

## DIET ABBREVIATIONS & EXPLANATIONS Last Updated: 03/12/2025

GF	<p><b>Gluten Free - Products will be free from Gluten and Wheat.</b></p> <p><b>Gluten Free Grain Options:</b> Bagel, Bread, Buns (Hamburger &amp; Hot Dog), Crackers, Cookies (Chocolate Chip or Snickerdoodle), English Muffin, Muffin (Blueberry &amp; Chocolate), Pasta (Rotini), Pizza Crust, Hard Pretzels, Corn Scoops, Corn Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p><b>Meat/Meat Alternative Options:</b> Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Pupusa (Bean &amp; Cheese), Yang's Teriyaki Chicken.</p>
DF-LI	<p><b>Dairy Free Lactose Intolerance: No Cheese, No Yogurt, No Milk.</b></p> <p>Unless otherwise noted, students will <u>not</u> be allowed to have cheese, yogurt, or milk.</p>
GFDF-LI	<p><b>Gluten Free, Dairy Free Lactose Intolerance - Products will be free from Gluten, Wheat, and No Cheese, No Yogurt, No Milk.</b></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>
DFEF	<p><b>Dairy Free, Egg Free - Products will be free of Dairy, Milk Derivatives (Whey, Casien, &amp; Butter), and Egg Ingredients.</b></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><b>Dairy Free &amp; Egg Free Grain Options:</b> Graham Crackers, Lil' Squares, Scooby Doo Crackers, Honey Belly Bears, Scoops, Heartzels, Nat. Valley Crisps, Pop Tart, Animal Crackers, Tiger Bites (Original &amp; Chocolate), Sandwich Bread, Hamburger/Hot Dog Bun, Bagel, Granola, Pretzel Bites, Loco Bread, English Muffin, Chocolate Carmel Chex Mix, Whole Grain Crackers (Back to Basics).</p> <p><b>Dairy Free Grain Options: NONE</b> (Found out that there is whey in the breakfast bread slices).</p> <p><b>Egg Free Grain Options:</b> All Goldfish flavors (Honey Bun, Cheddar, Pretzel, Etc.), Cheez-Its, all Chex Mix Flavors, Crunch Bars, Croissant, Cinni Minis, Apple Strudel.</p>
GFDF	<p><b>Gluten Free, Dairy Free - Products will be free from Gluten, Wheat, and No Dairy, Milk Derivatives (Whey, Casien, &amp; Butter).</b></p> <p><b>Gluten Free &amp; Dairy Free Grain Options:</b> Bagel, Bread, Buns (Hamburger &amp; Hot Dog), English Muffin, Muffin (Blueberry &amp; Chocolate), Pasta (Rotini), Pizza Crust, Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p><b>Gluten Free &amp; Dairy Free Meat/Meat Alternative Options:</b> 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><b>Gluten Free, Dairy Free, Egg Free - Products will be free from Gluten, Wheat, Dairy, Milk Derivatives (Whey, Casien, &amp; Butter), and Egg Ingredients.</b> Chicken Green Chili Tamales able to be used on this menu. Can replace any pre-planned item.</p> <p><b>Gluten Free, Egg Free &amp; Dairy Free Grain Options:</b> Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p><b>Gluten Free, Dairy Free, Egg Free Meat/Meat Alternative Options:</b> 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><b>Gluten Free, Dairy Free, Egg Free Dressing:</b> 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

