

Special Diet Elementary Menu 2023-2024

October 2 - October 6

SF &F= Sunflower Seeds & Dried Fruit

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Breakfast	Reg Oatmeal UBR	Reg Pancake on a Stick	Reg Donuts	Reg Ham, Egg & Chz Croissant^+ Sand.	Reg Muffin^+ & Yogurt
	GF GF Cereal	GF Sausage & 1/2 GF Muffin	GF GF Cereal and Yogurt	GF Ham, Egg & Cheese GF Bun	GF 1/2 GF Muffin+ & Yogurt
	DF-LI Oatmeal UBR	DF-LI Pancake on a Stick	DF-LI Donuts	DF-LI Ham & Egg Croissant^+ Sandwich	DF-LI Muffin & HB Egg or PB*
	GFDF-LI GF Cereal (SS & F)	GFDF-LI Sausage & 1/2 GF Muffin	GFDF-LI GF Cereal (SS & F)	GFDF-LI Ham & Egg on GF Bun	GFDF-LI 1/2 GF Muffin & HB Egg or PB*
	DFEF Cereal (SS & F)	DFEF Poptart w/PB* or No Nut Butter	DFEF Cereal (SS & F)	DFEF Pop Tart w/PB* or No Nut Butter	DFEF Cereal (SS & F)
	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)
Lunch	Reg Fun Fish w/Corn Stars Grilled Cheese Sandwich Chicken Salad Croissant^+	Reg Chicken Nuggets w/Heartzel Bean & Cheese Chalupa Chick. Caesar Salad w/Crunch Bar	Reg Super Beef Nachos Breakfast Bread Plate	Reg Popcorn Chicken Meal Pull-Apart Cheesy Bread PB*&J Lunch Pack w/Cheez-Its	Reg Sicilian Cheese Pizza Sicilian Pepperoni Pizza Bean & Cheese Burrito
	GF Grilled Cheese Sandwich on GF Bread Chicken Salad Sandwich on GF Bread or Bun	GF GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Bean & Cheese Pupusa Chicken Caesar Salad w/GF Grain	GF Super Beef Nachos GF Breakfast Bread Plate (sub GF Apple Cinnamon Toast)	GF GF Chicken Tender Bowl w/GF Toast (can use butter spray) PB*&J Lunch Pack on GF Bread w/GF Grain	GF GF Pizza Bean & Cheese Burrito on a GF Flour Tortilla (refried beans)
	DF-LI Fun Fish w/Corn Stars Chicken Salad Croissant^+	DF-LI Chicken Nuggets w/Heartzel Chicken Caesar Salad (no cheese) w/ Crunch Bar (has butter)	DF-LI Breakfast Bread Plate (no yogurt, no cheese, Sub w/2 MMA alt. (see below) Beef Taco Filling w/Chips	DF-LI Popcorn Chicken Meal. Note: Mashed Potatoes have natural falvors with "(Milk)" after. PB&J Lunch Pack w/non-cheese cracker (no cheese, sub DF MMA)	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI Chicken Salad Sandwich on GF Bread or Bun	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Chicken Caesar Salad (no cheese) w/GF Grain	GFDF-LI Beef Taco Filling w/Chips GF Apple Cinnamon Toast and pick 2 from DF-LI section	GFDF-LI GF Chicken Tender Bowl w/GF Toast (can use butter spray) PB*&J Lunch Pack on GF Bread w/GF Grain (no cheese, sub MMA)	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFEF Fun Fish w/DFEF Grain (see below) Chicken Salad Sandwich on reg bread ok for DF allergy	DFEF Chicken Nuggets w/DFEF Grain Chicken Salad w/DF & EF Dressing (Raspberry Vinaigrette, Old Venice Italian) w/DFEF Grain	DFEF Beef Taco Filling w/Chips PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	DFEF Popcorn Chicken w/Corn (no mashed potatoes, no gravy) PB&J Lunch Pack w/DFEF Grain (no cheese, Sub MMA) Note: Mashed Potatoes & Gravy ok for kids w/only EF allergy	DFEF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) Pizza OK for kids with EF allergy
	GFDFEF Mesquite Chicken w/Scoops or GF Pretzels. PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels Chicken Salad & above dressings w/Scoops or GF Pretzels	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders (no potato, no gravy) w/Scoops or GF Pretzel	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels
Sides	Reg F&V Bar	Reg Refried Beans	Reg F&V Bar	Reg Hot Corn & Mashed Potato	Reg Bulk Caesar Salad
	GF F&V Bar	GF Refried Beans	GF F&V Bar	GF Hot Corn & Mashed Potato	GF Bulk Caesar Salad
	Others F&V Bar	Others F&V Bar Only	Others F&V Bar	Others Potato (No for DF) Corn (No for	Others F&V Bar Only
Menu Key	GF Gluten Free	DF-LI Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	GFDF-LI Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	DFEF 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, 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 Grain Options: Scoops & Pretzel DFEF Grains: Scoops, Graham Cracker or Scooby Doo, 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			Students can bring in non-dairy milk from home for dry cereal		

