

Special Diet High School Menu 2022-2023

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 Donuts, 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	Boxed Salads	Chef, Garden, Cobb, Chicken Caesar, Southwest Chicken Salad (Salads come with GF Crackers, GF Pretzels, or Scoops. No Croutons)	Sandwiches	Italian, Cheese, Ham & Cheese, California Turkey, PB* & J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Egg 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, Southwest Chicken Salad (Salads made with no cheese) . Comes with Crunch Bar Garden ok if no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches	Italian, Ham, & California Turkey on WW bread or bun (no cheese); Uncrustable PB* & J or PB* & J on WW Bread	Protein Boxes	Peanut Butter Box*, Trail Mix 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, Southwest Chicken Salad (Salads made with no cheese). Garden ok if no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches	Italian, Ham, California Turkey (no cheese), & PB* & J on GF bread or GF bun	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Egg 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)		
DFFEF	Boxed Salads	Chef, Cobb, Chicken Caesar, SW Chicken Salad (no cheese, no egg; double meat portions). Sub Scoops, Graham Cracker or Scooby Snack DFFEF Dressings: Raspberry Vinaigrette & Old Venice Italian	Sandwiches	Italian, Ham, California Turkey on bread or bun (no cheese); Uncrustable PB* & J or PB* & J on WW Bread	Protein Boxes	Peanut Butter Box*, Trail Mix 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 Note- Pizza ok for kids with only EF allergy		
GFDFEF	Boxed Salads	Chef, Cobb, Chicken Caesar, SW Chicken Salad made with no cheese, no egg and no dressing, no croutons, sub Scoops/GF Pretzels	Sandwiches	Italian, Ham, Turkey Roll-ups w/ scoops (no cheese, no breads)	Protein Boxes	Peanut Butter Box*, Trail Mix 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	Gluten Free	DF-LI	Dairy Free Lactose Intolerance (no cheese, no milk)	GFDF-LI	Gluten Free, Dairy Free Lactose Intolerance (no cheese, no milk)	DFFEF	Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredients)	GFDFEF	Gluten Free, Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredient)	

GF Grain options (i.e. Crackers, Bread, Buns, Pizza Crust) contain egg

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

GF Crackers may contain milk. Not listed in ingredients but under the disclaimer

GFDFEF Grain Options: Scoops, GF Pretzel, & GF Tortillas (Corn & Flour) // DFFEF Grains: Scoops, Graham Cracker or Scooby Doo

* Nut or Tree Nut Allergy => SunButter will be subbed for PB at peanut free schools

***NOTE* Kids with EF allergy: Cherry Crunch bar OK, Lemon Crunch bar is NOT OK**

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

^Mashed potatoes, Rolls & Croissants contains milk or milk derivatives