

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

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>
DFEF	<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, Nat. Valley Crisps, Pop Tart, Animal Crackers, Tiger Bites (Original & 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>Dairy Free Grain Options: NONE (Found out that there is whey in the breakfast bread slices).</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. Chicken Green Chili Tamales able to be used on this menu. Can replace any pre-planned item.</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

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)								
DFFEF	Cereal, Pop tart, Breakfast sandwiches can be made without cheese or egg						*NOTE* Croissants# have milk product in them. OK for EF allergy only kids.		
GFDFEF	GF Cereal (no milk). Can serve with Sunflower Seeds & Craisins to make a trail mix								
Daily Lunch Options									
GF - Tamales & Pupusas may be available daily. Talk to your kitchen manager.	Boxed Salads	Chef, Garden, Cobb, or Chicken Caesar (Salads come with GF Crackers, GF Pretzels, or Scoops). Ask you kitchen manager about other possible salads.	Sandwiches or Wraps	GF Italian, Cheese, Ham & Cheese, or California Turkey/Turkey Bacon. PB*& J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, GF Apple Cinn. Toast Box, & GF Muffin 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), Fries (**curly fries see below)	
DF-LI	Boxed Salads	Chef, Garden, Cobb, or Chicken (Salads made with Daiya Cheese) . Comes with Crunch Bar <div>Garden ok if double protein portions (i.e. 2 egg for Garden)</div>	Sandwiches or Wraps	Italian, Ham, & California Turkey/Turkey Bacon on sliced bread, bun, or tortilla (Daiya Cheese); Uncrustable PB*& J or PB*& J on sliced bread	Protein Boxes	Peanut Butter Box*, Benefit Bar Box, Muffin Box, w/DF Yogurt (remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Spicy Chicken, Breaded Chicken Patty, Hamburger, Cheeseburger (Daiya Cheese), Pizza (Loco Bread & Daiya Cheese) Corn Dog/Mini Corn Dog, Chicken Nuggets w/ Grain, French Fries	
GFDF-LI	Boxed Salads	Chef, Garden, Cobb, or Chicken (Salads made with Daiya Cheese). Double protein portions (i.e. 2 egg for Garden) ok for Garden	Sandwiches or Wraps	GF Italian, Cheese, Ham & Cheese, or California Turkey/Turkey Bacon (Daiya Cheese). PB*& J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, GF Muffin Box, w/DF Yogurt (no granola/loco bread/crunch bar - use Scoops, GF Pretzel, or GF crackers; remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Hamburger or Cheeseburger (use GF buns & Daiya Cheese), GF Chicken Tenders w/GF Grain, Fries (**curly fries see below)	
DFFEF Crunch Bars have milk powder ingredient. Bars OK for EF allergy kiddos.	Boxed Salads	Chef, Cobb, Chicken Caesar, Chicken Salad w/Daiya cheese, (no egg; double meat portions). Sub Scoops, Graham Cracker or Scooby Snack DFFEF Dressings: Raspberry Vinaigrette & Old Venice Italian	Sandwiches or Wraps	Italian, Ham, & California Turkey/Turkey Bacon on sliced bread, bun, or tortilla (Daiya Cheese); Uncrustable PB*& J or PB*& J on sliced bread	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, w/DF Yogurt (no crunch bar - use Granola, Loco Bread, 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 Mesquite Glazed Chicken available. Talk to your kitchen manager	Boxed Salads	Chef, Cobb, or Chicken Salad made with Daiya Cheese (no egg and no dressing, no croutons, sub Scoops/GF Pretzels. Only Raspberry Vinaigrette ok	Sandwiches or Wraps	Italian, Ham, Turkey Wraps Only w/ scoops (Daiya Cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, w/DF Yogurt (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 or Hamburger/Cheeseburger in Lettuce Wrap, GF Chicken Tenders w/ Grain (scoops or other GFDFEF grain), Fries (**curly fries see below)	
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg					This Symbol "^" 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.				
DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas					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: Simplot Curly Fries are NOT Gluten Free. McCain's Curly Fries ARE Gluten Free. Please check the brand prior to serving.

