

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 to have.</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.</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>Meat/Meat Alternative Options: Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Yang's Teriyaki Chicken, Chocolate No Nut Butter Cup, Sunbutter.</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: 12/11/2023

Special Diet Elementary Menu 2023-2024

February 5 - February 9

SF & F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	Reg Honey Bun^+	Reg Blueberry Mini Waffles^+	Reg Poptart & Cheese Stick	Reg Breakfast Taco (Ham, Egg & Cheese)	Reg Bagel & Cream Cheese
	GF GF Cereal	GF 1/2 GF Muffin+ & Cheese Stick	GF GF Cereal & Cheese Stick	GF Breakfast Taco (GF Tortillas)	GF GF Bagel+ & Cream Cheese
	DF-LI Honey Bun^+	DF-LI Blueberry Mini Waffles^+	DF-LI Poptart & Apple Slices w/NNB	DF-LI Breakfast Taco (no cheese)	DF-LI Bagel & PB* & Jelly
	GFDF-LI GF Cereal (SS & F)	GFDF-LI 1/2 GF Muffin+ & HB Egg	GFDF-LI GF Cereal (SS & F)	GFDF-LI Breakfast Taco (no cheese on GF Flour or Corn Tortilla)	GFDF-LI GF Bagel+ & HB Egg, PB*, or Chocolate No Nut Butter
	DFF Cereal** (SS & F)	DFF Cereal**	DFF Poptart & Apple Slices w/NNB	DFF Cereal** Brkfst Taco (no cheese) ok for kids w/DF allergy	DFF Bagel & PB* or NNB Cream Chz ok for kids w/EF 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 Corn Dog+ Veggie Sub Sandwich	Reg Chicken Nuggets w/Goldfish Bean & Cheese Chalupa w/Goldfish Chef Salad w/Crunch Bar^	Reg Enchilada Style Burrito Build-A-Pizza Manager's Choice	Reg Grilled Ham & Cheese Teriyaki Chicken & Rice w/Educational Cracker Egg-Cellent Protein Box	Reg The MAX Cheese Pizza Stick Turkey Pepperoni may be available Bean & Cheese Burrito
	GF Hamburger on GF Bun Veggie Sandwich on GF Bread or GF Bun	GF GF Chicken Tenders w/GF Grain Bn & Chz Pupusa w/GF Grain Chef Salad w/GF Grain	GF Bean & Cheese Burrito on a GF Flour Tortilla w/Enchilada Sauce GF Build-A-Pizza	GF GF Teriyaki Chicken & Rice (1c. Rice or 1/2c Rice & GF Crackers/Pretzel) Grilled Ham & Cheese on GF Bread	GF GF Pizza (1/4 of GF Crust) Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Hamburger Corn Dog+	DF-LI Chicken Nuggets w/DF grain Chef Salad (no cheese) w/DF Grain	DF-LI Mesquite Chicken Leg w/non-cheese grain	DF-LI Grilled Ham Sandwich Teriyaki Chicken & Rice w/Educational Cracker	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI Hamburger on GF Bread	GFDF-LI GF Chicken Tenders w/GF Grain Chef Salad (no cheese) w/GF Grain	GFDF-LI Mesquite Chicken Leg w/GF Grain	GFDF-LI GF Teriyaki Chicken & Rice (1c. Rice or 1/2c Rice & GF Crackers/Pretzel) Grilled Ham Sandwich on GF Bread	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFF Hamburger DFF Mini Corn Dogs (Tyson)	DFF Chicken Nuggets w/DFF Grain (See Diet Abbreviation & Explanations for list) Chef Salad can be made DF (no cheese) or EF (no Egg) or take both ingredients out for DFF	DFF Mesquite Chicken Leg w/DFF Grain (See Diet Abbreviation & Explanations for list) Build-A-Pizza ok for kids w/EF allergy	DFF Grilled Ham Sandwich Teriyaki Chicken & Rice (1c. Rice or 1/2c. Rice and DFF Grain - See Diet Abbreviation & Explanations for list)	DFF Deli Meat Sandwich (no cheese, choose on of above deli meats) <div>Both the Pizza and Bean & Cheese Burrito OK for kids with EF allergy</div>
	GFDF Hamburger on GF Bread	GFDF GF Chicken Tenders w/GF Pretzels or Scoops (no GF Crackers^+)	GFDF Mesquite Chicken Leg w/GF Pretzel or Scoops (no GF Cracker)	GFDF GF Teriyaki Chicken & Rice (1c. Rice or 1/2c. Rice and DFF Grain) Grilled Ham Sandwich on GF Bread	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	GFDFEF Mesquite Chicken Leg w/GF Pretzel or Scoops PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF GF Teriyaki Chicken & Rice (1c. Rice or 1/2c. Rice and GFDFEF Grain) PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops
Sides	Reg Italian 3-Bean Salad	Reg F&V Bar	Reg Mexicali Corn	Reg F&V Bar	Reg Greek Salad
	GF Italian 3-Bean Salad	GF F&V Bar	GF Mexicali Corn	GF F&V Bar	GF Greek Salad
	Other Italian 3-Bean Salad	Other F&V Bar	Other No for corn allergy	Other F&V Bar	Other Greek 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

