

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 High School Menu 2023-2024

Daily Breakfast Options									
GF	GF Cereal, Yogurt, Cheese, Smoothie, Yogurt & 1/2 GF Muffin (on Tues), Parfait (on Wed) MANAGERS: SEE NOTE AT THE BOTTOM								
DF-LI	Cereal, Pop tart, Bread Slices, Bagel, Graham Crackers, Breakfast sandwiches (no cheese), Breakfast Burrito (no cheese), Super Dontus, Glazed breakfast bar or Benefit Bar (Mon), Muffin (Tues), Apple Cinnamon Toast (Wednesday), or Super bun (Fri) *NOTE* Super Donuts are made with non-fat dried milk								
GFDF-LI	GF Toast, GF Cereal, 1/2 GF Muffin (Tuesday), GF Apple Cinnamon Toast (Wednesday)								
DFF	Cereal, Pop tart, Breakfast sandwiches can be made without cheese or egg *NOTE* Croissants# have milk product in them. OK only for EF allergy kids.								
GFDFEF	GF Cereal (no milk). Can serve with Sunflower Seeds & Craisins to make a trail mix								
Daily Lunch Options									
GF	Boxed Salads	Chef, Garden, Cobb, & Chicken Caesar (Salads come with GF Crackers, GF Pretzels, or Scoops. No Croutons)	Sandwiches	Italian Sub, Cheese, Ham & Cheese, California Turkey, PB* & J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, Benefit Box, Yogurt Lunch Box, & Hummus Box, (no granola, loco bread or crunch bar; use Scoops, GF Pretzels or GF crackers)	Grill Line	Grilled Chicken, Hamburger, Cheeseburger, GF Chicken Tenders w/GF Grain, GF Pizza (use GF pizza crust and GF buns), French Fries (not curly fries)	
DF-LI	Boxed Salads	Chef, Garden, Cobb, & Chicken Caesar (Salads made with no cheese. Garden needs to be made no cheese & double protein portions; i.e. 2 egg for Garden) . Comes with Crunch Bar <div>Dressings: Garden Italian, Raspberry Vinaigrette, Old Venice Italian, Balsamic Vinaigrette, Thousand Island, Boom Boom, Honey Mustard</div>	Sandwiches	Italian Sub, Ham, & California Turkey on WW bread or bun (no cheese); Uncrustable PB* & J or PB* & J on WW Bread	Protein Boxes	Peanut Butter Box*, Benefit Box, Egg Box, & Hummus Box, (remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Spicy Chicken, Breaded Chicken Patty, Hamburger, Corn Dog/Mini Corn Dog, Chicken Nuggets w/ Grain, French Fries	
GFDF-LI	Boxed Salads	Chef, Garden, Cobb, & Chicken Caesar (Salads made with no cheese. Garden needs to be made no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches	Italian Sub, Ham, California Turkey (no cheese), & PB* & J on GF bread or GF bun	Protein Boxes	Peanut Butter Box* & Hummus Box (no granola, loco bread or crunch bar; use Scoops, GF Pretzel, or GF crackers; remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken or Hamburger (use GF buns), GF Chicken Tenders w/GF Grain, French Fries (not curly fries)	
DFF Bars have milk powder ingredient. Bars OK for EF allergy kiddos.	Boxed Salads	Chef, Cobb, Chicken Caesar, SW Chicken Salad (no cheese, no egg; double meat portions). Sub Scoops, Graham Cracker or Scooby Snack <div>DFF Dressings: Raspberry Vinaigrette & Old Venice Italian</div>	Sandwiches	Italian Sub, Ham, California Turkey on bread or bun (no cheese); Uncrustable PB* & J or PB* & J on WW Bread	Protein Boxes	Peanut Butter Box* & Hummus Box (no granola, loco bread or crunch bar; use Scoops, Scooby Doo Crackers or Graham Crackers; remove cheese; add extra Seeds, PB*, or Hummus)	Grill Line	Spicy Chicken, Chicken, Hamburger, Chicken Nuggets w/ Grain (scoops, Scooby Doo or Graham Crackers), French Fries <div>Note- Pizza ok for kids with only EF allergy</div>	
GFDFEF	Boxed Salads	Chef, Cobb, & Chicken Caesar made with no cheese, no egg and no dressing, no croutons, sub Scoops/GF Pretzels	Sandwiches	Italian Sub, Ham, Turkey Roll-ups w/ scoops (no cheese, no breads)	Protein Boxes	Peanut Butter Box* & Hummus Box (no granola, loco bread or crunch bar; Sub Scoops or GF Pretzels; remove cheese; add extra Seeds, PB* or Hummus)	Grill Line	Grilled Chicken, Hamburger Patty, GF Chicken Tenders w/ Grain (scoops or other GFDFEF grain), French Fries (no curly fries)	
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg					This Symbol "A" denotes contains milk/milk derivatives				
GF Crackers may contain milk. Not listed in ingredients but under the disclaimer					This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed.				
GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas					This Symbol "+" denotes contains eggs/egg products				
Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup					Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O.				
DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas					Students can bring in non-dairy milk from home for dry cereal				