Special Diet High School Menu 2024-2025

April 7 - April 11

	Monday	Tuesday	Wednesday*	Thursday	Friday
	7	8	9	10	11
LUNCH	Reg Orange Chicken+ w/Fried Rice	Reg Quesadilla (Possible Chicken Quesadilla) Chef Salad w/Crunch Bar	Reg Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Omelet & Waffle	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg Chicken Parmesan w/ Penne Pasta Italian Chicken Sandwich
	GF GF Chicken <u>Tenders</u> or <u>Nuggets</u> w/Scoops, GF Pretzels, GF Crackers, or Brown Rice ranch, ketchup, and BBQ sauce available	GF GF Quesadilla (Possible GF Chicken Quesadilla) Chef Salad w/GF Grain	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Omelet & GF Muffin+	GF GF Chicken <u>Tenders</u> or <u>Nuggets</u> & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF GF Rotini Pasta w/ Marinara Sauce & GF Chicken Tenders GF Italian Chicken Sandwich Sandwich
	DF-LI Orange Chicken+ w/Fried Rice	DF-LI DF Cheese Quesadilla (Daiya. Possible Chicken Quesadilla) Chef Salad w/Crunch Bar (no cheese or Daiya cheese)	DF-LI Breakfast Sandwich (no cheese or Daiya cheese) Egg Patty (2) & Waffle (can add Daiya cheese to egg patty)	DF-LI Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	DF-LI Chicken Parmesan w/ Penne Pasta (no cheese or DF Cheese (Daiya)) Italian Chicken Sandwich (no cheese or Daiya cheese)
	GFDF-LI GF Chicken <u>Tenders</u> or <u>Nuggets</u> w/Scoops, GF Pretzels, GF Crackers, or Brown Rice ranch, ketchup, and BBQ sauce available	GFDF-LI GF DF Quesadilla (Daiya. Possible GF Chicken Quesadilla) Chef Salad w/GF Grain (no cheese or Daiya Cheese)	GFDF-LI Breakfast Sandwich on GF Bun or GF English Muffin (no cheese or Daiya cheese) Egg Patty (2) & GF Muffin+ (can add Daiya to egg patty)	GFDF-LI GF Chicken <u>Tenders</u> or <u>Nuggets</u> , Corn & Mash Potat^ w/CK Gravy & GF Grain	GFDF-LI GF Rotini Pasta w/ Marinara Sauce & GF Chicken Tenders (no cheese or DF Cheese) GF Italian Chicken Sandwich Sandwich (no chz or Daiya)
	DFF Popcorn Chicken w/Fried Rice w/Orange Sauce (REMEMBER: set aside orange sauce)	DFF DF Cheese Quesadilla (Daiya. Possible Chicken Quesadilla) Chef Salad (no egg) w/DFF Grain (no cheese or Daiya)	DFF Choose from daily options	DFF Popcorn Chicken & Corn w/DFF Grain (Scoops, Scooby Crackers, etc.)	DFF Chicken Parmesan w/ Penne Pasta (no cheese or DF Cheese (Daiya))
	Note- Orange Chicken+ w/Fried Rice ok for kids with only DF allergy	Regular Quesadilla/Chicken Quesadilla ok for kids w/only EF allergy	Brkft Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy	Note- Mashed Potatoes & Gravy ok if only EF allergy	Italian Chicken Sandwich (no cheese or Daiya cheese) Reg Cheese ok for EF allergy
SIDES	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GFDFEF GF DF Quesadilla (Daiya. Possible GF Chicken Quesadilla) Chef Salad (no egg) w/Scoops (no cheese or Daiya)	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels Note- Mashed Potatoes & Gravy ok if only EF allergy	GFDFEF GF Chicken Tender w/Marinara Sauce (optional) w/Scoops or GF Pretzels
	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 No for Corn/Soy Allergy	Others Hot Corn	Others Use Daiya for DF & DF-LI
<p>GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF</p> <p>Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager.</p> <p>Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese</p> <p>DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts</p> <p>GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas</p>				<p>This Symbol "^" denotes contains milk/milk derivatives</p> <p>This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed.</p> <p>This Symbol "+" denotes contains eggs/egg products</p> <p>Our Ham is Turkey Ham from Jennie-O.</p> <p>Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu</p>	

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

**NOTE: Simplot Curly Fries are NOT Gluten Free. McCain's Curly Fries ARE Gluten Free. Please check the brand prior to serving.