## Special Diet Elementary Menu 2024-2025

April 7 - April 11

Trail Mix = Sunflower Seeds &amp; Dried Fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	
	7	8	9	10	11	
Breakfast	<b>Reg</b> Super Cinnamon Bun^+	<b>Reg</b> Mini Maple Waffles^+	<b>Reg</b> Poptart & Cheese Stick	<b>Reg</b> Bagel & Cream Cheese	<b>Reg</b> Breakfast Burrito	
	<b>GF</b> GF Cereal	<b>GF</b> 2oz GF Muffin & Cheese Stick	<b>GF</b> GF Cereal & Cheese Stick	<b>GF</b> 1/2 GF Bagel+ & Cream Cheese	<b>GF</b> GF Breakfast Burrito	
	<b>DF-LI</b> Super Cinnamon Bun^+	<b>DF-LI</b> Mini Maple Waffles^+	<b>DF-LI</b> Poptart & HB Egg or Seeds	<b>DF-LI</b> Bagel & PB* & Jelly	<b>DF-LI</b> Breakfast Burrito using DF Cheese	
	<b>GFDF-LI</b> GF Cereal (trail mix or soy milk)	<b>GFDF-LI</b> 2oz GF Muffin & HB Egg	<b>GFDF-LI</b> GF Cereal (trail mix or soy milk)	<b>GFDF-LI</b> GF Bagel+ & HB Egg, PB*	<b>GFDF-LI</b> GF Breakfast Burrito (DF Cheese)	
	<b>DFF</b> Pop Tart w/PB*	<b>DFF</b> Cereal (trail mix or soy milk)	<b>DFF</b> Pop Tart w/PB*	<b>DFF</b> Bagel & PB*	<b>DFF</b> Pop Tart w/PB*	
	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	
Lunch	<b>Reg</b> Cheeseburger  Beef Hot Dog Veggie Wrap	<b>Reg</b> Chicken Nuggets w/Chex Cheddar Mix  Cheese Quesadilla Cobb Salad w/ Graham Crackers	<b>Reg</b> Beefy Sloppy Joes  Build-A-Pizza Manager's Choice	<b>Reg</b> Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers  Corn Dog Garden Salad w/Graham Crackers	<b>Reg</b> Stuffed Crust Cheese Pizza  Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito	
	<b>GF</b> GF Cheeseburger (GF Bun)  GF Beef Hot Dog (GF Bun) GF Veggie Wrap (GF Tortilla)	<b>GF</b> GF Chicken <u>Nuggets</u> w/GF Grain  GF Cheese Quesadilla (GF Tortilla) Cobb Salad w/GF Grain	<b>GF</b> GF Beefy Sloppy Joes (GF Bun)  GF Build-A-Pizza (1/4 crust, cheese, marinara, pepperoni optional)	<b>GF</b> GF Chicken Teriyaki w/Brown Rice & GF Grain  Garden Salad w/GF Grain	<b>GF</b> GF Pizza (cooked)  Bean & Cheese Burrito on a GF Flour Tortilla	
	<b>DF-LI</b> Hamburger Beef Hot Dog	<b>DF-LI</b> Chicken Nuggets w/Scoops, Scooby Snack, or Graham Cracker  DF Cheese Quesadilla (Daiya Cheese)	<b>DF-LI</b> Beefy Sloppy Joes  DF Build-A-Pizza (Daiya Cheese)	<b>DF-LI</b> Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers  Corn Dog	<b>DF-LI</b> DF Pizza (Daiya Cheese)  Bean Burrito (canned refried bns) DF Bean & Cheese Burrito (Daiya Cheese)	
	<b>GFDF-LI</b> GF Hamburger  GF Beef Hot Dog	<b>GFDF-LI</b> GF Chicken <u>Nuggets</u> w/GF Grain  GF DF Cheese Quesadilla (Daiya Cheese)	<b>GFDF-LI</b> GF Beefy Sloppy Joes (GF Bun)  GF DF Build-A-Pizza (1/4 crust, Daiya cheese, marinara)	<b>GFDF-LI</b> GF Chicken Teriyaki w/Brown Rice & GF Grain  Garden Salad w/GF Grain & Daiya Cheese	<b>GFDF-LI</b> GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust)  GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito	
	<b>DFF</b> Hamburger  Beef Hot Dog	<b>DFF</b> Chicken Nuggets w/Scoops, Scooby Doo, or Graham Crackers  DF Cheese Quesadilla (Daiya)	<b>DFF</b> Beefy Sloppy Joes DF Build-A-Pizza (Daiya Cheese) <div>Regular Build-A-Pizza OK for kids w/EF allergy</div>	<b>DFF</b> Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers Tyson DF EF Mini CornDogs <div>Corn Dog ok for kids w/DF Allergy</div>	<b>DFF</b> DF Pizza (Daiya Cheese, Loco bread), Bean Burrito, DF Bean & Cheese Burrito (Daiya Cheese) <div>Regular Pizza / Bean &amp; Cheese Burritos OK for kids w/EF allergy</div>	
	<b>GFDFEF</b> Hamburger Patty in Lettuce Wrap w/GFDFEF Grain  PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	<b>GFDFEF</b> Gluten Free Chicken <u>Tenders</u> w/Scoops or GF Pretzels  GF DF Cheese Quesadilla (Daiya Cheddar Cheese)	<b>GFDFEF</b> Beef Sloppy Joe Meat w/Scoops  Mesquite Glazed Chicken w/ GFDFEF Grain	<b>GFDFEF</b> Chicken Teriyaki w/Brown Rice & Scoops  Garden Salad w/Scoops & Daiya Cheese (no Egg, Deli Meat ok)	<b>GFDFEF</b> GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito  PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	
	Sides	<b>Reg</b> F&V Bar	<b>Reg</b> Salgado Spiced Black Beans	<b>Reg</b> Curly Fries	<b>Reg</b> Hot Corn & Mashed Potato	<b>Reg</b> Bulk Greek Salad
		<b>GF</b> F&V Bar	<b>GF</b> Salgado Spiced Black Beans	<b>GF</b> Curly Fries (McCain's Only)	<b>GF</b> Hot Corn & Mashed Potato	<b>GF</b> Bulk Greek Salad
<b>Others</b> F&V Bar		<b>Others</b> Salgado Spiced Black Beans	<b>Others</b> No for Corn & Soy Allergy	<b>Others</b> No Mashed for DF	<b>Others</b> Use DF Cheese for DF-LI/DF Allergy	
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF				This Symbol "^" denotes contains milk/milk derivatives		
Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager.				This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed.		
Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese				This Symbol "+" denotes contains eggs/egg products		
DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts				Our Ham is Turkey Ham from Jennie-O.		
GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas				Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu		

