

## DIET ABBREVIATIONS & EXPLANATIONS

<b>GF</b>	<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>
<b>DF-LI</b>	<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>
<b>GFDF-LI</b>	<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 to have.</p>
<b>DFEF</b>	<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, Nature Valley Crisps, Pop Tart, Animal Crackers, Sandwich Bread, Hamburger/Hot Dog Buns, Bagels, Granola, Pretzel Bites.</p> <p><b>Dairy Free Grain Options:</b> Pumpkin/Banana Bread.</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>
<b>GFDF</b>	<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.</p>
<b>GFDFEF</b>	<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></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>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.</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

Daily Breakfast Options									
GF	GF Cereal, Yogurt, Cheese, Smoothie, Yogurt & 1/2 GF Muffin (on Tues), Parfait (on Wed) <b>MANAGERS: SEE NOTE AT THE BOTTOM</b>								
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) <b>*NOTE*</b> 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 <b>*NOTE*</b> 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 &amp; 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

February 5 - February 9

	Monday	Tuesday	Wednesday*	Thursday	Friday
	5	6	7	8	9
LUNCH	<b>Reg</b> Orange Chicken+ w/Brown Rice	<b>Reg</b> Cheese Quesadilla  Possible Chicken Quesadilla  Italiano Wrap	<b>Reg</b> Brunch at Lunch - Breakfast Sandwich  Breakfast Burritos	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)  Manager's Choice	<b>Reg</b> Ultimate Grilled Cheese Sandwich w/Tomato Soup Grilled Ham & Cheese Sandwich w/Tomato Soup
	<b>GF</b> GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers  ranch, ketchup, and BBQ sauce available	<b>GF</b> Cheese or Chicken Quesadilla on GF Tortilla Wrap OR Italiano Wrap on GF Tortilla Wrap  Choose from Everyday Options	<b>GF</b> Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager)  Breakfast Burritos in a GF Flour Tortilla	<b>GF</b> GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	<b>GF</b> Ultimate Grilled Cheese Sandwich on GF Bread w/Tomato Soup  Grilled Ham & Cheese Sandwich on GF Bread
	<b>DF-LI</b> Orange Chicken+ w/Brown Rice	<b>DF-LI</b> Italiano Wrap (no cheese)  Choose from Everyday Options	<b>DF-LI</b> Breakfast Sandwich (no cheese; see above) Breakfast Burritos (no cheese)	<b>DF-LI</b> Mashed Potato Bowl^ w/Roll^+	<b>DF-LI</b> Ham Sandwich (regular or grilled) w/Tomato Soup
	<b>GFDF-LI</b> GF Chicken Tenders w/Rice, Scoops, GF Pretzels or GF Crackers  ranch, ketchup, and BBQ sauce available	<b>GFDF-LI</b> Italiano Wrap (no cheese) on GF Tortilla Wrap  Choose from Everyday Options	<b>GFDF-LI</b> Breakfast Sandwich on GF Bun (no cheese; see above)  Breakfast Burritos (no cheese) in a GF Flour Tortilla	<b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	<b>GFDF-LI</b> Ham Sandwich (regular or grilled) on GF Bread w/Tomato Soup
	<b>DFF</b> Popcorn Chicken w/Brown Rice w/Orange Sauce ( <b>REMEMBER: set aside orange sauce</b> )  Orange Chicken+ ok for kids with only DF allergy	<b>DFF</b> Italiano Wrap (no cheese) on GF Tortilla Wrap  Choose from Everyday Options	<b>DFF</b> Choose from daily options  Brkft Sandwiches/Burritos (no cheese) ok for kids w/DF Allergy	<b>DFF</b> Popcorn Chicken & Corn (Roll's disclaimer "May Contain: Egg & Soy")  Mashed Potatoes & Gravy ok if only EF allergy	<b>DFF</b> Ham Sandwich (regular or grilled) w/Tomato Soup  Choose from daily options
	<b>GFDF</b> GF Chicken Tenders w/Rice, Scoops, or GF Pretzels	<b>GFDF</b> Italiano Wrap (no cheese) on GF Tortilla Wrap or Choose from Everyday Options	<b>GFDF</b> Same as GFDF-LI	<b>GFDF</b> GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	<b>GFDF</b> Same as GFDF-LI
	<b>GFDFEF</b> GF Chicken Tenders w/Scoops or GF Pretzels  ranch, ketchup, and BBQ sauce available to student	<b>GFDFEF</b> Italiano Wrap (no cheese) on GF Tortilla Wrap or Choose from Everyday Options	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops or GF Pretzels  Mashed Potatoes & Gravy ok w/GF & EF allergy	<b>GFDFEF</b> Choose from daily options or Ham Wrap on GF Flour Tortilla  Tomato Soup can be requested with daily option
Sides	<b>Reg</b> Edamame	<b>Reg</b> Salgado Spiced Black Beans	<b>Reg</b> Tater Tots	<b>Reg</b> Hot Corn	<b>Reg</b> Greek Salad
	<b>GF</b> Edamame	<b>GF</b> Salgado Spiced Black Beans	<b>GF</b> Tater Tots	<b>GF</b> Hot Corn	<b>GF</b> Greek Salad
	<b>Others</b> No for Soy Allergy	<b>Others</b> Salgado Spiced Black Beans	<b>Others</b> Tater Tots	<b>Others</b> No for Corn Allergy	<b>Others</b> Leave off Cheese for Salad. Choose DFF Dressing
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

