DF MMA	GFDF GF Chicken Tenders w/Corn (no mashed potatoes, no gravy) GF PB*&J Lunch Pack w/GF Pretzels (no cheese - see above)	GFDF Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDFEF PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF Same as GFDF diet	GFDFEF Mesquite Glazed Chicken w/GF Pretzels or Scoops	GFDFEF GF Chicken Tenders (no potato, no gravy) w/Scoops or GF Pretzel	GFDFEF PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels
Sides	Reg F&V Bar	Reg Refried Beans	Reg F&V Bar	Reg Hot Corn	Reg Caesar Salad
	GF F&V Bar	GF Refried Beans	GF F&V Bar	GF Hot Corn	GF Caesar Salad
	Other F&V Bar	Other No for DF-LI or DF	Other F&V Bar	Other No for Corn Allergy	Other Caesar Salad
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg GF Crackers may contain milk. Not listed in ingredients but under the disclaimer GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas				This Symbol "A" denotes contains milk/milk derivatives This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed. This Symbol "+" denotes contains eggs/egg products Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O. **Students can bring in non-dairy milk from home for dry cereal	

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfast					
Lunch	<div>NO SCHOOL SPRING BREAK MARCH 18th - MARCH 22nd</div>				
Sides					
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg GF Crackers may contain milk. Not listed in ingredients but under the disclaimer GFD FEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup DFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas			This Symbol "^" denotes contains milk/milk derivatives This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed. This Symbol "+" denotes contains eggs/egg products Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O. **Students can bring in non-dairy milk from home for dry cereal		

Special Diet Elementary Menu 2023-2024
March 25 - March 29

SF & F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfast	Reg Strawberry Cream Cheese Filled Bagel^	Reg French Toast Stick+	Reg Cinni Minis^	Reg Mini Waffles^+ (Maple or Blueberry)	Reg SEC Eng. Muffin Sandwich
	GF GF Bagel+ w/Cream Cheese	GF GF French Toast Sticks+	GF GF Cereal	GF 1/2 GF Muffin+ & Cheese Stick	GF SEC Sandwich on GF Bun/Bread
	DF WG Bagel w/PB	DF-LI French Toast Stick+	DF-LI Cinni Minis^	DF-LI Mini Waffles^+ (Maple or Blueberry)	DF-LI Sausage & Egg Muffin Sandwich
	GFDF-LI & GFDF GF Bagel+ w/PB	GFDF-LI & GFDF GF French Toast Sticks+	GFDF-LI & GFDF GF Cereal (SS & F)	GFDF-LI & GFDF 1/2 GF Muffin+ & HB Egg or PB*	GFDF-LI & GFDF Sausage & Egg on GF English Muffin, GF Bun, GF Bread
	DFF Cereal (SS&F) Strwbry Crm Chz Bagel ok for EF allergy	DFF Pop Tart w/PB*, NNB Cup Frnch Tst ok for kids w/DF allergy	DFF Pop Tart w/PB* or NNB Cinni Mini ok for Kids w/EF allergy	DFF Cereal** (SS & F)	DFF Sausage Sandwich Egg ok for DF allergy
	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal w/Sausage Patty
Lunch	Reg Corn Dog+ Cheese Quesadilla Turkey & Cheese Croissant	Reg Chicken Nuggets w/Scoops Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops	Reg Cheeseburger Fruit Parfait Manager's Choice	Reg Orange ChKn+ w/Rice & Ed. Crkrs Teriyaki Chkn w/Rice & Ed. Crackers Hummus Veggie Wrap	Reg Stuffed Crust Pizza Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito
	GF GF Cheese Quesadilla GF Turkey & Cheese Sandwich (GF Bread or GF Bun)	GF GF ChickenTenders w/Scoops Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF Tenders) w/Scoops	GF Cheeseburger on GF Bun Fruit Parfait w/GF Muffin	GF Hummus Veggie Wrap on GF Tortilla GF Chicken Tenders w/Rice (1c. Rice or 1/2c. Rice & GF Grain)	GF GF Pizza (1/4 of GF Crust) Bean & Cheese Burrito (GF Tortilla Wrap)
	DF-LI Corn Dog+ Turkey Croissant Sandwich	DF-LI Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops	DF-LI Hamburger	DF-LI Orange Chicken+ w/Rice & Ed. Crackers Beef Dippers w/Rice & Ed. Crackers	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI GF Turkey Sandwich (GF Bread or GF Bun)	GFDF-LI GF ChickenTenders w/Scoops Homemade Refried Beans & Scoops	GFDF-LI Hamburger on GF Bun	GFDF-LI GF Chicken Tenders w/Rice (1c. Rice or 1/2c. Rice & GF Grain) Hummus Veggie Wrap on GF Tortilla (no cheese, sub HB Egg)	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFF Turkey Sandwich on WW Bread OR DFF Tyson Mini Corn Dog Corn Dog OK for DF allergy Turkey & Cheese Croissant and Quesadilla OK for EF allergy	DFF Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops (no cheese) Bean & Cheese OK for EF allergy	DFF Hamburger Cheeseburger OK for EF allergy Fruit Parfait ok for EF allergy	DFF Beef Dippers w/Rice (1c. Rice or 1/2c. Rice & DFF Grain) Popcorn Chicken/Chx Nuggets w/Rice & Orange Sauce OK Orange Chicken OK for DF allergy	DFF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) Pizza & Burritos OK for kids with EF allergy
	GFDF GF Turkey Sandwich	GFDF GF ChickenTenders w/Scoops	GFDF Hamburger on GF Bun	GFDF Hummus Veggie Wrap on GF Tortilla (no cheese, sub HB Egg)	GFDF Deli Meat Sandwich on GF Bread (no cheese, choose: Ham, Turkey or Turkey Italian Meat)
	GFDFEF Turkey Wrap (no cheese)	GFDFEF GF Chicken Tenders w/ GFDFEF grain (see below).	GFDFEF PB*/Choc. NNB, Apple Slices, Hummus, & Scoops/GF Pretzels	GFDFEF GF Chicken Tenders w/Rice (1c. Rice or 1/2c. Rice & GF Pretzels)	GFDFEF PB*/Choc. NNB, Apple Slices, Hummus, & Scoops/GF Pretzels
Sides	Reg Tater Tots	Reg F&V Bar	Reg F&V Bar	Reg Edamame	Reg Garden Salad
	GF Tater Tots	GF F&V Bar	GF F&V Bar	GF Edamame	GF Garden Salad
	Other Tater Tots	Other F&V Bar	Other F&V Bar	Other No Edamame for Soy Allergy	Other Leave off Cheese for Salad.
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg GF Crackers may contain milk. Not listed in ingredients but under the disclaimer GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas				This Symbol "^" denotes contains milk/milk derivatives This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed. This Symbol "+" denotes contains eggs/egg products Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O. **Students can bring in non-dairy milk from home for dry cereal	