## Special Diet Elementary Menu 2024-2025

April 14 - April 18

Trail Mix = Sunflower Seeds &amp; Dried Fruit

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	
Breakfast	<b>Reg</b> Oatmeal Breakfast Round^+	<b>Reg</b> Pancake on a Stick+	<b>Reg</b> Donut (Cheese Stick w/Super Donut)	<b>Reg</b> Muffin^+ & Yogurt	No School  April Break	
	<b>GF</b> GF Cereal w/Milk	<b>GF</b> Sausage & 2oz GF Muffin	<b>GF</b> GF Cereal	<b>GF</b> 2oz GF Muffin+ & Yogurt		
	<b>DF-LI</b> Oatmeal Breakfast Round^+	<b>DF-LI</b> Pancake on a Stick+	<b>DF-LI</b> Donut (sub Graham Cracker)	<b>DF-LI</b> Muffin & HB Egg or PB*		
	<b>GFDF-LI</b> GF Cereal (trail mix or soy milk)	<b>GFDF-LI</b> Sausage & 2oz GF Muffin	<b>GFDF-LI</b> GF Cereal (trail mix or soy milk)	<b>GFDF-LI</b> 2oz GF Muffin & HB Egg or PB*		
	<b>DFF</b> Cereal (trail mix or soy milk) <b>Milk ok for EF</b>	<b>DFF</b> Poptart w/PB* <b>Pancake on Stick ok for DF</b>	<b>DFF</b> Cereal (trail mix or soy milk) <b>Milk ok for EF</b>	<b>DFF</b> Pop Tart w/PB* <b>Yogurt ok for EF allergy</b>		
	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)		
Lunch	<b>Reg</b> Fun Fish w/Corn Stars^+  Grilled Cheese Sandwich  Chicken Salad Croissant^ Sandwich	<b>Reg</b> Chicken Nuggets w/Animal Crackers  Cheese Enchiladas  Chicken Caesar Salad w/Graham Crackers	<b>Reg</b> BBQ Riblet Sandwich  Breakfast Bread Plate  Manager's Choice	<b>Reg</b> Popcorn Chicken Bowl w/Roll  Pull Apart Breadsticks  PB&J Lunch Pack w/Cheeze-Its		
	<b>GF</b> GF Grilled Cheese Sandwich  GF Chicken Salad Sandwich	<b>GF</b> GF Chicken <u>Nuggets</u> w/GF Grain  Cheese Enchiladas  Chicken Caesar Salad w/GF Grain	<b>GF</b> GF Apple Cinnamon Toast w/Yogurt & Cheese Stick	<b>GF</b> GF Chicken <u>Nuggets</u> w/GF Grain  Chicken Gravy ok for GF. Mashed Potato ok for sides. GF PB&J Sandwich w/GF Grain		
	<b>DF-LI</b> Fun Fish w/Corn Stars^+ DF Grilled Cheese (Daiya) Chicken Salad Croissant^ Sandwich	<b>DF-LI</b> Chicken Nuggets w/Cracker DF Cheese Enchilada Chicken Caesar Salad (no cheez or DF cheez) w/Grhm Crckrs	<b>DF-LI</b> BBQ Riblet Sandwich Breakfast Bread Plate (sub DF MMA and DF Yogurt)	<b>DF-LI</b> Popcorn Chicken Bowl w/Roll PB&J Lunch Pack (non-cheese Grain, no cheese - sub DF MMA)		
	<b>GFDF-LI</b> GF DF Grilled Cheese (Daiya)  GF Chicken Salad Sandwich	<b>GFDF-LI</b> GF Chckn <u>Nuggets</u> w/GF Grain DF Cheese Enchiladas Chicken Caesar Salad (no cheez or DF cheez) w/GF Grain	<b>GFDF-LI</b> GF Apple Cinnamon Toast (sub DF MMA and DF Yogurt)	<b>GFDF-LI</b> GF Chicken <u>Nuggets</u> w/GF Grain (mashed potato has milk) GF PB*&J Lunch Pack w/GF Grain (no cheese - sub DF MMA)		
	<b>DFF</b> Fun Fish with DFF Grain (Scoops/Scooby Crackers) DF Grilled Cheese (Daiya)  Note- Reg. Grilled Cheese ok for kids with EF allergy	<b>DFF</b> Chicken Nuggets w/DFF Grain DF Cheese Enchiladas Chicken Caesar Salad (no cheez or DF cheez) w/Grhm Crckrs Note- Enchiladas ok for kids with only EF allergy	<b>DFF</b> Deli Meat Sub Sandwich  Note- BBQ Rib Sandwich ok for kids with only EF allergy	<b>DFF</b> Popcorn Chicken w/Corn (no mashed potatoes & no gravy if DF, ok for EF only allergy)  PB&J Lunch Pack w/DFF Grain (no cheese, Sub DF MMA)		
	<b>GFDFEF</b> Grilled Chicken Wrap w/DF Cheese PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	<b>GFDFEF</b> GF Chicken <u>Tenders</u> w/Scoops or GF Pretzels DF Cheese Enchilada	<b>GFDFEF</b> PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	<b>GFDFEF</b> GF Chicken <u>Tenders</u> w/Scoops (1/2 GF Muffin ok for DF allergy) PB*, Apple Slices, Seeds, & Scoops or GF Pretzels		
	Sides	<b>Reg</b> F&V Bar	<b>Reg</b> Refried Beans	<b>Reg</b> F&V Bar		
<b>GF</b> F&V Bar		<b>GF</b> Refried Beans	<b>GF</b> F&V Bar	<b>GF</b> Hot Corn		
<b>Others</b> F&V Bar		<b>Others</b> No for DF-LI/DF. Sub Can Beans	<b>Others</b> F&V Bar	<b>Other</b> Hot Corn		
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn 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 is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free.		

**Special Diet Elementary Menu 2024-2025**

April 21 - April 25

Trail Mix = Sunflower Seeds &amp; Dried Fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Breakfast	<b>Reg</b> Strawberry Cream Cheese Filled Bagel^	<b>Reg</b> French Toast Stick^+	<b>Reg</b> Cinni Minis^	<b>Reg</b> Blueberry Mini Waffles^+	<b>Reg</b> All American Breakfast (Pancake+^, Egg & Bacon)
	<b>GF</b> GF Bagel+ w/Cream Cheese	<b>GF</b> GF French Toast Sticks+	<b>GF</b> GF Cereal	<b>GF</b> 2oz GF Muffin+ & Cheese Stick	<b>GF</b> Egg, Bacon & GF Toast+ (can use butter spray)
	<b>DF-LI</b> Bagel & PB* or Jelly or Honey	<b>DF-LI</b> French Toast Stick^+	<b>DF-LI</b> Cinni Minis^	<b>DF-LI</b> Blueberry Mini Waffles^+	<b>DF-LI</b> All American Breakfast (Pancake+^, Egg & Bacon)
	<b>GFDF-LI</b> GF Bagel+ w/PB* & Jelly or Honey	<b>GFDF-LI</b> GF French Toast Sticks+	<b>GFDF-LI</b> GF Cereal (trail mix or soy milk)	<b>GFDF-LI</b> 2oz GF Muffin+ & HB Egg	<b>GFDF-LI</b> Egg, Bacon & GF Toast+ (can use butter spray)
	<b>DFF</b> Pop Tart w/PB* <b>Strawberry C.C. Bagel ok for EF allergy</b>	<b>DFF</b> Cereal & (Trail Mix or Soy Milk)	<b>DFF</b> Pop Tart w/PB* <b>Cinni Minis ok for EF allergy</b>	<b>DFF</b> Cereal (Trail Mix or Soy Milk)	<b>DFF</b> Cereal (SS & F) w/bacon <b>Egg can be served for DF allergy</b>
	<b>GFDFEF</b> GF Cereal (trail mix or soy milk)	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal w/bacon (trail mix ok)
Lunch	<b>Reg</b> Mac & Cheese w/Heartzel  Mini Corn Dog+ Turkey & Cheese Croissant^	<b>Reg</b> Chicken Nuggets w/Scoops  Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops	<b>Reg</b> Chicken & Waffles  Fruit Parfait Manager's Choice	<b>Reg</b> Orange Chicken w/Fried Rice & Ed. Crackers Chicken Dumpling w/Fried Rice Chocolate No Nut Butter Box	<b>Reg</b> Stuffed Crust Cheese Pizza  Stuffed Crust Pepperoni Pizza Bean and Cheese Burrito
	<b>GF</b> GF Mac & Cheese w/GF Pretzels  GF Turkey & Cheese Sandwich	<b>GF</b> GF Chicken <b>Nuggets</b> w/Scoops  Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF <b>Nuggets</b> ) w/Scoops	<b>GF</b> GF Chicken <b>Tenders</b> w/GF Muffin  Fruit Parfait w/GF Grain	<b>GF</b> GF Chicken <b>Nuggets</b> w/GF Grain  Chocolate No Nut Butter Box (sub GF Grains)	<b>GF</b> GF Pizza (cooked)  Bean & Cheese Burrito on a GF Flour Tortilla