Note to Managers: GF French Toast or GF Apple Cinnamon Toast can be made and give in place of grains

Special Diet High School Menu 2023-2024

March 4 - March 8

	Monday	Tuesday	Wednesday*	Thursday	Friday
	4	5	6	7	8
LUNCH	Reg Orange Chicken+ w/Brown Rice	Reg Walking Turkey Tacos w/Mexican Rice Buffalo Chicken Wrap (80026)	Reg Brunch at Lunch - Breakfast Sandwich Omelet & Waffles	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^) Manager's Choice	Reg Chicken & Waffles Pork Rib Pattie Sandwich
	GF GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers ranch, ketchup, and BBQ sauce available	GF Walking Turkey Tacos w/Mexican Rice GF Chicken Tender Wrap (Buffalo Ranch Dressing optional)	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Omelet & GF Muffin	GF GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers Choose from daily options	GF GF Chicken Tenders & GF Muffin Choose from daily options
	DF-LI Orange Chicken+ w/Brown Rice	DF-LI Walking Turkey Tacos w/Mexican Rice (no cheese) Buffalo Chicken Wrap (no cheese)	DF-LI Breakfast Sandwich (no cheese; see above) Egg Patties/Scrambled Egg & Waffles	DF-LI Mashed Potato Bowl^ w/Roll^+ Choose from daily options	DF-LI Chicken & Waffles Pork Rib Pattie Sandwich
	GFDF-LI GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers ranch, ketchup, and BBQ sauce available	GFDF-LI Walking Turkey Tacos w/Mexican Rice (no cheese, sub Corn Tortilla Chips/Scoops for Doritos) GF Chicken Tender Wrap (Buffalo Ranch Dressing optional)	GFDF-LI Breakfast Sandwich on GF Bun (no cheese; see above) Egg Patties/Scrambled Egg & GF Muffin	GFDF-LI GF Chicken Tenders, & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+ Choose from daily options	GFDF-LI GF Chicken Tenders & GF Muffin Choose from daily options
	DFF Popcorn Chicken w/Brown Rice w/Orange Sauce (REMEMBER: set aside orange sauce) Orange Chicken+ ok for kids with only DF allergy	DFF Walking Turkey Tacos w/Mexican Rice (no cheese, sub Corn Tortilla Chips/Scoops for Doritos) Buffalo Chicken Wrap (no cheese)	DFF Choose from daily options Brkft Sandwiches (no cheese) ok for kids w/DF Allergy	DFF Popcorn Chicken & Corn (Roll's disclaimer "May Contain: Egg & Soy") Mashed Potatoes & Gravy ok if only EF allergy	DFF Chicken & DFF Grain (Brkfst Bread ok for only DF allergy / Strudel & Cinni Mini ok for only EF Allergy) Rib Pattie Sandwich ok for EF Allergy
	GFDF GF Chicken Tenders w/Rice, Scoops, or GF Pretzels	GFDF Same as GFDF-LI. DF Dressing Optional	GFDF Same as GFDF-LI	GFDF GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	GFDF Same as GFDF-LI
	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GFDFEF Walking Turkey Tacos w/Mexican Rice (no cheese, sub Corn Tortilla Chips/Scoops for Doritos) GF Chicken Tender Wrap (DFF Dressing Optional)	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels Mashed Potatoes & Gravy ok w/GF & EF allergy	GFDFEF GF Chicken Tenders w/GFDFEF Grain Mesquite Glazed Chicken w/GFDFEF Grain
Sides	Reg Roasted Sriracha Cauliflower	Reg Green Chili Pinto Beans	Reg Tater Tots	Reg Hot Corn	Reg Garden Salad
	GF Roasted Sriracha Cauliflower	GF Green Chili Pinto Beans	GF Tater Tots	GF Hot Corn	GF Garden Salad
	Others Roasted Sriracha Cauliflower	Others Green Chili Pinto Beans	Others Tater Tots	Others No for Corn Allergy	Others Garden Salad (no cheese)
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	

