

DIET ABBREVIATIONS & EXPLANATIONS Last Updated: 03/12/2025

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. Chicken Green Chili Tamales able to be used on this menu. Can replace any pre-planned item.</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

May 5 - May 9

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	Reg Super Cinnamon Bun^+	Reg Mini Maple Waffles^+	Reg Poptart & Cheese Stick	Reg Bagel & Cream Cheese	Reg Breakfast Burrito
	GF GF Cereal	GF 2oz 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 Breakfast Burrito using DF Cheese
	GFDFE-LI GF Cereal (trail mix or milk alt.)	GFDFE-LI 2oz GF Muffin & HB Egg	GFDFE-LI GF Cereal (trail mix or milk alt.)	GFDFE-LI GF Bagel+ & HB Egg, PB*	GFDFE-LI GF Breakfast Burrito (DF Cheese)
	DFEF Pop Tart w/DF Yogurt	DFEF Cereal (trail mix or soy milk)	DFEF Pop Tart w/DF Yogurt	DFEF Bagel & PB*	DFEF Pop Tart w/DF Yogurt
	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 Tenders w/GF Grain GF Cheese Quesadilla (GF Tortilla) Cobb Salad w/GF Grain	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 Cheese)	DF-LI Beefy Sloppy Joes DF Build-A-Pizza (Daiya Cheese)	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 Cheese)
	GFDFE-LI GF Hamburger GF Beef Hot Dog	GFDFE-LI GF Chicken Tenders w/GF Grain GF DF Cheese Quesadilla (Daiya 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/DFEF Grain DF Cheese Quesadilla (Daiya) Regular Quesadilla OK for kids with only EF allergy	DFEF Beefy Sloppy Joes DF Build-A-Pizza (Daiya Cheese) Regular Build-A-Pizza OK for kids with only EF allergy	DFEF Chicken Teriyaki w/Brown Rice & Scooby Doo Crackers Tyson DF EF Mini CornDogs Corn Dog ok for kids with only 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 Tenders 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 (frz refried bns) or GF DF Bean & Cheese Burrito PB*, Apple Slices, Seeds, & Scoops or GF Pretzels
	Reg F&V Bar	Reg Salgado Spiced Black Beans	Reg Curly Fries	Reg F&V Bar	Reg Bulk Garden Salad
GF F&V Bar	GF Salgado Spiced Black Beans	GF Curly Fries (McCain's Only)	GF F&V Bar	GF Bulk Garden Salad	
Others F&V Bar	Others Salgado Spiced Black Beans	Others No for Corn & Soy Allergy	Others F&V Bar	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

Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager.

Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese

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

GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn 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 is Turkey Ham from Jennie-O.

Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu

Special Diet Elementary Menu 2024-2025

May 12 - May 16

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
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 & 2oz GF Muffin	GF GF Cereal	GF 2oz 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 w/Super Donut)	DF-LI Muffin & DF Yogurt	DF-LI Ham & Egg Croissant^+ Sandwich
	GFDF-LI GF Cereal (trail mix or milk alt.)	GFDF-LI Sausage & 2oz GF Muffin	GFDF-LI GF Cereal (trail mix or milk alt.)	GFDF-LI 2oz GF Muffin & DF Yogurt	GFDF-LI Ham & Egg on GF Bun
	DFFEF Cereal (trail mix or soy milk) Milk ok for EF	DFFEF Poptart w/DF Yogurt Pancake on Stick ok for DF	DFFEF Cereal (trail mix or soy milk) Milk ok for EF	DFFEF Pop Tart w/DF Yogurt Yogurt ok for EF allergy	DFFEF Cereal (Trail Mix or Soy Milk) 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 (Trail Mix or Soy Milk)
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 Tenders w/GF Grain Cheese Enchiladas Chicken Caesar Salad w/GF Grain	GF GF Apple Cinnamon Toast w/Yogurt & Cheese Stick	GF GF Chicken Tenders 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 (sub DF MMA and DF Yogurt)	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 (Frz pre-made) DF Bean & Cheese Burrito (Daiya)
	GFDF-LI GF DF Grilled Cheese (Daiya) GF Chicken Salad Sandwich	GFDF-LI GF Chckn Tenders w/GF Grain DF Cheese Enchiladas Chicken Caesar Salad (no cheez or DF cheez) w/GF Grain	GFDF-LI GF Apple Cinnamon Toast (sub DF MMA and DF Yogurt)	GFDF-LI GF Chicken Tenders 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 (frz refried bns) or GF DF Bean & Chz 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 Cereal Breakfast Plate (sub DF MMA and DF Yogurt) 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 & Chz Burrito 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 (frz refried bns) or GF DF Bean & Chz 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 Sub vegan Refried Beans	Others F&V Bar	Other Hot Corn	Others F&V Bar Only