	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Lunch	Reg Teriyaki Chicken w/ Brown Rice & Fortune Cookie	Reg Supreme Beef Nacho (Beef Taco Filling, Lettuce, & Tomato) Chicken Buffalo Wrap	Reg Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Breakfast Burrito	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	No School April Break
	GF Gluten Free Chicken Teriyaki w/ Brown Rice	GF Supreme Beef Nacho (Beef Taco Filling, Lettuce, & Tomato) GF Chicken Wrap or Grilled Chicken Wrap	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) GF Breakfast Burrito	GF GF Chicken Tenders or Nuggets & Mashed Potatoes^ w/CK Gravy and GF Crackers+	
	DF-LI Teriyaki Chicken w/ Brown Rice & Fortune Cookie	DF-LI Taco Beef Filling w/Scoops (no cheese or Daiya cheese) Chicken Buffalo Wrap (no cheese or Daiya)	DF-LI Breakfast Sandwich (no cheese or Daiya cheese) Breakfast Burrito (no cheese or Daiya cheese)	DF-LI Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	
	GFDF-LI Gluten Free Chicken Teriyaki w/ Brown Rice	GFDF-LI Taco Beef Filling w/Scoops (no cheese or Daiya cheese) GF Chicken Wrap or Grilled Chicken Wrap	GFDF-LI Breakfast Sandwich on GF Bun (no cheese or Daiya cheese). GF Breakfast Burrito (no cheese or Daiya cheese)	GFDF-LI GF Chicken Tenders or Nuggets , Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers	
	DFF Teriyaki Chicken w/ Chow Mein	DFF Taco Beef Filling w/Scoops (no cheese or Daiya cheese)	DFF Choose from Daily Option.	DFF Popcorn Chicken & Corn w/Graham Cracker, Honey Bear Cracker or Scoops	
	Note- Fortune Cookie ok for kids with only DF allergy	Regular Nacho Cheese ok for kids with EF allergy	Note- Breakfast Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy Note- Breakfast Burrito (no cheese) ok for kids w/DF allergy	Note- Mashed Potatoes & Gravy ok for kids with GF &/or EF allergy	
Sides	GFDFEF Gluten Free Chicken Teriyaki w/ Brown Rice	GFDFEF Taco Beef Filling w/Scoops (lettuce & tomato side, Daiya Cheese available)	GFDFEF Choose from Daily Option Note- GF Breakfast Burrito (no cheese or Daiya) ok for kids w/only GFDF allergy	GFDFEF GF Chicken Tenders, Corn w/Scoops	
	Reg Garlic Roasted Zucchini	Reg Refried Beans	Reg Hash Brown	Reg Hot Corn	
	GF Garlic Roasted Zucchini	GF Refried Beans	GF Hash Brown	GF Hot Corn	
	Other Garlic Roasted Zucchini	Other Canned Refried Beans Only	Other No for Corn or Soy Allergy	Other No for Corn 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	

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Special Diet High School Menu 2024-2025

April 21 - April 25th

	Monday	Tuesday	Wednesday*	Thursday	Friday
	21	22	23	24	25
LUNCH	Reg Orange Chicken+ w/Fried Rice & Fortune Cookie	Reg Walking Beef Tacos w/Mexican Rice Cobb Salad	Reg Brunch at Lunch - Breakfast Sandwich Frenchy's Brunch	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy, roll^)	Reg Chicken Alfredo Penne Pasta Bacon Pepper Jack Burger
	GF GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers or plain Brown Rice ranch, ketchup, and BBQ sauce available	GF Walking Beef Tacos or Beef Taco Filling (cheese ok), w/Mexican Rice Cobb Salad (no croutons)	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) GF French Toast w/ Sausage links	GF GF Chicken Tenders or Nuggets & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF GF Penne Pasta w/ Chicken Alfredo GF Bacon Pepper Jack Burger
	DF-LI Orange Chicken+ w/Fried Rice & Fortune Cookie	DF-LI Walking Beef Taco (sub Scoops for Doritos. Use Daiya) w/Mexican Rice Cobb Salad (no cheese or Daiya)	DF-LI Breakfast Sandwich (no cheese; see above) Frenchy's Brunch	DF-LI Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy, roll^)	DF-LI Choose from daily options Bacon Burger (Daiya Cheese can be melted onto the burger)
	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers or plain Brown Rice ranch, ketchup, and BBQ sauce available	GFDF-LI Walking Beef Taco (sub Scoops for Doritos. Use Daiya) w/Mexican Rice Cobb Salad (no cheese or Daiya)	GFDF-LI Breakfast Sandwich on GF Bun (no cheese; see above) GF French Toast w/ Sausage links	GFDF-LI GF Chicken Tenders or Nuggets , Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers	GFDF-LI Choose from daily options GF Bacon Burger (Daiya Cheese can be melted onto the burger)
	DFF Popcorn Chicken w/Fried Rice w/Orange Sauce (REMEMBER: set aside orange sauce) Note- Orange Chicken+ & Fortune Cookie ok for kids with only DF allergy	DFF Walking Beef Taco (sub Scoops for Doritos. Use Daiya cheese) w/Mexican Rice Cobb Salad (no egg, sub Daiya), dressings: Raspberry Vinaigrette, Old Venice Italian	DFF Choose from daily options. Sausage links can be offered on the side. Note- Breakfast Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy	DFF Popcorn Chicken & Corn w/DFF Grain (Scoops, Scooby Crackers, etc.) Note- Mashed Potatoes & Gravy ok if only EF allergy	DFF Choose from daily options Chicken Alfredo and Bacon Pepper Jack Burger ok for EF allergy
	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GFDFEF Walking Beef Taco (sub Scoops for Doritos. Use Daiya cheese) w/Mexican Rice Cobb Salad (no egg, sub Daiya), above dressings	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels Note- Mashed Potatoes & Gravy ok if only EF allergy	GFDFEF GF Chicken Tenders w/Scoops or Choose from Daily Options.
Sides	Reg Roasted parmesan Broccoli	Reg F&V Bar	Reg Tater Tots	Reg Hot Corn	Reg Bulk Garden Salad
	GF Roasted parmesan Broccoli	GF F&V Bar	GF Tater Tots	GF Hot Corn	GF Bulk Garden Salad
	Others Roasted parmesan Broccoli	Others F&V Bar	Others Tater Tots no for Soy/Corn	Others Hot Corn	Others Bulk Garden Salad (no cheese)
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	