February 12 - February 16

	Monday 12	Tuesday 13	Wednesday* 14	Thursday 15	Friday 16
Lunch	<b>Reg</b> Chicken Potstickers w/Rice	<b>Reg</b> Enchilada Style Burrito  Cobb Salad	<b>Reg</b> Possible Breakfast Sandwich  Possible Frenchy's Brunch	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^) Manager's Choice	<b>Reg</b> Homemade Chili - Turkey Taco Meat or Vegetarian  Chicken Cordon Bleu Sandwich
	<b>GF</b> Choose from daily options	<b>GF</b> GF Enchilada Style Burrito w/Refried Beans, GF Tortilla Wrap & Enchilada Sauce Cobb Salad w/GF Grain	<b>GF</b> Breakfast Sandwich - Use GF Bun+ or GF Bread+  GF French Toast+ & Sausage	<b>GF</b> GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	<b>GF</b> Homemade Chili - Turkey Taco Meat or Vegetarian  GF Chicken Cordon Bleu Sandwich (GF Chicken Tenders & GF Bun)
	<b>DF-LI</b> Chicken Potstickers w/Rice	<b>DF-LI</b> Cobb Salad (no cheese) w/DF Grain	<b>DF-LI</b> Breakfast Sandwich - No Cheese  French Toast+ & Sausage	<b>DF-LI</b> Mashed Potato Bowl^ w/Roll^+	<b>DF-LI</b> Homemade Chili - Turkey Taco Meat or Vegetarian (no cheese) Chicken Sandwich (can add ham & honey mustard if desired)
	<b>GFDF-LI</b> Choose from daily options	<b>GFDF-LI</b> Cobb Salad (no cheese) w/GF Grain	<b>GFDF-LI</b> Breakfast Sandwich - Use GF Bun+ or GF Bread+, no cheese GF French Toast+ & Sausage	<b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	<b>GFDF-LI</b> Homemade Chili - Turkey Taco Meat or Vegetarian (no cheese)  GF Chicken Cordon Bleu Sandwich (GF Chicken Tenders & GF Bun, no cheese)
	<b>DFEF</b> Chicken Potstickers w/Rice	<b>DFEF</b> Cobb Salad w/Scooby Snacks, no egg ok for kids w/EF Allergy  Cobb Salad w/Scooby Snacks, no cheese ok for kids w/DF Allergy DFEF Dressings: balsamic & raspberry vinaigrette, old venice italian	<b>DFEF</b> Breakfast Sandwiches, no cheese, on English Muffin or Reg Bun ok for DF Allergy Note - Croissants have milk/milk derivatives French Toast+ & Sausage ok for kids w/only DF allergy	<b>DFEF</b> Popcorn Chicken & Corn Note- Mashed Potatoes & Gravy ok if only EF allergy Roll's disclaimer "May Contain: Egg & Soy"	<b>DFEF</b> Homemade Chili - Turkey Taco Meat or Vegetarian (no cheese)  Chicken Sandwich (no cheese, no honey mustard) Note - Honey mustard ok for DF allergy & Cheese ok for EF allergy
	<b>GFDF</b> Choose from daily options	<b>GFDF</b> Cobb Salad w/GF Pretzel or Scoops (no cheese)	<b>GFDF</b> Same as GFDF-LI	<b>GFDF</b> GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	<b>GFDF</b> GF Chicken Cordon Bleu Sandwich (honey mustard ok, GF bun ok, no cheese)
	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> Cobb Salad w/GF Pretzel, no egg ok for kids w/EF Allergy Cobb Salad w/GF Pretzel, no cheese ok for kids w/DF Allergy	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops or GF Pretzels Note- Mashed Potatoes & Gravy ok w/GF & EF allergy	<b>GFDFEF</b> Homemade Chili - Turkey Taco Meat or Vegetarian (no cheese) GF Tenders w/Scoops Choose from daily options
Sides	<b>Reg</b> Garlic Green Beans	<b>Reg</b> Elote Corn	<b>Reg</b> Hash Browns	<b>Reg</b> Hot Corn	<b>Reg</b> Corn Bread Loaf & Caesar Salad
	<b>GF</b> Garlic Green Beans	<b>GF</b> Elote Corn	<b>GF</b> Hash Browns	<b>GF</b> Hot Corn	<b>GF</b> Caesar Salad (no croutons)
	<b>Others</b> Garlic Green Beans	<b>Others</b> No Elote Corn for DF, EF or Corn	<b>Others</b> Hash Browns	<b>Others</b> No for Corn Allergy	<b>Others</b> F&V Bar
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				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.