February 12 - February 16

SF &F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast	Reg Oatmeal Breakfast Round^+ GF GF Cereal w/Milk DF-LI Oatmeal Breakfast Round^+ GFDF-LI GF Cereal** (SS & F) DFF Cereal** (SS & F) GFDFEF GF Cereal** (SS & F)	Reg Pancake on a Stick+ GF Sausage & 1/2 GF Muffin DF-LI Pancake on a Stick+ GFDF-LI Sausage & 1/2 GF Muffin DFF Poptart w/PB* or NNB Pnck on Stick ok for DF allergy GFDFEF GF Cereal** (SS & F)	Reg Donuts^+ (Glzd & Super) GF GF Cereal and Yogurt DF-LI Donuts^+ GFDF-LI GF Cereal (SS & F) DFF Cereal** (SS & F) GFDFEF GF Cereal** (SS & F)	Reg Strawberry Cream Cheese Filled GF GF Bagel+ w/Cream Cheese DF WG Bagel w/PB GFDF-LI GF Bagel+ w/PB DFF Cereal (SS&F) Strwbry Crm Chz Bagel ok for EF allergy GFDFEF GF Cereal (SS & F)	Reg Muffin^+ & Yogurt GF 1/2 GF Muffin+ & Yogurt DF-LI Muffin^+ & HB Egg or PB* GFDF-LI 1/2 GF Muffin+ & HB Egg or PB* DFF Cereal** (SS & F) GFDFEF GF Cereal** (SS & F)
Lunch	Reg Fun Fish w/Corn Stars^+ Pretzel Dippers w/Cheese California Turkey Sandwich GF California Turkey Sandwich on GF Bread DF-LI Fun Fish w/Corn Stars^+ California Turkey Sandwich (no cheese) GFDF-LI California Turkey Sandwich on GF Bread (no cheese) DFF Fun Fish w/DFF Grain Option (See Diet Abbreviation & Explanations for list) California Turkey Sandwich (no cheese) GFDF California Turkey Sandwich on GF Bread (no cheese) GFDFEF PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels	Reg Chicken Nuggets w/Sweet Loaf Cheese Enchiladas Turkey BLT Salad w/Crunch Bar GF GF Chicken Tenders w/GF Crackers or Pretzel Cheese Enchiladas Turkey BLT Salad w/GF Crackers or Pretzel DF-LI Chicken Nuggets w/Sweet Loaf Turkey BLT Salad w/Crunch Bar (no cheese) GFDF-LI GF Chicken Tenders w/GF Crackers or Pretzel Turkey BLT Salad w/GF Crackers or Pretzel (no cheese) DFF Chicken Nuggets w/DFF Grain Option (see below) Turkey BLT Salad w/DFF Grain Option (no cheese) Enchiladas OK for kids w/EF Allergy GFDF GF Chicken Tenders w/GF Pretzel or Scoops (No Crackers) Turkey BLT Salad (no cheese) w/GF Pretzel or Scoops GFDFEF Same as GFDF diet	Reg Mini Corn Dogs Breakfast Bread Plate Manager's Choice GF Mesquite Glazed Chicken w/GF Crackers or Pretzel GF Apple Cinnamon Toast recipe w/Yogurt & Cheese Stick DF-LI Mini Corn Dogs Breakfast Bread Slice w/DF MMA Alternative GFDF-LI Mesquite Glazed Chicken w/GF Crackers or Pretzel GF Apple Cinnamon Toast recipe w/DF MMA Alternative DFF DFF Mini Corn Dogs (Tyson - order from warehouse) Breakfast Bread Slice+ OK for kids with DF Allergy. Serve w/PB*, Chocolate NNB, Sunflower Seed GFDF Mesquite Glazed Chicken w/GF Pretzels or Scoops GF Apple Cinnamon Toast (Cooking Spray, no butter) w/DF MMA GFDFEF Mesquite Glazed Chicken w/GF Pretzels or Scoops	<div> <p>EARLY RELEASE PARENT/TEACHER CONFERENCE NO LUNCHES SERVED THESE DAYS</p> </div>	
Sides	Reg F&V Bar GF F&V Bar Other F&V Bar	Reg Refried Beans GF Refried Beans Other No for DF-LI or DF	Reg Triple Chocolate Filled Cookie GF GF Cookie (Snickerdoodle/Choc. Chip) Other See Side =====>	EF Rice Krispie Treat Vanilla/Chocolate Pudding Vanilla Ice Cream Sandwich or Cup	DF SideKick or Slush (also can Fruit Roll-Up be DFF)
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 "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	