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Breakfast	Reg French Toast Stick+	Reg French Toast Stick+	Reg Cinni Minis^	Reg All American Breakfast (Pancake+^, Egg & Bacon)	Reg Blueberry or Maple Mini Waffles^+
	GF GF French Toast Sticks+	GF GF French Toast Sticks+	GF GF Cereal	GF Egg, Bacon & GF Toast+ (can use butter spray)	GF 1/2 GF Muffin+ & Cheese Stick
	DF-LI French Toast Stick+	DF-LI French Toast Stick+	DF-LI Cinni Minis^	DF-LI All American Breakfast (Pancake+^, Egg & Bacon)	DF-LI Blueberry Mini Waffles^+
	GFDF-LI GF French Toast Sticks+	GFDF-LI GF French Toast Sticks+	GFDF-LI GF Cereal (SS & F)	GFDF-LI Egg, Bacon & GF Toast+ (can use butter spray)	GFDF-LI 1/2 GF Muffin+ & HB Egg
	DFEF Pop Tart w/PB* or No Nut Butter Cup	DFEF Pop Tart w/PB* or No Nut Butter Cup	DFEF Pop Tart w/PB* or No Nut Butter (Cinni Mini ok for EF allergy)	DFEF Cereal (SS & F) w/bacon	DFEF Pop Tart w/PB* or No Nut Butter Cup
	GFDFEF GF Cereal	GFDFEF GF Cereal	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal w/bacon (SS & F)	GFDFEF GF Cereal (SS & F)
Lunch	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>No School Columbus Day/ Indigenous Peoples Day</p> </div>				
	Reg Chicken Nuggets w/Scoops Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops	Reg Chicken Nuggets w/Scoops Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF Tenders) w/Scoops	Reg Cheeseburger Fruit Parfait Manager's Choice	Reg Orange Chicken+ w/Rice Teriyaki Chicken w/Rice Veggie Wrap	Reg Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito
	GF GF ChickenTenders w/GF Grain	GF GF ChickenTenders w/GF Crackers or Scoops	GF Cheeseburger on GF Bun	GF Mesquite Chicken Leg w/GF Grain	GF Bean & Cheese Burrito on a GF Flour Tortilla GF Pizza
	DF-LI Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops	DF-LI Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops	DF-LI Hamburger	DF-LI Orange Chicken w/Rice Teriyaki Chicken w/Rice	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI GF ChickenTenders w/GF Crackers or Scoops	GFDF-LI GF ChickenTenders w/GF Crackers or Scoops	GFDF-LI Hamburger on GF Bun	GFDF-LI Mesquite Chicken Leg w/GF Grain	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFEF Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops (no cheese)	DFEF Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops (no cheese)	DFEF Hamburger Fruit Parfait ok for EF allergy	DFEF Teriyaki Chicken w/Rice	DFEF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDFEF GF Chicken Tenders w/Scoops	GFDFEF GF Chicken Tenders w/Scoops	GFDFEF PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF Mesquite Chicken Leg w/GFDFEF Grain	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels
		Bn & Cheese OK for EF allergy	Cheeseburger OK for EF allergy	Veggie Wrap OK for EF allergy	Pizza OK for kids with EF allergy
Sides	Reg F&V Bar	Reg F&V Bar	Reg F&V Bar	Reg Edamame	Reg Garden Salad
	GF F&V Bar	GF F&V Bar	GF F&V Bar	GF Edamame	GF Garden Salad
	Other F&V Bar	Other F&V Bar	Other F&V Bar	Other No for Soy	Other Garden Salad (no cheese)
Menu Key	GF Gluten Free	DF-LI Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	GFDF-LI Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	DFEF 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, 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 Grain Options: Scoops & Pretzel DFEF Grains: Scoops, Graham Cracker or Scooby Doo, 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			Students can bring in non-dairy milk from home for dry cereal		

Special Diet Elementary Menu 2023-2024

October 16 - October 20

SF &F= Sunflower Seeds & Dried Fruit

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Breakfast	Reg Banana/Pumpkin Bread Slice+	Reg Breakfast Pizza^	Reg Strudel^	Reg Yogurt Smoothie w/Graham Crackers	Reg Benefit Bar^+
	GF GF Apple Cinnamon Toast (Recipe #80623)	GF GF Cereal & Sausage Patty	GF GF Cereal (SS & F)	GF Sausage, Egg & Cheese on GF English Muffin or Bun	GF GF Bagel w/PB* or Choc. No Nut Butter
	DF-LI Banana/Pumpkin Bread Slice+	DF-LI Cereal & Sausage Patty	DF-LI Strudel^	DF-LI Sausage & Egg Muffin Sandwich	DF-LI Benefit Bar^+
	GFDF-LI GF Apple Cinnamon Toast (Recipe #80623)	GFDF-LI GF Cereal & Sausage Patty	GFDF-LI GF Cereal (SS & F)	GFDF-LI Sausage & Egg on GF English Muffin or GF Bun	GFDF-LI GF Bagel w/PB* or Choc. No Nut Butter
	DFEF Pop Tart (Bread Slice ok DF)	DFEF Cereal (Pizza ok for EF allergy)	DFEF Cereal (SS & F)	DFEF Sausage Sandwich (Egg ok for DF)	DFEF Poptart & Choc. No Nut Butter
	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal & Sausage Patty	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal w/Sausage Patty	GFDFEF GF Cereal (SS & F)
Lunch	Reg Chicken Patty Sandwich PB&J Lunch Pack Italiano Sub Sandwich	Reg Chicken Nuggets w/Roll^+ Mac & Cheese w/Roll^+ Antipasto Salad w/Roll^+	Reg Turkey Soft Taco Cereal Breakfast Plate Manager's Choice	<div style="border: 1px solid black; padding: 20px; width: fit-content; margin: auto;"> <p>No Lunch Served - Early Release Parent Teacher Conferences</p> </div>	
	GF PB*&J Lunch Pack on GF Bread w/GF Grain Italiano Sub Sandwich on GF Bun (Hot Dog or Hamburger)	GF GF Chicken Tenders & 1/2 GF Muffin+ Antipasto Salad & 1/2 GF Muffin+	GF Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla GF Cereal Breakfast Plate		
	DF-LI Chicken Patty Sandwich PB&J Lunch Pack w/non-cheese cracker (no cheese, sub DF MMA) Italiano Sub Sandwich (no cheese)	DF-LI Chicken Nuggets w/Roll^+ Antipasto Salad w/Roll^+ (no cheese)	DF-LI Turkey Soft Taco (no cheese)		
	GFDF-LI PB*&J Lunch Pack on GF Bread w/GF Grain (no cheese, sub MMA) Italiano Sub Sandwich on GF Bun (no cheese)	GFDF-LI GF Chicken Tenders & 1/2 GF Muffin+ Antipasto Salad & 1/2 GF Muffin+ (no cheese)	GFDF-LI Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla (no cheese)		
	DFEF Chicken Patty Sandwich PB&J Lunch Pack w/DFEF Grain (no cheese, Sub MMA) Italiano Sub Sandwich (no cheese)	DFEF Chicken Nuggets w/Scoops, Graham Crackers or Scooby Doo Antipasto Salad w/Scoops (no cheese)	DFEF Turkey Soft Taco (no cheese) Turkey Taco Meat w/Scoops		
	GFDFEF Mesquite Chicken Leg w/GFDFFEF Grain PB*, Apple Slices, Seeds, Hummus, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders w/Scoops (1/2 GF Muffin ok for DF allergy) Antipasto Salad w/Scoops (no cheese)	GFDFEF Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla (no cheese)		
Sides	Reg F&V Bar	Reg F&V Bar	Reg Zesty Kidney Bean Salad		
	GF F&V Bar	GF F&V Bar	GF Zesty Kidney Bean Salad		
	Others F&V Bar	Others F&V Bar	Others Zesty Kidney Bean Salad (No Corn)		
Menu Key	GF Gluten Free	DF-LI Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	GFDF-LI Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	DFEF 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, 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 Grain Options: Scoops & Pretzel DFEF Grains: Scoops, Graham Cracker or Scooby Doo, 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			Students can bring in non-dairy milk from home for dry cereal		