	<b>DF-LI</b> Mini Corn Dog+  Turkey Croissant^ Sandwich (Daiya cheese can be added)	<b>DF-LI</b> Chicken Nuggets w/Scoops  Canned Refried Beans w/Scoops Fiesta Chicken Salad w/Scoops	<b>DF-LI</b> Chicken & Waffles  DF Fruit Parfait w/DF MMA	<b>DF-LI</b> Orange Chicken w/Fried Rice & Ed. Crackers  Chocolate No Nut Butter Box	<b>DF-LI</b> DF Pizza (Daiya Cheese)  Bean Burrito (canned beans) or DF Bean & Cheese Burrito (Daiya)
	<b>GFDF-LI</b> GF Pasta w/ Marinara Cup or Butter Spray GF Turkey Sandwich (Daiya cheese can be added)	<b>GFDF-LI</b> GF Chicken <b>Nuggets</b> w/GF Crackers or Scoops Canned Refried Beans w/Scoops  GF Fiesta Chicken Salad (no cheese) w/Scoops	<b>GFDF-LI</b> GF Chicken Tenders w/GF Muffin  DF Fruit Parfait w/DF MMA and GF Grain	<b>GFDF-LI</b> GF Chicken Nuggets w/GF Grain  Chocolate No Nut Butter Box (sub GF Grains)	<b>GFDF-LI</b> GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
	<b>DFF</b> <b>Tyson Mini Corn Dogs</b> <b>Reg. Corn Dog ok for DF allergy</b> Turkey Sandwich (Reg. Bread, Daiya cheese can be added) <b>Turkey &amp; Cheese Croissant ok for EF allergy</b>	<b>DFF</b> Chicken Nuggets w/Scoops Canned Refried Beans w/Scoops Fiesta Chkn Salad - no cheese (cheese ok for EF allergy only) <b>Beans &amp; Chz w/Scoops OK for kids with only EF allergy</b>	<b>DFF</b> Chicken & DFF Grain  DF Fruit Parfait w/DF MMA and DFF Grain <b>Regular Fruit Parfait OK for kids with only EF allergy</b>	<b>DFF</b> Chocolate No Nut Butter Box (sub DFF Grain)  <b>Orange Chicken w/Fried Rice ok for kids with only DF allergy</b>	<b>DFF</b> DF Pizza (Daiya Cheese, Loco bread), Bean Burrito, DF Bean & Cheese Burrito (Daiya Cheese)  <b>Pizza and Bean &amp; Cheese Burrito OK for kids with EF allergy</b>
	<b>GFDFEF</b> GF Turkey Tortilla Wrap w/Lettuce & Tomato	<b>GFDFEF</b> GF Chicken <b>Tenders</b> w/Scoops	<b>GFDFEF</b> PB*, Apple Slices, Seeds, & Scoops or GF Pretzels. Can provide turkey sausage	<b>GFDFEF</b> Mesquite Chicken or GF <b>Tenders</b> w/Scoops or GF Pretzels <b>OR</b> GF Bean Burrito (cnd refried bns)	<b>GFDFEF</b> GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
Sides	<b>Reg</b> Tater Gems	<b>Reg</b> F&V Bar	<b>Reg</b> F&V Bar	<b>Reg</b> Edamame	<b>Reg</b> Garden Salad
	<b>GF</b> Tater Gems	<b>GF</b> F&V Bar	<b>GF</b> F&V Bar	<b>GF</b> Edamame	<b>GF</b> Garden Salad
	<b>Other</b> No for Corn & Soy Allergy	<b>Other</b> F&V Bar	<b>Other</b> F&V Bar	<b>Other</b> No for Soy Allergy	<b>Other</b> Use DF Cheese for DF-LI/DF Allergy
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn 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 is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu	

## Special Diet Elementary Menu 2024-2025

April 28 - May 2

Trail Mix = Sunflower Seeds &amp; Dried Fruit

	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
Breakfast	<b>Reg</b> Banana/Pumpkin Bread Slice^+	<b>Reg</b> Breakfast Pizza^	<b>Reg</b> Apple Strudel^	<b>Reg</b> Benefit Bar^+	<b>Reg</b> SEC Muffin Sandwich
	<b>GF</b> GF Apple Cinn. Tst	<b>GF</b> GF Cereal & Sausage Patty	<b>GF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GF</b> GF Apple Cinn. Tst	<b>GF</b> SEC on GF English Muffin or Bun
	<b>DF-LI</b> Banana/Pumpkin Bread Slice^+	<b>DF-LI</b> Cereal & Sausage Patty	<b>DF-LI</b> Apple Strudel^	<b>DF-LI</b> Benefit Bar^+	<b>DF-LI</b> Sausage & Egg Muffin Sandwich
	<b>GFDF-LI</b> GF Apple Cinnamon Toast	<b>GFDF-LI</b> GF Cereal & Sausage Patty	<b>GFDF-LI</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDF-LI</b> GF Apple Cinnamon Toast	<b>GFDF-LI</b> Sausage & Egg on GF English
	<b>DFF</b> Pop Tart	<b>DFF</b> Cereal (Pizza ok for EF)	<b>DFF</b> Cereal (Trail Mix or Soy Milk)	<b>DFF</b> Cereal (Milk ok for EF allergy)	<b>DFF</b> Sausage Sandwich (Egg ok for DF)
	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal & Sausage Patty	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal (Trail Mix or Soy Milk)	<b>GFDFEF</b> GF Cereal w/Sausage Patty
Lunch	<b>Reg</b> Chicken Patty Sandwich Italiano Wrap PB&J Lunch Pack w/Goldfish	<b>Reg</b> Chicken Nuggets w/Muffin^+ Bean & Cheese Burrito Antipasto Salad w/Grm Crkr	<b>Reg</b> Meatball Sub Sandwich Box, Cereal Breakfast Plate Manager's Choice	<b>Reg</b> Rotini w/Texas Toast Grilled Cheese Sandwich Ham (Turkey) & Cheese Sandwich	<b>Reg</b> The MAX Pizza Stick Bean & Cheese Burrito
	<b>GF</b> GF Chicken <u>Tenders</u> Sandwich (GF Tenders & GF Bun)  GF Italiano Sub Sandwich GF PB&J Lunch Pack	<b>GF</b> GF Chicken <u>Nuggets</u> OR Antipasto Salad & GF Grain  GF Bean & Cheese Burrito	<b>GF</b> JTM Meatball on GF Bread/Bun  GF Cereal Plate (GF Cereal + Yogurt + Cheese)	<b>GF</b> GF Pasta w/Marinara Sauce and GF Toast (butter or butter spray)  GF Grilled Cheese Sandwich GF Ham & Cheese Sandwich	<b>GF</b> GF Pizza (cooked)  Bean & Cheese Burrito on a GF Flour Tortilla
	<b>DF-LI</b> Chicken Patty Sandwich PB&J Lunch Pack w/Non-Dairy Grain (no cheese, sub SF seeds) Italiano Sub Sandwich (no cheese)	<b>DF-LI</b> Chicken Nuggets w/Muffin^+ Antipasto Salad w/Muffin^+ (no cheese or Daiya cheese) Bean Burrito (can add Daiya)	<b>DF-LI</b> Meatball Sub Sandwich (no cheese or Daiya cheese)  Cereal Brkfst Plate (sub Df Yogurt & DF MMA)	<b>DF-LI</b> Rotini w/Texas Toast  DF Grilled Cheese Sandwich  Ham Sandwich (can add Daiya)	<b>DF-LI</b> DF Pizza (Daiya Cheese)  Bean Burrito (canned beans)  DF Bean & Cheese Burrito (Daiya)