Special Diet Elementary Menu 2023-2024
February 19 - February 23

SF & F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast		Reg French Toast Stick+ GF GF French Toast Sticks+ DF-LI French Toast Stick+ GFDF-LI & GFDF GF French Toast Sticks+ DFEF Pop Tart w/PB*, NNB Cup Frnch Tst ok for kids w/DF allergy GFDFEF GF Cereal** (SS & F)	Reg Cinni Minis^ GF GF Cereal DF-LI Cinni Minis^ GFDF-LI & GFDF GF Cereal (SS & F) DFEF Pop Tart w/PB* or NNB Cinni Mini ok for Kids w/EF allergy GFDFEF GF Cereal** (SS & F)	Reg Ham, Egg & Cheese Croissant^+ Sandandwich GF Ham, Egg & Cheese on GF Bun DF-LI Ham & Egg Croissant^+ Sandwich GFDF-LI & GFDF Ham & Egg on GF Bun DFEF Pop Tart w/PB*, NNB Ham/Chz or Ham/Egg on Eng Muffin GFDFEF GF Cereal (SS & F)	Reg Mini Waffles^+ (Maple or Blueberry) GF 1/2 GF Muffin+ & Cheese Stick DF-LI Mini Waffles^+ (Maple or Blueberry) GFDF-LI & GFDF 1/2 GF Muffin+ & HB Egg or PB* DFEF Cereal** (SS & F) GFDFEF GF Cereal** (SS & F)
Lunch	<div>NO SCHOOL PRESIDENT'S DAY</div>	Reg Chicken Nuggets w/Scoops Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops GF GF ChickenTenders w/Scoops Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF Tenders) w/Scoops DF-LI Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops GFDF-LI GF ChickenTenders w/Scoops DFEF Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops (no cheese) <div>Bean & Cheese OK for EF allergy</div> GFDF GF ChickenTenders w/Scoops GFDFEF GF Chicken Tenders w/ GFDFEF grain (see below).	Reg Cheeseburger Fruit Parfait Manager's Choice GF Cheeseburger on GF Bun Fruit Parfait w/GF Muffin DF-LI Hamburger GFDF-LI Hamburger on GF Bun DFEF Hamburger <div>Cheeseburger OK for EF allergy</div> <div>Fruit Parfait ok for EF allergy</div> GFDF Hamburger on GF Bun GFDFEF PB*/Choc. NNB, Apple Slices, Hummus, & Scoops/GF Pretzels	Reg Orange Chicken+ w/Rice & Ed. Crackers Beef Dippers w/Rice & Ed. Crackers Hummus Veggie Wrap GF Hummus Veggie Wrap on GF Tortilla GF Chicken Tenders w/Rice (1c. Rice or 1/2c. Rice & GF Grain) DF-LI Orange Chicken+ w/Rice & Ed. Crackers Beef Dippers w/Rice & Ed. Crackers 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) DFEF Beef Dippers w/Rice (1c. Rice or 1/2c. Rice & DFEF Grain) <div>Popcorn Chicken/Chx Nuggets w/Rice & Orange Sauce OK</div> <div>Orange Chicken OK for DF allergy</div> GFDF Hummus Veggie Wrap on GF Tortilla (no cheese, sub HB Egg) GFDFEF GF Chicken Tenders w/Rice (1c. Rice or 1/2c. Rice & GF Pretzels)	Reg Stuffed Crust Pizza Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito GF Cheese or Pepperoni Pizza on GF Crust Bean & Cheese Burrito (GF Tortilla Wrap) DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat) DFEF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) <div>Pizza & Burritos OK for kids with EF allergy</div> GFDF Deli Meat Sandwich on GF Bread (no cheese, choose: Ham, Turkey or Turkey Italian Meat) GFDFEF PB*/Choc. NNB, Apple Slices, Hummus, & Scoops/GF Pretzels
Sides		Reg F&V Bar GF F&V Bar Other F&V Bar	Reg Buffalo Ranch Chickpeas GF Buffalo Ranch Chickpeas Other No Buff. Ranch Chickpeas for DF	Reg F&V Bar GF F&V Bar Other F&V Bar	Reg Garden Salad GF Garden Salad Other Leave off Cheese for Salad.
<div> 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 DFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas </div>					
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Special Diet Elementary Menu 2023-2024
February 26 - March 1

SF & F=Sunflower Seeds & Dried Fruit

NNB= No Nut Butter (Chocolate)

	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 1
Breakfast	Reg Banana/Pumpkin Bread Slice+	Reg Breakfast Pizza^	Reg Glazed Honey Bar^+	Reg All American Breakfast (Pancake+^, Egg & Bacon)	Reg Benefit Bar^+
	GF GF Apple Cinn. Toast (#80623)	GF GF Cereal & Sausage Patty	GF GF Cereal (SS & F)	GF Egg, Bacon & 1/2 GF Muffin+^	GF GF Bagel w/PB* or NNB
	DF-LI Banana/Pumpkin Bread Slice+	DF-LI Cereal & Sausage Patty	DF-LI Glazed Honey Bar^+	DF-LI All American Breakfast (Pancake+^, Egg & Bacon)	DF-LI Benefit Bar^+
	GFDF-LI GF Apple Cinn. Toast (#80623)	GFDF-LI GF Cereal & Sausage Patty	GFDF-LI GF Cereal (SS & F)	GFDF-LI Egg, Bacon & 1/2 GF Muffin+^	GFDF-LI GF Bagel w/PB* or NNB
	DFF Pop Tart w/PB* or NNB Bread Slice ok DF allergy	DFF Cereal** (SS & F) Pizza ok for EF allergy	DFF Pop Tart w/PB* or NNB	DFF Cereal** (SS & F) w/bacon Egg ok for kids w/DF allergy	DFF Poptart & Choc. No Nut Butter
	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** & Sausage Patty	GFDFEF GF Cereal** (SS & F)	GFDFEF GF Cereal** w/bacon (SS & F)	GFDFEF GF Cereal** (SS & F)
Lunch	Reg Chicken Patty Sandwich PB&J Lunch Pack w/Cheddar Chex Toasted Italiano Sub Sandwich	Reg Chicken Nuggets w/Roll^+ Mac & Cheese w/Roll^+ Antipasto Salad w/Roll^+	Reg Turkey Soft Taco Muffin^+ Breakfast Plate Manager's Choice	Reg Brunch at Lunch (Pancake w/Sausage) Grilled Cheese Sandwich Benefit^+ Box	Reg Sliced Cheese Pizza Sliced Pepperoni Pizza Bean & Cheese Burrito
	GF PB*&J Lunch Pack on GF Bread w/GF Grain Italiano Sub Sandwich on GF Bun (Hot Dog or Hamburger)	GF GF Chicken Tenders & GF Grain Antipasto Salad & GF Grain	GF Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla GF Muffin Breakfast Plate	GF GF French Toast Recipe 80550 w/Turkey sausage & Syrup Grilled Cheese Sandwich on GF Bread	GF GF Pizza Refried Beans wrapped in a GF Tortilla Wrap
	DF-LI Chicken Patty Sandwich PB&J Lunch Pack (non-cheese cracker, no cheese, sub DF MMA) Italiano Sub Sandwich (no cheese)	DF-LI Chicken Nuggets w/Roll^+ Antipasto Salad w/Roll^+ (no cheese)	DF-LI Turkey Soft Taco (no cheese) Muffin^+ Breakfast Plate (no cheese/yogurt, SUB w/2 of the DF MMA options below)	DF-LI Brunch at Lunch (Pancake w/Sausage) Benefit Bar & choose 2 of the DF MMA	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI PB*&J Lunch Pack on GF Bread (GF Grain, no cheese, sub DF) Italiano Sub Sandwich on GF Bun (no cheese)	GFDF-LI GF Chicken Tenders & GF Grain Antipasto Salad (no cheese) & GF Grain	GFDF-LI Turkey Soft Taco using a GF Flour/Corn Tortilla (no cheese) GF Muffin Breakfast Plate - no cheese/yogurt (see above)	GFDF-LI GF French Toast Recipe 80550 w/Turkey sausage & Syrup GF Muffin+ & choose 2 of the DF MMA	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFF Chicken Patty Sandwich PB&J Lunch Pack w/DFF Grain (no cheese, Sub DF MMA) Italiano Sub Sandwich (no cheese)	DFF Chicken Nuggets w/Scoops, Graham Crackers or Scooby Doo Antipasto Salad (no cheese) w/Scoops	DFF Turkey Soft Taco (no cheese) Turkey Taco Meat w/Scoops	DFF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops Grilled Cheese Sandwich OK for kids with EF allergy	DFF Deli Meat Sandwich (no cheese, choose on of above deli meats) Pizza and Bean & Chz Burrito OK for kids with EF allergy
	GFDF PB*&J Lunch Pack on GF Bread w/GF Grain (no cheese, sub DF) Italiano Sub Sandwich on GF Bun (no cheese)	GFDF GF Chicken Tenders & DFF Grains Antipasto Salad (no cheese) & DFF Grain	GFDF Turkey Soft Taco using a GF Flour/Corn Tortilla (no cheese) GF Muffin Breakfast Plate - no cheese/yogurt (see above)	GFDF GF French Toast Recipe 80550 w/Turkey sausage & Syrup GF Muffin+ & choose 2 of the DF MMA	GFDF Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
Sides	Reg F&V Bar	Reg F&V Bar	Reg Salgado Spiced Black Beans	Reg Hashbrown	Reg Caesar Salad
	GF F&V Bar	GF F&V Bar	GF Salgado Spiced Black Beans	GF Hashbrown	GF No Croutons w/Caesar Salad
	Others F&V Bar	Others F&V Bar	Others Salgado Spiced Black Beans	Others No for Corn or Soy Allergies	Others Choose other F&V Bar item
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	