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Special Diet High School Menu 2024-2025

April 28 - May 2

Monday		Tuesday		Wednesday*		Thursday		Friday		
28		29		30		1		2		
Lunch	Reg	Chicken Pot Stickers w/Fried Rice	Reg	Pepper Jack Enchiladas	Reg	Brunch at Lunch - Breakfast Sandwich	Reg	Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg	Chicken & Waffles
				Turkey Bacon Pepper Jack Wrap		Brunch at Lunch - Slammin' Brunch (Pancakes, Eggs & Bacon)				Philly Cheesesteak Sandwich
	GF	Choose from daily options	GF	Pepper Jack Enchiladas	GF	Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager)	GF	GF Chicken Tenders or Nuggets & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF	GF Chicken Tenders or Nuggets & GF Muffin
				GF Turkey Bacon Wrap		GF Muffin, Eggs & Bacon				GF Philly Cheesesteak Sandwich
	DF-LI	Chicken Pot Stickers w/Fried Rice	DF-LI	DF Enchilada w/red or green sauce. Turkey Bacon Wrap (no cheese or Daiya Cheese)	DF-LI	Breakfast Sandwich (no cheese; see above) Pancakes, Eggs & Bacon	DF-LI	Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	DF-LI	Chicken & Waffles Philly Cheesesteak Sandwich (sub Cheese with Daiya cheese)
	GFDF-LI	Choose from daily options	GFDF-LI	DF Enchilada w/red or green sauce. GF Turkey Bacon Wrap (no cheese or Daiya Cheese)	GFDF-LI	Breakfast Sandwich on GF Bun or GF English Muffin (no cheese; see above) GF Muffin, Eggs & Bacon	GFDF-LI	GF Chicken Tenders or Nuggets , Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers	GFDF-LI	GF Chicken Tenders or Nuggets & GF Muffin GF Philly Cheesesteak Sandwich (sub Cheese with Daiya cheese)
	DFF	Chicken Pot Stickers w/Fried Rice	DFF	DF Enchilada w/red or green sauce. EF allergy kids can have reg. enchiladas Turkey Bacon Wrap (no cheese or Daiya cheese) EF allergy kids can have reg. wrap	DFF	Choose from daily options <div>Eggs & Bacon can be served with DF grain (i.e. pop tart) for kids with DF allergy</div>	DFF	Popcorn Chicken & Corn w/DFF Grain (Scoops, Scooby Crackers, etc.) <div>Note- Mashed Potatoes & Gravy ok if only EF allergy</div>	DFF	Chicken & DFF Grain (i.e. Pop Tarts) Philly Cheesesteak Sandwich (sub Cheese with Daiya cheese) EF allergy kids can have reg.
	GFDFEF	Choose from daily options	GFDFEF	DF Enchilada w/red or green sauce.	GFDFEF	Choose from daily options	GFDFEF	GF Chicken Tenders, Corn w/Scoops or GF Pretzels <div>Note- Mashed Potatoes & Gravy ok if only EF allergy</div>	GFDFEF	GF Breaded Chicken Wrap or GF Grilled Chicken Wrap
Sides	Reg	Garlic Green Beans	Reg	Green Chili Pinto Beans	Reg	Hash Browns	Reg	Hot Corn	Reg	Caesar Salad
	GF	Garlic Green Beans	GF	Green Chili Pinto Beans	GF	Hash Browns	GF	Hot Corn	GF	Caesar Salad (no croutons)
	All others	Garlic Green Beans	All others	Green Chili Pinto Beans	All others	Hash Browns (No for Corn/Soy Allergies)	All others	Hot Corn	All others	No Caesar Salad for EF & 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 "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 is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu			

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