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Monday		Tuesday		Wednesday*		Thursday		Friday	
19		20		21		22		23	
LUNCH	NO SCHOOL PRESIDENT'S DAY	Reg	Chili Cheese Tamale	Reg	Brunch at Lunch - Breakfast Sandwich	Reg	Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg	Mac & Cheese
			Turkey Bacon Wrap		Breakfast Burritos		Manager's Choice		Spicy Clux Delux Sandwich
		GF	Chili Cheese Tamale	GF	Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager)	GF	GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	GF	GF Chicken Tenders on GF Bun (Can put the spicy ranch on the side <b>Recipe 80593</b> )
			Turkey Bacon Wrap on GF Flour Tortilla		Breakfast Burritos in a GF Flour Tortilla				Grilled Chicken Sandwich on GF Bun
		DF-LI		DF-LI	Breakfast Sandwich (no cheese; see above) Breakfast Burritos (no cheese)	DF-LI	Mashed Potato Bowl^+ w/Roll^+	DF-LI	Spicy Clux Delux Sandwich
			Turkey Bacon Wrap (no cheese)						
		GFDF-LI	Turkey Bacon Wrap on GF Flour Tortilla (no cheese)	GFDF-LI	Breakfast Sandwich on GF Bun (no cheese; see above)	GFDF-LI	GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	GFDF-LI	GF Chicken Tenders on GF Bun (Can put the spicy ranch on the side <b>Recipe 80593</b> )
			Choose from Everyday Items		Breakfast Burritos (no cheese) in a GF Flour Tortilla				Grilled Chicken Sandwich on GF Bun
		DFEF	Turkey Bacon Wrap (no cheese)	DFEF	Choose from daily options	DFEF	Popcorn Chicken & Corn (Roll's disclaimer "May Contain: Egg & Soy") Note- Mashed Potatoes & Gravy ok if only EF allergy	DFEF	Spicy Clux Delux Sandwich
			Choose from Everyday Items						
GFDF	Turkey Bacon Wrap on GF Flour Tortilla (no cheese)	GFDF	Same as GFDF-LI	GFDF	GF Chicken Tenders, Corn & w/GF Pretzel or Scoops (no potato, no gravy, no GF crackers)	GFDF	GF Chicken Tenders or Grilled Chicken on GF Bun (GF Chicken tenders can be served w/GF Grain		
GFDFEF	Turkey Bacon Wrap on GF Flour Tortilla (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	GF Chicken Tenders or Grilled Chicken on GF Bun (GF Chicken tenders can be served w/GF Grain		
Sides		Reg	Refried Beans	Reg	Tater Tots	Reg	Hot Corn	Reg	Garden Salad
		GF	Refried Beans	GF	Tater Tots	GF	Hot Corn	GF	Garden Salad
		Others	No for DF-LI or DF allergies	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 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

February 26 - March 1

Monday		Tuesday		Wednesday*		Thursday		Friday		
26		27		28		29		1		
Lunch	Reg	Teriyaki Chicken w/Rice	Reg	Bean & Cheese Chalupa w/Chips & Salsa Chicken Caesar Salad	Reg	Brunch at Lunch - Breakfast Sandwich Slammin' Brunch (Pancakes, Eggs, & Bacon)	Reg	Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg	Pasta & Marinara Sauce w/Meatballs  Toasted Italiano Sub Sandwich
	GF	Gluten Free Chicken Teriyaki w/Rice  Mesquite Chicken w/Rice, Scoops or GF Pretzels	GF	Bean & Cheese Pupusa w/Chips & Salsa  Chicken Caesar Salad (no croutons)	GF	Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Eggs, Bacon & GF Muffin+	GF	GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers	GF	GF Pasta w/Marinara Sauce & Mozzarella Cheese & GF Toast (can use garlic spray) Toasted Italiano Sandwich on GF Bread or GF Bun
	DF-LI	Teriyaki Chicken w/Rice	DF-LI	Chicken Caesar Salad (no cheese) w/non-cheese Grain	DF-LI	Breakfast Sandwich (no cheese; see above)	DF-LI	Mashed Potato Bowl^ w/Roll^+	DF-LI	Pasta & Marinara Sauce w/Meatballs  Toasted Italiano Sub Sandwich (no Cheese)
	GFDF-LI	Gluten Free Chicken Teriyaki w/Rice  Mesquite Chicken w/Rice, Scoops or GF Pretzels	GFDF-LI	Chicken Caesar Salad (no croutons, no cheese) w/GF Grain	GFDF-LI	Breakfast Sandwich on GF Bun (no cheese; see above)  Eggs, Bacon & GF Muffin+	GFDF-LI	GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy^ and GF Crackers^+	GFDF-LI	GF Pasta w/Marinara Sauce & GF Toast (can use garlic spray). Serve w/GF Chicken Tenders or Grilled Chicken Breast Toasted Italiano Sandwich on GF Bread/Bun (no cheese)
	DFF	Teriyaki Chicken w/Rice	DFF	Chicken Salad w/DFF dressing (balsamic & raspberry vinaigrette, old venice italian) and DFF Grain	DFF	Choose from daily options  Eggs, Bacon & DFF Grain (sandwich or side item) ok for DF Allergy	DFF	Popcorn Chicken & Corn (Roll's disclaimer "May Contain: Egg & Soy")  Note- Mashed Potatoes & Gravy ok if only EF allergy	DFF	Pasta & Marinara Sauce w/ Grilled or Breaded Chicken Patty Meatballs ok for EF allergy Toasted Italiano Sub Sandwich (no Cheese)
	GFDF	Same as GFDF-LI	GFDF	Chicken Salad w/DFF dressing (balsamic & raspberry vinaigrette, old venice italian) & DFF grain	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	Gluten Free Chicken Teriyaki w/Rice  Mesquite Chicken w/Rice, Scoops or GF Pretzels	GFDFEF	Chicken Salad w/GFDFEF dressing (balsamic & raspberry vinaigrette, old venice italian) w/Scoops or GF Pretzels	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	GF Pasta w/Marinara Sauce & GF Toast (can use garlic spray). Serve w/GF Chicken Tenders or Grilled Chicken Breast  Antipasto Salad (no cheese)
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)
	Other	Garlic Green Beans	Other	Green Chili Pinto Beans	Other	Hash Browns	Other	No for Corn Allergy	Other	F&V Bar
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.