* Wednesday choice can either be a breakfast sandwich or alternate entrée listed. Talk to you manager about what choice they have.

**NOTE: Canned Chili will not be Gluten Free. The JTM Chili w/beans (in a bag) will be gluten free. Please check prior to serving/ordering.

Special Diet High School Menu 2023-2024

March 11 - March 15

		Monday 11	Tuesday 12	Wednesday*	Thursday 14	Friday 15
Lunch	Reg	Chicken Potstickers w/Rice	Reg Chicken Fajita Soft Taco (80335W3) w/Mexican Rice Southwest Chicken Salad (80103)	Reg Possible Breakfast Sandwich Possible Frenchy's Brunch	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^) Manager's Choice	Reg Fish & Chips Fish Sandwich
	GF	Choose from daily options	GF GF Chicken Fajita Soft Taco w/Mexican Rice (GF Tortilla) Southwest Chicken Salad (80103)	GF Breakfast Sandwich - Use GF Bun+ or GF Bread+ GF French Toast+ & Sausage	GF GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	GF Choose from daily options Choose from daily options
	DF-LI	Chicken Potstickers w/Rice	DF-LI Chicken Fajita Soft Taco w/Mexican Rice (no cheese) Southwest Chicken Salad (no cheese)	DF-LI Breakfast Sandwich - No Cheese French Toast+ & Sausage	DF-LI Mashed Potato Bowl^ w/Roll^+	DF-LI Fish & Chips Fish Sandwich
	GFDF-LI	Choose from daily options	GFDF-LI GF Chicken Fajita Soft Taco w/Mexican Rice (no cheese) Southwest Chicken Salad (no cheese)	GFDF-LI Breakfast Sandwich - Use GF Bun+ or GF Bread+, no cheese GF French Toast+ & Sausage	GFDF-LI GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	GFDF-LI Choose from daily options Choose from daily options
	DFFEF	Chicken Potstickers w/Rice	DFFEF Chicken Fajita Soft Taco w/Mexican Rice (no cheese) Southwest Chicken Salad (no cheese)	DFFEF Breakfast Sandwiches, no cheese, on Eng Muffin/Reg Bun ok for DF Allergy Note - Croissants have milk/milk derivatives French Toast+ & Sausage ok for kids w/only DF allergy	DFFEF Popcorn Chicken & Corn Note- Mashed Potatoes & Gravy ok if only EF allergy Roll's disclaimer "May Contain: Egg & Soy"	DFFEF Choose from daily options Fish Patty ok for only DF Allergy Note - Lattice Fries are DFFEF and can be requested as a side
	GFDF	Choose from daily options	GFDF Same as GFDF-LI	GFDF Same as GFDF-LI	GFDF GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	GFDF Choose from daily options
	GFDFEF	Choose from daily options	GFDFEF GF Chicken Fajita Soft Taco w/Mexican Rice (no cheese) Southwest Chicken Salad (no cheese)	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels Note- Mashed Potatoes & Gravy ok w/GF & EF allergy	GFDFEF Choose from daily options Note - Lattice Fries are GFDFEF and can be requested as a side
Sides	Reg	Garlic Roasted Zucchini	Reg Corn & Black Bean Salad	Reg Hash Browns	Reg Hot Corn	Reg Coleslaw & Caesar Salad
	GF	Garlic Roasted Zucchini	GF Corn & Black Bean Salad	GF Hash Browns	GF Hot Corn	GF Coleslaw & Caesar Salad
	Others	Garlic Roasted Zucchini	Others No for Corn allergy	Others Hash Browns	Others No for Corn Allergy	Others No Caesar for EF & DF / No Coleslaw for EF
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 "^" 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	

* Wednesday choice can either be a breakfast sandwich or alternate entrée listed. Talk to you manager about what choice they have.

**NOTE: Canned Chili will not be Gluten Free. The JTM Chili w/beans (in a bag) will be gluten free. Please check prior to serving/ordering.

	Monday	Tuesday	Wednesday*	Thursday	Friday
	18	19	20	21	22
Lunch	<div>NO SCHOOL</div> <div>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 GFDFF 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		

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Special Diet High School Menu 2023-2024

March 25 - March 29

	Monday	Tuesday	Wednesday*	Thursday	Friday
	25	26	27	28	29
LUNCH	Reg Orange Chicken+ w/Brown Rice	Reg Turkey Taco Nacho Chicken Caesar Wrap	Reg Brunch at Lunch - Breakfast Sandwich Breakfast Burritos	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^) Manager's Choice	Reg Mac & Cheese Bacon Pepper Jack Burger
	GF GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers ranch, ketchup, and BBQ sauce available	GF Turkey Taco Nacho GF Chicken Caesar Wrap	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Breakfast Burritos in a GF Flour Tortilla	GF GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	GF GF Bacon Pepper Jack Burger Choose from daily options
	DF-LI Orange Chicken+ w/Brown Rice	DF-LI Turkey Taco Meat w/Scoops (no cheese) Diced Chicken Wrap (Dressing on the side)	DF-LI Breakfast Sandwich (no cheese; see above) Breakfast Burritos (no cheese)	DF-LI Mashed Potato Bowl^ w/Roll^+	DF-LI Bacon Burger Choose from daily options
	GFDF-LI GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers ranch, ketchup, and BBQ sauce available	GFDF-LI Turkey Taco Meat w/Scoops (no cheese) Diced Chicken GF Wrap (Dressing on the side)	GFDF-LI Breakfast Sandwich on GF Bun (no cheese; see above) Breakfast Burritos (no cheese) in a GF Flour Tortilla	GFDF-LI GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	GFDF-LI GF Bacon Burger Choose from daily options
	DFF Popcorn Chicken w/Brown Rice w/Orange Sauce (REMEMBER: set aside orange sauce) Orange Chicken+ ok for kids with only DF allergy	DFF Turkey Taco Meat w/Scoops (no cheese) Diced Chicken Wrap (Dressing on the side)	DFF Choose from daily options	DFF Popcorn Chicken & Corn (Roll's disclaimer "May Contain: Egg & Soy") Note- Mashed Potatoes & Gravy ok if only EF allergy	DFF Bacon Burger or Choose from daily option Bacon Pepper Jack Burger is ok for EF Allergy
	GFDF GF Chicken Tenders w/Rice, Scoops, or GF Pretzels	GFDF Same as GFDF-LI	GFDF Same as GFDF-LI	GFDF GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	GFDF Same as GFDF-LI
	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GFDFEF Turkey Taco Meat w/Scoops (no cheese) Diced Chicken Wrap (Dressing on the side)	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels Note- Mashed Potatoes & Gravy ok w/GF & EF allergy	GFDFEF Bacon Burger Lettuce Wrap or BLT Wrap (GF Tortilla) Choose from daily options
Sides	Reg Edamame	Reg Salgado Spiced Black Beans	Reg Tater Tots	Reg Hot Corn	Reg Garden Salad
	GF Edamame	GF Salgado Spiced Black Beans	GF Tater Tots	GF Hot Corn	GF Garden Salad
	Others No for Soy Allergy	Others Salgado Spiced Black Beans	Others Tater Tots	Others No for Corn Allergy	Others 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	

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