Special Diet Elementary Menu 2023-2024

October 23 - October 27

SF &F= Sunflower Seeds & Dried Fruit

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breakfast	Reg Super Bun^+	Reg Apple Cinnamon Toast^	Reg Poptart & Cheese Stick	Reg Breakfast Taco (Ham, Egg & Cheese)	Reg Bagel & Cream Cheese
	GF GF Cereal	GF 1/2 GF Muffin+ & Cheese Stick	GF GF Cereal & Cheese Stick	GF Breakfast Taco (GF Tortillas)	GF GF Bagel+ & Cream Cheese
	DF-LI Super Bun^+	DF-LI Blueberry Mini Waffles^+	DF-LI Poptart & Apple Slices with Chocolate No Nut Butter	DF-LI Breakfast Taco (no cheese)	DF-LI Bagel & PB* & Jelly
	GFDF-LI GF Cereal (SS & F)	GFDF-LI 1/2 GF Muffin+ & HB Egg	GFDF-LI GF Cereal (SS & F)	GFDF-LI Breakfast Taco (no cheese on GF Flour or Corn Tortilla)	GFDF-LI GF Bagel+ & HB Egg, PB*, or Chocolate No Nut Butter
	DFEF Pop Tart w/PB* or No Nut Butter	DFEF Pop Tart w/PB* or No Nut Butter Cup	DFEF Poptart & Apple Slices with Chocolate No Nut Butter	DFEF Cereal (SS & F) (Brkfst Taco no cheese ok only DF)	DFEF Bagel & PB* or Chocolate No Nut Butter
	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)
Lunch	Reg Hamburger Bean & Cheese Burrito Ham & Cheese Sandwich	Reg Chicken Nuggets w/Cheeze-Its Cheese Quesadilla Cobb Salad w/Crunch Bar^	Reg Beef Hot Dog Build-A-Pizza Manager's Choice	Reg Chicken Alfredo w/Texas Toast Mini Corn Dogs + Bagel Breakfast Box	Reg The MAX Cheese Pizza Stick The MAX Pepperoni Pizza Stick Bean & Cheese Burrito
	GF GF Hamburger Bean & Cheese Burrito on a GF Flour Tortilla GF Ham & Cheese Sandwich	GF GF Chicken Tenders w/GF Grain Cheese Quesadilla on GF Flour or Corn Tortilla Cobb Salad w/GF Grain	GF Beef Hot Dog on a GF Bun GF Build-A-Pizza	GF WHEN AVAILABLE...TBD: Gluten Free Pasta w/Chicken Alfredo & GF Toast (can use garlic spray) GF Bagel Breakfast Box	GF GF Pizza Bean & Cheese Burrito on a GF Flour Tortilla
	DF-LI Hamburger Ham Sandwich	DF-LI Cobb Salad w/Crunch Bar^ (no Chicken Nuggets w/Scooby Snacks	DF-LI Beef Hot Dog	DF-LI Bagel Buddy Box (Bagel, Sunbutter, Choc. No Nut Butter) Mini Corn Dogs	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI GF Hamburger GF Ham Sandwich	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Cobb Salad (no cheese) w/Scoops, GF Pretzels, or GF Crackers	GFDF-LI Beef Hot Dog on a GF Bun	GFDF-LI Mequite Chicken Leg w/GF Toast (can use garlic spray) GF Bagel Buddy Box (GF Bagel, Choc. No Nut Butter, Sunbutter)	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFEF Hamburger Ham Sandwich	DFEF Chicken Nuggets w/Scoops, Scooby Doo, or Graham Crackers Cobb Salad (no egg, no cheese, double meat) w/DFEF Grain	DFEF Beef Hot Dog <div style="border: 1px dashed black; padding: 2px; display: inline-block;">Note- Build-A-Pizza ok for kids with only EF allergy</div>	DFEF Mequite Chicken Leg w/Toast (can use garlic spray) Chicken Alfredo ok for EF allergy Bagel Buddy Box (Bagel, Chocolate No Nut Butter, Sunbutter)	DFEF Deli Meat Sandwich (no cheese, choose on of above deli meats) <div style="border: 1px dashed black; padding: 2px; display: inline-block;">Pizza OK for kids with EF allergy</div>
	GFDFEF Hamburger Patty in Lettuce Wrap w/GFDFEF Grain PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF Gluten Free Chicken Tenders w/Scoops or GF Pretzels	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF Mequite Chicken Leg w/Scoops or GF Pretzels PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops
Sides	Reg Crinkle Cut Fries	Reg	Reg Corn & Black Bean Salad	Reg F&V Bar	Reg Bulk Southwest Salad
	GF Crinkle Cut Fries	GF	GF Corn & Black Bean Salad	GF F&V Bar	GF Bulk Southwest Salad
	Others No for Corn/Soy Allergy	Others	Others No for Corn Allergy	Others F&V Bar	Others No for Corn Allergy
Menu Key	GF Gluten Free	DF-LI Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	GFDF-LI Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	DFEF 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, 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 Grain Options: Scoops & Pretzel DFEF Grains: Scoops, Graham Cracker or Scooby Doo, 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			Students can bring in non-dairy milk from home for dry cereal		

Special Diet Elementary Menu 2023-2024

October 30 - November 3

SF &F= Sunflower Seeds & Dried Fruit

	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
Breakfast	Reg Oatmeal UBR	Reg Pancake on a Stick	Reg Donuts	Reg Ham, Egg & Cheese Croissant^+ Sand.	Reg Muffin^+ & Yogurt
	GF GF Cereal	GF Sausage & 1/2 GF Muffin	GF GF Cereal and Yogurt	GF Ham, Egg & Cheese GF Bun	GF 1/2 GF Muffin+ & Yogurt
	DF-LI Oatmeal UBR	DF-LI Pancake on a Stick	DF-LI Donuts	DF-LI Ham & Egg Croissant^+ Sandwich	DF-LI Muffin & HB Egg or PB*
	GFDF-LI GF Cereal (SS & F)	GFDF-LI Sausage & 1/2 GF Muffin	GFDF-LI GF Cereal (SS & F)	GFDF-LI Ham & Egg on GF Bun	GFDF-LI 1/2 GF Muffin & HB Egg or PB*
	DFEF Cereal (SS & F)	DFEF Cereal (SS & F)	DFEF Cereal (SS & F)	DFEF Pop Tart w/PB* or No Nut Butter	DFEF Cereal (SS & F)
	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)	GFDFEF GF Cereal (SS & F)
Lunch	Reg Fun Fish w/Corn Stars Grilled Cheese Sandwich Chicken Salad Croissant^+	Reg Chicken Nuggets w/Heartzel Bean & Cheese Chalupa Chick. Caesar Salad w/Crunch Bar	Reg Super Beef Nachos Breakfast Bread Plate	Reg Popcorn Chicken Meal Mike's Cheesy Bites PB*&J Lunch Pack w/Goldfish	Reg Sicilian Cheese Pizza Sicilian Pepperoni Pizza Bean & Cheese Burrito
	GF Grilled Cheese Sandwich on GF Bread Chicken Salad Sandwich on GF Bread or Bun	GF GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Bean & Cheese Pupusa Chicken Caesar Salad w/GF Grain	GF Super Beef Nachos GF Breakfast Bread Plate (sub GF Apple Cinnamon Toast)	GF GF Chicken Tender Bowl w/GF Toast (can use butter spray) PB*&J Lunch Pack on GF Bread w/GF Grain	GF GF Pizza Bean & Cheese Burrito on a GF Flour Tortilla (refried beans)
	DF-LI Fun Fish w/Corn Stars Chicken Salad Croissant^+	DF-LI Chicken Nuggets w/Heartzel Chicken Caesar Salad (no cheese) w/ Crunch Bar (has butter)	DF-LI Breakfast Bread Plate (no yogurt, no cheese, Sub w/2 MMA alt. (see below) Beef Taco Filling w/Chips	DF-LI Popcorn Chicken Meal. Note: Mashed Potatoes have natural flavors with "(Milk)" after. PB&J Lunch Pack w/non-cheese cracker (no cheese, sub DF MMA)	DF-LI Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	GFDF-LI Chicken Salad Sandwich on GF Bread or Bun	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Chicken Caesar Salad (no cheese) w/GF Grain	GFDF-LI Beef Taco Filling w/Chips GF Apple Cinnamon Toast and pick 2 from DF-LI section	GFDF-LI GF Chicken Tender Bowl w/GF Toast (can use butter spray) PB*&J Lunch Pack on GF Bread w/GF Grain (no cheese, sub MMA)	GFDF-LI Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	DFEF Fun Fish w/DFEF Grain (see below) Chicken Salad Sandwich on reg bread ok for DF allergy	DFEF Chicken Nuggets w/DFEF Grain Chicken Salad w/DF & EF Dressing (Raspberry Vinaigrette, Old Venice Italian) w/DFEF Grain	DFEF Beef Taco Filling w/Chips PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	DFEF Popcorn Chicken w/Corn (no mashed potatoes, no gravy) PB&J Lunch Pack w/DFEF Grain (no cheese, Sub MMA) Note- Mashed Potatoes & Gravy ok for kids w/only EF allergy	DFEF Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) Pizza OK for kids with EF allergy
	GFDFEF Mesquite Chicken w/Scoops or GF Pretzels. PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels Chicken Salad & above dressings w/Scoops or GF Pretzels	GFDFEF PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	GFDFEF GF Chicken Tenders (no potato, no gravy) w/Scoops or GF Pretzel	GFDFEF Mesquite Chicken w/Scoops or GF Pretzels. PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels
Sides	Reg F&V Bar	Reg Refried Beans	Reg F&V Bar	Reg Hot Corn & Mashed Potato	Reg Bulk Caesar Salad
	GF F&V Bar	GF Refried Beans	GF F&V Bar	GF Hot Corn & Mashed Potato	GF Bulk Caesar Salad
	Others F&V Bar	Others F&V Bar Only	Others F&V Bar	Others Potato (No for DF) Corn (No for Corn)	Others F&V Bar Only
Menu Key	GF Gluten Free	DF-LI Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	GFDF-LI Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	DFEF 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, 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 Grain Options: Scoops & Pretzel DFEF Grains: Scoops, Graham Cracker or Scooby Doo, 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			Students can bring in non-dairy milk from home for dry cereal		