

DIET ABBREVIATIONS & EXPLANATIONS Last Updated: 11/14/2024

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, Hartzels, 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.</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**

Special Diet Elementary Menu 2024-2025

March 3 - March 7

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Breakfast	Reg Super Cinnamon Bun^+	Reg Mini Maple Waffles^+	Reg Poptart & Cheese Stick	Reg Bagel & Cream Cheese	Reg Breakfast Burrito
	GF GF Cereal	GF 1/2 GF Muffin & Cheese Stick	GF GF Cereal & Cheese Stick	GF 1/2 GF Bagel+ & Cream Cheese	GF GF Breakfast Burrito
	DF-LI Super Cinnamon Bun^+	DF-LI Mini Maple Waffles^+	DF-LI Poptart & HB Egg or Seeds	DF-LI Bagel & PB* & Jelly	DF-LI Egg only Breakfast Burrito
	GFDFE-LI GF Cereal (trail mix or soy milk)	GFDFE-LI 1/2 GF Muffin & HB Egg	GFDFE-LI GF Cereal (trail mix or soy milk)	GFDFE-LI GF Bagel+ & HB Egg, PB*	GFDFE-LI GF Breakfast Burrito (Egg only)
	DFEF Pop Tart w/PB*	DFEF Cereal (trail mix or soy milk)	DFEF Pop Tart w/PB*	DFEF Bagel & PB*	DFEF Pop Tart w/PB*
	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)
Lunch	Reg Cheeseburger Beef Hot Dog Veggie Wrap	Reg Chicken Nuggets w/Chex Cheddar Mix Cheese Quesadilla Cobb Salad w/ Graham Crackers	Reg Beefy Sloppy Joes Build-A-Pizza Manager's Choice	Reg Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers Corn Dog Garden Salad w/Graham Crackers	Reg Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito
	GF GF Cheeseburger (GF Bun) GF Beef Hot Dog (GF Bun) GF Veggie Wrap (GF Tortilla)	GF GF Chicken <u>Nuggets</u> w/GF Grain GF Cheese Quesadilla (GF Tortilla)	GF GF Beefy Sloppy Joes (GF Bun) GF Build-A-Pizza (1/4 crust, cheese, marinara, pepperoni optional)	GF GF Chicken Teriyaki w/Brown Rice & GF Grain Garden Salad w/GF Grain	GF GF Pizza (cooked) Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Hamburger Beef Hot Dog	DF-LI Chicken Nuggets w/Scoops, Scooby Snack, or Graham Cracker DF Cheese Quesadilla (Daiya)	DF-LI Beefy Sloppy Joes DF Build-A-Pizza (can cook)	DF-LI Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers Corn Dog	DF-LI DF Pizza (Daiya Cheese) Bean Burrito (canned refried bns) DF Bean & Cheese Burrito (Daiya)
	GFDFE-LI GF Hamburger GF Beef Hot Dog	GFDFE-LI GF Chicken <u>Nuggets</u> w/GF Grain GF DF Cheese Quesadilla (Daiya Cheddar Cheese)	GFDFE-LI GF Beefy Sloppy Joes (GF Bun) GF DF Build-A-Pizza (1/4 crust, Daiya cheese, marinara)	GFDFE-LI GF Chicken Teriyaki w/Brown Rice & GF Grain Garden Salad w/GF Grain & Daiya Cheese	GFDFE-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
	DFEF Hamburger Beef Hot Dog	DFEF Chicken Nuggets w/Scoops, Scooby Doo, or Graham Crackers DF Cheese Quesadilla (Daiya)	DFEF Beefy Sloppy Joes DF Build-A-Pizza (Daiya Cheese & can cook it) Regular Build-A-Pizza OK for kids w/EF allergy	DFEF Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers Tyson DF EF Mini CornDogs Corn Dog ok for kids w/DF Allergy	DFEF DF Pizza (Daiya Cheese, Loco bread), Bean Burrito, DF Bean & Cheese Burrito (Daiya Cheese) Regular Pizza / Bean & Cheese Burritos OK for kids w/EF allergy
	GFDFEF Hamburger Patty in Lettuce Wrap w/GFDFEF Grain PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	GFDFEF Gluten Free Chicken <u>Tenders</u> w/Scoops or GF Pretzels GF DF Cheese Quesadilla (Daiya Cheddar Cheese)	GFDFEF Beef Sloppy Joe Meat w/Scoops Mesquite Glazed Chicken w/ GFDFEF Grain	GFDFEF Chicken Teriyaki w/Brown Rice & Scoops Garden Salad w/Scoops & Daiya Cheese (no Egg, Deli Meat ok)	GFDFEF GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito PB*, Apple Slices, Seeds, & Scoops or GF Pretzels
Sides	Reg F&V Bar	Reg Salgado Spiced Black Beans	Reg Curly Fries	Reg Hot Corn & Mashed Potato	Reg Bulk Greek Salad
	GF F&V Bar	GF Salgado Spiced Black Beans	GF Curly Fries (McCain's Only)	GF Hot Corn & Mashed Potato	GF Bulk Greek Salad
	Others F&V Bar	Others Salgado Spiced Black Beans	Others No for Corn & Soy Allergy	Others No Mashed for DF	Others 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
 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, Pop Tarts

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.
 **Students can bring in non-dairy milk from home for dry cereal

Special Diet Elementary Menu 2024-2025

March 10 - March 14

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Breakfast	Reg Oatmeal Breakfast Round^+	Reg Pancake on a Stick+	Reg Donut (Cheese Stick w/Super Donut)	Reg Muffin^+ & Yogurt	Reg Trky Ham, Egg, Cheese Croissant^+
	GF GF Cereal w/Milk	GF Sausage & 1/2 GF Muffin	GF GF Cereal	GF 1/2 GF Muffin+ & Yogurt	GF Ham, Egg & Cheese GF Bun
	DF-LI Oatmeal Breakfast Round^+	DF-LI Pancake on a Stick+	DF-LI Donut (sub Graham Cracker)	DF-LI Muffin & HB Egg or PB*	DF-LI Ham & Egg Croissant^+ Sandwich
	GFDF-LI GF Cereal (trail mix or soy milk)	GFDF-LI Sausage & 1/2 GF Muffin	GFDF-LI GF Cereal (trail mix or soy milk)	GFDF-LI 1/2 GF Muffin & HB Egg or PB*	GFDF-LI Ham & Egg on GF Bun
	DFFEF Cereal (trail mix or soy milk) Milk ok for EF	DFFEF Poptart w/PB* Pancake on Stick ok for DF	DFFEF Cereal (trail mix or soy milk) Milk ok for EF	DFFEF Pop Tart w/PB* Yogurt ok for EF allergy	DFFEF Cereal (SS & F) Milk ok for EF
	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (SS & F)
Lunch	Reg Fun Fish w/Corn Stars^+ Grilled Cheese Sandwich Chicken Salad Croissant^ Sandwich	Reg Chicken Nuggets w/Animal Crackers Cheese Enchiladas Chicken Caesar Salad w/Graham Crackers	Reg BBQ Riblet Sandwich Breakfast Bread Plate Manager's Choice	Reg Popcorn Chicken Bowl w/Roll Pull Apart Breadsticks PB&J Lunch Pack w/Cheez-Its	Reg Cheezy Bottom Cheese Pizza Cheezy Bottom Pepperoni Pizza Bean & Cheese Burrito
	GF GF Grilled Cheese Sandwich GF Chicken Salad Sandwich	GF GF Chicken Nuggets w/GF Grain Cheese Enchiladas Chicken Caesar Salad w/GF Grain	GF GF Apple Cinnamon Toast w/Yogurt & Cheese Stick	GF GF Chicken Nuggets w/GF Grain Chicken Gravy ok for GF. Mashed Potato ok for sides. GF PB&J Sandwich w/GF Grain	GF GF Pizza (cooked) Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Fun Fish w/Corn Stars^+ DF Grilled Cheese (Daiya) Chicken Salad Croissant^ Sandwich	DF-LI Chicken Nuggets w/Cracker DF Cheese Enchilada Chicken Caesar Salad (no cheez or DF cheez) w/Grhm Crckrs	DF-LI BBQ Riblet Sandwich Breakfast Bread Plate (no cheese or yogurt, sub DF MMA)	DF-LI Popcorn Chicken Bowl w/Roll PB&J Lunch Pack (non-cheese Grain, no cheese - sub DF MMA)	DF-LI DF Pizza (Daiya Cheese) Bean Burrito (canned refried bns) DF Bean & Cheese Burrito (Daiya)
	GFDF-LI GF DF Grilled Cheese (Daiya) GF Chicken Salad Sandwich	GFDF-LI GF Chckn Nuggets w/GF Grain DF Cheese Enchiladas Chicken Caesar Salad (no cheez or DF cheez) w/GF Grain	GFDF-LI GF Apple Cinnamon Toast (no cheese or yogurt, sub DF MMA)	GFDF-LI GF Chicken Nuggets w/GF Grain (mashed potato has milk) GF PB* & J Lunch Pack w/GF Grain (no cheese - sub DF MMA)	GFDF-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
	DFFEF Fun Fish with DFFEF Grain (Scoops/Scooby Crackers) DF Grilled Cheese (Daiya) Note- Reg. Grilled Cheese ok for kids with EF allergy	DFFEF Chicken Nuggets w/DFFEF Grain DF Cheese Enchiladas Chicken Caesar Salad (no cheez or DF cheez) w/Grhm Crckrs Note- Enchiladas ok for kids with only EF allergy	DFFEF Deli Meat Sub Sandwich Note- BBQ Rib Sandwich ok for kids with only EF allergy	DFFEF Popcorn Chicken w/Corn (no mashed potatoes & no gravy if DF, ok for EF only allergy) PB&J Lunch Pack w/DFFEF Grain (no cheese, Sub DF MMA)	DFFEF 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
	GFDFEF Grilled Chicken Wrap w/DF Cheese PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels DF Cheese Enchilada	GFDFEF PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders w/Scoops (1/2 GF Muffin ok for DF allergy) PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	GFDFEF GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito PB*, Apple Slices, Seeds, & Scoops or GF Pretzels
Sides	Reg F&V Bar	Reg Refried Beans	Reg F&V Bar	Reg Hot Corn	Reg Bulk Caesar Salad
	GF F&V Bar	GF Refried Beans	GF F&V Bar	GF Hot Corn	GF Bulk Caesar Salad
	Others F&V Bar	Others No for DF-LI/DF. Sub Can Beans	Others F&V Bar	Other Hot Corn	Others F&V Bar Only

GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF
 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
 DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts

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 **Students can bring in non-dairy milk from home for dry cereal

	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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Breakfast	<h1>No School</h1> <h2>SPRING BREAK</h2>				
Lunch					
Sides					

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 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, Pop Tarts

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Special Diet Elementary Menu 2024-2025

March 24 - March 28

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Breakfast	Reg Strawberry Cream Cheese Filled Bagel^	Reg French Toast Stick^+	Reg Cinni Minis^	Reg Blueberry Mini Waffles^+	Reg All American Breakfast (Pancake^+, Egg & Bacon)
	GF GF Bagel+ w/Cream Cheese	GF GF French Toast Sticks+	GF GF Cereal	GF 1/2 GF Muffin+ & Cheese Stick	GF Egg, Bacon & GF Toast+ (can use butter spray)
	DF-LI Bagel & PB* or Jelly or Honey	DF-LI French Toast Stick^+	DF-LI Cinni Minis^	DF-LI Blueberry Mini Waffles^+	DF-LI All American Breakfast (Pancake^+, Egg & Bacon)
	GFDF-LI GF Bagel+ w/PB* & Jelly or Honey	GFDF-LI GF French Toast Sticks+	GFDF-LI GF Cereal (trail mix or soy milk)	GFDF-LI 1/2 GF Muffin+ & HB Egg	GFDF-LI Egg, Bacon & GF Toast+ (can use butter spray)
	DFFEF Pop Tart w/PB* Strawberry C.C. Bagel ok for EF allergy	DFFEF Cereal & (Trail Mix or Soy Milk)	DFFEF Pop Tart w/PB* Cinni Minis ok for EF allergy	DFFEF Cereal (Trail Mix or Soy Milk)	DFFEF Cereal (SS & F) w/bacon Egg can be served for DF allergy
	GFDFEF GF Cereal (trail mix or soy milk)	GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal w/bacon (trail mix ok)
Lunch	Reg Mac & Cheese w/Heartzel Mini Corn Dog+ Turkey & Cheese Croissant^	Reg Chicken Nuggets w/Scoops Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops	Reg Chicken & Waffles Fruit Parfait Manager's Choice	Reg Orange Chicken w/Fried Rice & Ed. Crackers Chicken Dumpling w/Fried Rice Chocolate No Nut Butter Box	Reg Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Bean and Cheese Burrito
	GF GF Mac & Cheese w/GF Pretzels GF Turkey & Cheese Sandwich	GF GF Chicken Nuggets w/Scoops Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF Nuggets) w/Scoops	GF GF Chicken Tenders w/GF Muffin Fruit Parfait w/GF Grain	GF GF Chicken Nuggets w/GF Grain Chocolate No Nut Butter Box (sub GF Grains)	GF GF Pizza (cooked) Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Mini Corn Dog+ Turkey Croissant^ Sandwich (Daiya cheese can be added)	DF-LI Chicken Nuggets w/Scoops Canned Refried Beans w/Scoops Fiesta Chicken Salad w/Scoops	DF-LI Chicken & Waffles	DF-LI Orange Chicken w/Fried Rice & Ed. Crackers Chocolate No Nut Butter Box	DF-LI DF Pizza (Daiya Cheese) Bean Burrito (canned beans) or DF Bean & Cheese Burrito (Daiya)
	GFDF-LI GF Pasta w/ Marinara Cup or Butter Spray GF Turkey Sandwich (Daiya cheese can be added)	GFDF-LI GF Chicken Nuggets w/GF Crackers or Scoops Canned Refried Beans w/Scoops GF Fiesta Chicken Salad (no cheese) w/Scoops	GFDF-LI GF Chicken Tenders w/GF Muffin or Scoops	GFDF-LI GF Chicken Nuggets w/GF Grain Chocolate No Nut Butter Box (sub GF Grains)	GFDF-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
	DFFEF Tyson Mini Corn Dogs Reg. Corn Dog ok for DF allergy Turkey Sandwich (Reg. Bread, Daiya cheese can be added)	DFFEF Chicken Nuggets w/Scoops Canned Refried Beans w/Scoops Fiesta Chkn Salad - no cheese (cheese ok for EF allergy only)	DFFEF Chicken & DFEF Grain Talk to manager about alternate choices	DFFEF Chocolate No Nut Butter Box (sub DFEF Grain)	DFFEF DF Pizza (Daiya Cheese, Loco bread), Bean Burrito, DF Bean & Cheese Burrito (Daiya Cheese)
	GFDFEF GF Turkey Tortilla Wrap w/Lettuce & Tomato	GFDFEF GF Chicken Tenders w/Scoops	GFDFEF PB*, Apple Slices, Seeds, & Scoops or GF Pretzels. Can provide turkey sausage	GFDFEF Mesquite Chicken or GF Tenders w/Scoops or GF Pretzels OR GF Bean Burrito (cnd refried bns)	GFDFEF GF Bean Burrito (cnd refried bns) or GF DF Bean & Cheese Burrito
Sides	Reg Tater Gems	Reg F&V Bar	Reg F&V Bar	Reg Edamame	Reg Garden Salad
	GF Tater Gems	GF F&V Bar	GF F&V Bar	GF Edamame	GF Garden Salad
	Other No for Corn & Soy Allergy	Other F&V Bar	Other F&V Bar	Other No for Soy Allergy	Other 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
 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, Pop Tarts

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Special Diet Elementary Menu 2024-2025

March 31 - April 4

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast	Reg Banana/Pumpkin Bread Slice^+	Reg Breakfast Pizza^	Reg Apple Strudel^	Reg Benefit Bar^+	Reg SEC Muffin Sandwich
	GF GF Apple Cinn. Tst	GF GF Cereal & Sausage Patty	GF GF Cereal (Trail Mix or Soy Milk)	GF GF Apple Cinn. Tst	GF SEC on GF English Muffin or Bun
	DF-LI Banana/Pumpkin Bread Slice^+	DF-LI Cereal & Sausage Patty	DF-LI Apple Strudel^	DF-LI Benefit Bar^+	DF-LI Sausage & Egg Muffin Sandwich
	GFDFE-LI GF Apple Cinnamon Toast	GFDFE-LI GF Cereal & Sausage Patty	GFDFE-LI GF Cereal (Trail Mix or Soy Milk)	GFDFE-LI GF Apple Cinnamon Toast	GFDFE-LI Sausage & Egg on GF English Muffin or GF Bun
	DFFE Pop Tart	DFFE Cereal (Pizza ok for EF)	DFFE Cereal (Trail Mix or Soy Milk)	DFFE Cereal (Milk ok for EF allergy)	DFFE Sausage Sandwich (Egg ok for DF)
GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal & Sausage Patty	GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal (Trail Mix or Soy Milk)	GFDFEF GF Cereal w/Sausage Patty	
Lunch	Reg Chicken Patty Sandwich Italiano Wrap PB&J Lunch Pack w/Goldfish	Reg Chicken Nuggets w/Muffin^+ Bean & Cheese Burrito Antipasto Salad w/Grm Crkr	Reg Meatball Sub Sandwich Box, Cereal Breakfast Plate Manager's Choice	Reg Rotini w/Texas Toast Grilled Cheese Sandwich Ham (Turkey) & Cheese Sandwich	Reg The MAX Pizza Stick Bean & Cheese Burrito
	GF GF Chicken Tender Sandwich (GF Tenders & GF Bun) GF Italiano Sub Sandwich GF PB&J Lunch Pack	GF GF Chicken Nuggets OR Anitpasta Salad & GF Grain GF Bean & Cheese Burrito	GF JTM Meatball on GF Bread/Bun GF Cereal Plate (GF Cereal + Yogurt + Cheese)	GF GF Pasta w/Marinara Sauce and GF Toast (butter or butter spray) GF Grilled Cheese Sandwich GF Ham & Cheese Sandwich	GF GF Pizza (cooked) Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Chicken Patty Sandwich PB&J Lunch Pack w/Non-Dairy Grain (no cheese, sub SF seeds) Italiano Sub Sandwich (no cheese)	DF-LI Chicken Nuggets w/Muffin^+ Antipasto Salad w/Muffin^+ (no cheese or Daiya cheese) Bean Burrito (can add Daiya)	DF-LI Meatball Sub Sandwich (no cheese or Daiya cheese) Cereal Brkfst Plate (sub DF MMA)	DF-LI Rotini w/Texas Toast DF Grilled Cheese Sandwich Ham Sandwich (can add Daiya)	DF-LI DF Pizza (Daiya Cheese) Bean Burrito (canned beans) DF Bean & Cheese Burrito (Daiya)
	GFDFE-LI GF Chicken Tender Sandwich (GF Tenders & GF Bun) GF Italiano Sub Sndwich (no cheese) GF PB&J, no dairy, sub DF MMA and GF Grain	GFDFE-LI GF Chicken Nuggets & GF Grain GF Bean Burrito (can add Daiya) Antipasto Salad & 1/2 GF Muffin+ (no cheese or Daiya)	GFDFE-LI JTM Meatball on GF Bread/Bun (no cheese or Daiya Cheese) GF Cereal Brkfst Plate (no dairy, sub DF MMA)	GFDFE-LI GF Pasta w/Marinara Sauce and GF Toast (butter or butter spray) GF DF Grilled Cheese Sandwich GF Ham Sandwich (can add Daiya cheese)	GFDFE-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust) GF Bean Burrito (cnd refried bns) GF DF Bean & Cheese Burrito (Daiya)
	DFFE Chicken Patty Sandwich Italiano Sub Sandwich (no cheese) PB&J Lunch Pack (no dairy or chz cracker, sub w/DFFE items below) Dairy on sandwich & w/PB&J Lunch Pack ok w/EF allergy	DFFE Chicken Nuggets w/Scoops, Graham Crackers or Scooby Doo Antipasto Salad w/DFFE Grain (no cheese or Daiya Cheese) Bean Burrito (can add Daiya) (Bn & Chz Burr. ok for EF allergy)	DFFE Meatball Sub Sandwich (no cheese or Daiya cheese) Cereal Brkfst Plate (sub DF MMA for cheese & yogurt) Note- Cereal Breakfast Plate ok for kids w/only EF allergy	DFFE 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	DFFE 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
GFDFEF GF Chicken Tenders w/GFDFEF Grain or in a GF Wrap GF Italiano Wrap with Lettuce & Tomato (no cheese)	GFDFEF GF Chicken Tenders w/Scoops Antipasto Salad w/Scoops (no cheese or Daiya Cheese)	GFDFEF JTM Meatballs & marinara sauce w/Scoops GFDF Cereal, Apple Slices, Seeds, & PB* or Choc. No. Nut Butter	GFDFEF GF Ham Wrap PB*, Apple Slices, Seeds, & Scoops or GF Pretzels	GFDFEF GF Bean Burrito (cnd refried bns) GF DF Bean & Cheese Burrito (canned refried bns & Daiya)	
Sides	Reg Potato Smiles	Reg F&V Bar	Reg Zesty Kidney Beans	Reg F&V Bar	Reg Caesar Salad
	GF Potato Smiles	GF F&V Bar	GF Zesty Kidney Beans	GF F&V Bar	GF Caesar Salad
	Others No for Corn or Soy Allergy	Others F&V Bar	Others Zesty Kidney Beans	Others F&V Bar	Others No Caesar Salad (EF & DF)

GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF

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

DFFE Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts

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.

**Students can bring in non-dairy milk from home for dry cereal