	<b>GFDF-LI</b> GF Chicken <u>Tenders</u> Sandwich (GF Tenders & GF Bun)  GF Italiano Sub Sandwich (no cheese)  GF PB&J, no dairy, sub DF MMA and GF Grain	<b>GFDF-LI</b> GF Chicken <u>Nuggets</u> & GF Grain  GF Bean Burrito (can add Daiya)  Antipasto Salad & 1/2 GF Muffin+ (no cheese or Daiya)	<b>GFDF-LI</b> JTM Meatball on GF Bread/Bun (no cheese or Daiya Cheese)  GF Cereal Brkfst Plate (sub DF Yogurt & DF MMA)	<b>GFDF-LI</b> GF Pasta w/Marinara Sauce and GF Toast (butter or butter spray)  GF DF Grilled Cheese Sandwich  GF Ham Sandwich (can add Daiya cheese)	<b>GFDF-LI</b> GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese GF DF Bean & Cheese Burrito (Daiya)
	<b>DFF</b> Chicken Patty Sandwich Italiano Sub Sandwich (no cheese) PB&J Lunch Pack (no dairy or chz cracker, sub w/DFF items below)  Dairy on sandwich & w/PB&J Lunch Pack ok w/EF allergy	<b>DFF</b> Chicken Nuggets w/Scoops, Graham Crackers or Scooby Doo Antipasto Salad w/DFF Grain (no cheese or Daiya Cheese)  Bean Burrito (can add Daiya) (Bn & Chz Burr. ok for EF allergy)	<b>DFF</b> Meatball Sub Sandwich (no cheese or Daiya cheese) DFF Cereal Brkfst Plate (sub DF Yogurt & DF MMA)  Note- Reg. Cereal Breakfast Plate ok for kids w/EF allergy	<b>DFF</b> DF Grilled Cheese Sandwich Ham Sandwich (can add Daiya)  Note- Rotini ok for kids w/only DF allergy  Note- Reg. Grilled Cheese ok for kids w/only EF allergy	<b>DFF</b> DF Pizza (Daiya Cheese, Loco bread), Bean Burrito, DF Bean & Cheese Burrito (Daiya Cheese)  Pizza and Bean & Grilled Chz OK for kids with EF allergy
	<b>GFDFEF</b> GF Chicken <u>Tenders</u> w/GFDFEF Grain or in a GF Wrap GF Italiano Wrap with Lettuce & Tomato (no cheese)	<b>GFDFEF</b> GF Chicken <u>Tenders</u> w/Scoops  Antipasto Salad w/Scoops (no cheese or Daiya Cheese)	<b>GFDFEF</b> JTM Meatballs & marinara sauce w/Scoops GFDF Cereal, Apple Slices, DF Yogurt & DF MMA	<b>GFDFEF</b> GF Ham Wrap  PB*, Apple Slices, Seeds, & Scoops, GF Pretzels, GFDF Cereal	<b>GFDFEF</b> GF Bean Burrito (cnd refried bns) GF DF Bean & Cheese Burrito (canned refried bns & Daiya)
Sides	<b>Reg</b> Potato Smiles	<b>Reg</b> F&V Bar	<b>Reg</b> F&V Bar	<b>Reg</b> F&V Bar	<b>Reg</b> Caesar Salad
	<b>GF</b> Potato Smiles	<b>GF</b> F&V Bar	<b>GF</b> F&V Bar	<b>GF</b> F&V Bar	<b>GF</b> Caesar Salad
	<b>Others</b> No for Corn or Soy Allergy	<b>Others</b> F&V Bar	<b>Others</b> F&V Bar	<b>Others</b> F&V Bar	<b>Others</b> No Caesar Salad (EF & DF)
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn 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 is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu	