

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**

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 & Pupasas 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 no cheese) . Comes with Crunch Bar	Sandwiches or Wraps	Italian, Ham, & California Turkey/Turkey Bacon on sliced bread, bun, or tortilla (no cheese); Uncrustable PB* & J or PB* & J on sliced bread	Protein Boxes	Peanut Butter Box*, Benefit Bar Box, Muffin Box, (remove cheese & or yogurt; 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, or Chicken (Salads made with no cheese). Garden ok if no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches or Wraps	GF Italian, Cheese, Ham & Cheese, or California Turkey/Turkey Bacon (no cheese). PB* & J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, GF Muffin Box (no granola, loco bread or crunch bar; use Scoops, GF Pretzel, or GF crackers; remove cheese &/or yogurt; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken or Hamburger (use GF buns), 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 (no 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 (no cheese); Uncrustable PB* & J or PB* & J on sliced bread	Protein Boxes	Peanut Butter Box*, Trail Mix Box* (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 Note- Pizza ok for kids with only EF allergy		
GFDFEF Mesquite Glazed Chicken available. Talk to your kitchen manager	Boxed Salads	Chef, Cobb, or Chicken Salad made with no cheese, no egg and no dressing, no croutons, sub Scoops/GF Pretzels. Only Raspberry Vinaigrette ok	Sandwiches or Wraps	Italian, Ham, Turkey Roll-ups w/ scoops (no cheese, no breads)	Protein Boxes	Peanut Butter Box*, Trail Mix 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), 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

March 3 - March 7

	Monday 3	Tuesday 4	Wednesday* 5	Thursday 6	Friday 7
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 Tenders 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 Tenders or Nuggets & 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 Tenders 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 Tenders or Nuggets , 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)
	DFFEF Popcorn Chicken w/Fried Rice w/Orange Sauce (REMEMBER: set aside orange sauce)	DFFEF DF Cheese Quesadilla (Daiya. Possible Chicken Quesadilla) Chef Salad (no egg) w/DFFEF Grain (no cheese or Daiya)	DFFEF Choose from daily options	DFFEF Popcorn Chicken & Corn w/DFFEF Grain (Scoops, Scooby Crackers, etc.)	DFFEF Chicken Parmesan w/ Penne Pasta (no cheese or DF Cheese (Daiya))
	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	GFDFEF GF Chicken Tender w/Marinara Sauce (optional) w/Scoops or GF Pretzels
	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	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

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

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

* 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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Special Diet High School Menu 2024-2025

March 10 - March 14

	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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^)	Reg Fish & Chips Fish Sandwich
	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+	GF Choose from Daily Option.
	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^)	DF-LI Fish & Chips Fish Sandwich
	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	GFDF-LI Choose from Daily Option.
	DFEF Teriyaki Chicken w/ Chow Mein	DFEF Taco Beef Filling w/Scoops (no cheese or Daiya cheese)	DFEF Choose from Daily Option.	DFEF Popcorn Chicken & Corn w/Graham Cracker, Honey Bear Cracker or Scoops	DFEF Choose from Daily Option.
	<div style="border: 1px dashed black; padding: 5px;">Note- Fortune Cookie ok for kids with only DF allergy</div>	<div style="border: 1px dashed black; padding: 5px;">Regular Nacho Cheese ok for kids with EF allergy</div>	<div style="border: 1px dashed black; padding: 5px;">Note- Breakfast Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy</div> <div style="border: 1px dashed black; padding: 5px;">Note- Breakfast Burrito (no cheese) ok for kids w/DF allergy</div>	<div style="border: 1px dashed black; padding: 5px;">Note- Mashed Potatoes & Gravy ok for kids with GF &/or EF allergy</div>	<div style="border: 1px dashed black; padding: 5px;">Note - Fish Patty contains "Whey" which is why not safe for DF students</div> <div style="border: 1px dashed black; padding: 5px;">Fish & Chips & Fish Sandwich ok for EF allergy</div>
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	GFDFEF Choose from Daily Option.	
Sides	Reg Garlic Roasted Zucchini	Reg Refried Beans	Reg Hash Brown	Reg Hot Corn	Reg Caesar Salad & Coleslaw
	GF Garlic Roasted Zucchini	GF Refried Beans	GF Hash Brown	GF Hot Corn	GF Caesar Salad & Coleslaw
	Other Garlic Roasted Zucchini	Other Canned Refried Beans Only	Other No for Corn or Soy Allergy	Other No for Corn Allergy	Other No Salad (egg & dairy)
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	

* 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
	17	18	19	20	21
LUNCH	<h1>No School</h1> <h2>Martin Luther King Jr. Day</h2>				
Sides					
	<p>GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GDFDEF</p> <p>GF Crackers may contain milk. Not listed in ingredients but under the disclaimer</p> <p>GDFDEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas</p> <p>Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup</p> <p>DDEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts</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>**Students can bring in non-dairy milk from home for dry cereal</p>	

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Special Diet High School Menu 2024-2025

March 24 - March 28

	Monday	Tuesday	Wednesday*	Thursday	Friday
	24	25	26	27	28
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)
	DFFEF 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	DFFEF 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	DFFEF 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	DFFEF Popcorn Chicken & Corn w/DFFEF Grain (Scoops, Scooby Crackers, etc.) Note- Mashed Potatoes & Gravy ok if only EF allergy	DFFEF 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 Zesty Kidney Beans	Reg Tater Tots	Reg Hot Corn	Reg Bulk Garden Salad
	GF Roasted parmesan Broccoli	GF Zesty Kidney Beans	GF Tater Tots	GF Hot Corn	GF Bulk Garden Salad
	Others Roasted parmesan Broccoli	Others Zesty Kidney Beans	Others Tater Tots no for Soy/Corn	Others Hot Corn	Others Bulk Garden Salad (no cheese)
<p>GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF</p> <p>GF Crackers may contain milk. Not listed in ingredients but under the disclaimer</p> <p>GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas</p> <p>Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup</p> <p>DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts</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>**Students can bring in non-dairy milk from home for dry cereal</p>	

* 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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Special Diet High School Menu 2024-2025

March 31 - April 4

	Monday 31	Tuesday 1	Wednesday* 2	Thursday 3	Friday 4
Lunch	Reg Chicken Pot Stickers w/Fried Rice	Reg Pepper Jack Enchiladas Turkey Bacon Wrap	Reg Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Slammin' Brunch (Pancakes, Eggs & Bacon)	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg Chicken & Waffles Philly Cheesesteak Sandwich
	GF Choose from daily options	GF Pepper Jack Enchiladas GF Turkey Bacon Wrap	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) GF Muffin, Eggs & Bacon	GF GF Chicken Tenders or Nuggets & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF GF Chicken Tenders or Nuggets & GF Muffin 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)
	DFEF Chicken Pot Stickers w/Fried Rice	DFEF 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	DFEF Choose from daily options Eggs & Bacon can be served with DF grain (i.e. pop tart) for kids with DF allergy	DFEF Popcorn Chicken & Corn w/DFEF Grain (Scoops, Scooby Crackers, etc.) Note- Mashed Potatoes & Gravy ok if only EF allergy	DFEF Chicken & DFEF 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 Note- Mashed Potatoes & Gravy ok if only EF allergy	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 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	

* 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.