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 Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese
 DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts
 GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas

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 Our Ham is Turkey Ham from Jennie-O.
 Chicken Tamales are Gluten, Dairy, & Egg Free.

Special Diet Elementary Menu 2024-2025

May 19 - May 23

Trail Mix = Sunflower Seeds & Dried Fruit

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast	Reg Strawberry Cream Cheese Filled Bagel^	Reg French Toast Stick^+	Reg Cinni Minis^	Reg Cereal	
	GF GF Bagel+ w/Cream Cheese	GF GF French Toast Sticks+	GF GF Cereal	GF GF Cereal	
	DF-LI Bagel & PB* or Jelly or Honey	DF-LI French Toast Stick^+	DF-LI Cinni Minis^	DF-LI Cereal (trail mix or milk alt.)	
	GFDF-LI GF Bagel+ w/PB* & Jelly or Honey	GFDF-LI GF French Toast Sticks+	GFDF-LI GF Cereal (trail mix or milk alt.)	GFDF-LI GF Cereal (trail mix or milk alt.)	
	DFFEF Pop Tart w/DF Yogurt Strawberry C.C. Bagel ok for EF allergy	DFFEF Cereal & (Trail Mix or Soy Milk)	DFFEF Pop Tart w/DF Yogurt Cinni Minis ok for EF allergy	DFFEF 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 Mac & Cheese w/Heartzel Manager's Choice	Reg Chicken Nuggets w/Scoops Manager's Choice	Reg Pizza (Cheese & Pepperoni) Manager's Choice	<div style="border: 1px solid black; padding: 20px; width: 100px; margin: auto;"> HALF DAY NO LUNCH </div>	<div style="border: 1px solid black; padding: 20px; width: 100px; margin: auto;"> HAVE A GREAT SUMMER VACATION!! </div>
	GF GF Mac & Cheese w/GF Pretzels	GF GF Chicken Tenders w/Scoops	GF GF Pizza (cooked)		
	DF-LI DF Bean Burritos	DF-LI Chicken Nuggets w/Scoops	DF-LI DF Pizza (Daiya Cheese)		
	GFDF-LI GF Pasta w/ Marinara Cup or Butter Spray	GFDF-LI GF Chicken Tenders w/GF Crackers or Scoops	GFDF-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust)		
	DFFEF DF Bean Burritos	DFFEF Chicken Nuggets w/Scoops	DFFEF DF Pizza (Daiya Cheese, Loco bread)		
GFDFEF GF Chicken Tenders w/Scoops	GFDFEF GF Chicken Tenders w/Scoops	GFDFEF GF Chicken Tenders w/Scoops			
	Mac & Cheese OK for kids with only EF allergy		Pizza OK for kids with only EF allergy		
Sides	Reg Tater Gems	Reg F&V Bar	Reg F&V Bar		
	GF Tater Gems	GF F&V Bar	GF F&V Bar		
	Other No for Corn & Soy Allergy	Other F&V Bar	Other F&V Bar		

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 Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese
 DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts
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 Our Ham is Turkey Ham from Jennie-O.
 Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu