

Special Diet Elementary Menu 2023-2024

September 4 - September 8

SF &F= Sunflower Seeds & Dried Fruit

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Breakfast	<b>Reg</b> Pancake on a Stick	<b>Reg</b> Pancake on a Stick	<b>Reg</b> Donuts	<b>Reg</b> Ham, Egg & Cheese Croissant^+ Sand.	<b>Reg</b> Muffin^+ & Yogurt
	<b>GF</b> Sausage & 1/2 GF Muffin	<b>GF</b> Sausage & 1/2 GF Muffin	<b>GF</b> GF Cereal and Yogurt	<b>GF</b> Ham, Egg & Cheese GF Bun	<b>GF</b> 1/2 GF Muffin+ & Yogurt
	<b>DF-LI</b> Pancake on a Stick	<b>DF-LI</b> Pancake on a Stick	<b>DF-LI</b> Donuts	<b>DF-LI</b> Ham & Egg Croissant^+ Sandwich	<b>DF-LI</b> Muffin & HB Egg or PB*
	<b>GFDF-LI</b> Sausage & 1/2 GF Muffin	<b>GFDF-LI</b> Sausage & 1/2 GF Muffin	<b>GFDF-LI</b> GF Cereal (SS & F)	<b>GFDF-LI</b> Ham & Egg on GF Bun	<b>GFDF-LI</b> 1/2 GF Muffin & HB Egg or PB*
	<b>Dfef</b> Cereal (SS & F)	<b>Dfef</b> Cereal (SS & F)	<b>Dfef</b> Cereal (SS & F)	<b>Dfef</b> Pop Tart w/PB* or No Nut Butter	<b>Dfef</b> Cereal (SS & F)
	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)
Lunch	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="font-size: 24px; font-weight: bold; text-align: center;">No School Labor Day</p> </div>				
	<b>Reg</b> Chicken Nuggets w/Heartzel Cheese Enchiladas Chick. Caesar Salad w/Crunch Bar	<b>Reg</b> Super Beef Nachos Breakfast Bread Plate	<b>Reg</b> Super Beef Nachos Breakfast Bread Plate	<b>Reg</b> Popcorn Chicken Meal Pull-Apart Cheesy Bread PB*&J Lunch Pack w/Cheez-Its	<b>Reg</b> Sicilian Cheese Pizza Sicilian Pepperoni Pizza Bean & Cheese Burrito
	<b>GF</b> GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Cheese Enchiladas Chicken Caesar Salad w/GF Grain	<b>GF</b> Super Beef Nachos GF Breakfast Bread Plate (sub GF Apple Cinnamon Toast)	<b>GF</b> Super Beef Nachos GF Breakfast Bread Plate (sub GF Apple Cinnamon Toast)	<b>GF</b> GF Chicken Tender Bowl w/GF Toast (can use butter spray) PB*&J Lunch Pack on GF Bread w/GF Grain	<b>GF</b> GF Pizza Bean & Cheese Burrito on a GF Flour Tortilla (refried beans)
	<b>DF-LI</b> Chicken Nuggets w/Heartzel  Chicken Caesar Salad (no cheese) w/ Crunch Bar (has butter)	<b>DF-LI</b> Breakfast Bread Plate (no yogurt, no cheese, Sub w/2 MMA alt. (see below) Beef Taco Filling w/Chips	<b>DF-LI</b> Breakfast Bread Plate (no yogurt, no cheese, Sub w/2 MMA alt. (see below) Beef Taco Filling w/Chips	<b>DF-LI</b> 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)	<b>DF-LI</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDF-LI</b> GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Chicken Caesar Salad (no cheese) w/GF Grain	<b>GFDF-LI</b> Beef Taco Filling w/Chips  GF Apple Cinnamon Toast and pick 2 from DF-LI section	<b>GFDF-LI</b> Beef Taco Filling w/Chips  GF Apple Cinnamon Toast and pick 2 from DF-LI section	<b>GFDF-LI</b> 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)	<b>GFDF-LI</b> Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>Dfef</b> Chicken Nuggets w/Dfef Grain  Chicken Salad w/DF & EF Dressing (Raspberry Vinaigrette, Old Venice Italian) w/Dfef Grain	<b>Dfef</b> Beef Taco Filling w/Chips  PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>Dfef</b> Beef Taco Filling w/Chips  PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>Dfef</b> Popcorn Chicken w/Corn (no mashed potatoes, no gravy) PB&J Lunch Pack w/Dfef Grain (no cheese, Sub MMA)	<b>Dfef</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDFEF</b> GF Chicken Tenders w/Scoops or GF Pretzels Chicken Salad & above dressings w/Scoops or GF Pretzels	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> GF Chicken Tenders (no potato, no gravy) w/Scoops or GF Pretzel	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels
Sides	<b>Reg</b> Refried Beans	<b>Reg</b> Refried Beans	<b>Reg</b> F&V Bar	<b>Reg</b> Hot Corn & Mashed Potato	<b>Reg</b> Bulk Caesar Salad
	<b>GF</b> Refried Beans	<b>GF</b> Refried Beans	<b>GF</b> F&V Bar	<b>GF</b> Hot Corn & Mashed Potato	<b>GF</b> Bulk Caesar Salad
	<b>Others</b> F&V Bar Only	<b>Others</b> F&V Bar Only	<b>Others</b> F&V Bar	<b>Others</b> Potato (No for DF) Corn (No for Corn)	<b>Others</b> F&V Bar Only
Menu Key	<b>GF</b> Gluten Free	<b>DF-LI</b> Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>GFDF-LI</b> Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>Dfef</b> Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredients)	<b>GFDFEF</b> 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

September 11 - September 15

SF &F= Sunflower Seeds & Dried Fruit

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfast	<b>Reg</b> Strawberry Cream Cheese Filled Bagel^	<b>Reg</b> French Toast Stick+	<b>Reg</b> Cinni Minis^	<b>Reg</b> All American Breakfast (Pancake+^, Egg & Bacon)	<b>Reg</b> Blueberry Mini Waffles^+
	<b>GF</b> GF Bagel+ w/Cream Cheese	<b>GF</b> GF French Toast Sticks+	<b>GF</b> GF Cereal	<b>GF</b> Egg, Bacon & GF Toast+ (can use butter spray)	<b>GF</b> 1/2 GF Muffin+ & Cheese Stick
	<b>DF-LI</b> Bagel & PB* or Jelly or No Nut Butter	<b>DF-LI</b> French Toast Stick+	<b>DF-LI</b> Cinni Minis^	<b>DF-LI</b> All American Breakfast (Pancake+^, Egg & Bacon)	<b>DF-LI</b> Blueberry Mini Waffles^+
	<b>GFDF-LI</b> GF Bagel+ w/PB* & Jelly or No Nut Butter	<b>GFDF-LI</b> GF French Toast Sticks+	<b>GFDF-LI</b> GF Cereal (SS & F)	<b>GFDF-LI</b> Egg, Bacon & GF Toast+ (can use butter spray)	<b>GFDF-LI</b> 1/2 GF Muffin+ & HB Egg
	<b>DFEF</b> Cereal & (SS & F)	<b>DFEF</b> Pop Tart w/PB* or No Nut Butter Cup	<b>DFEF</b> Pop Tart w/PB* or No Nut Butter Cup	<b>DFEF</b> Cereal (SS & F) w/bacon	<b>DFEF</b> Pop Tart w/PB* or No Nut Butter Cup
	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal w/bacon (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)
Lunch	<b>Reg</b> Corn Dog+ Pretzel Dipper w/Cheese Turkey & Cheese Croissant	<b>Reg</b> Chicken Nuggets w/Scoops Beans & Cheese w/Scoops Fiesta Chicken Salad w/Scoops	<b>Reg</b> Cheeseburger Fruit Parfait Manager's Choice	<b>Reg</b> Orange Chicken+ w/Rice Teriyaki Chicken w/Rice Veggie Wrap	<b>Reg</b> Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Bean & Cheese Burrito
	<b>GF</b> GF Pretzels w/Cheese (Cheese Dip & Cheese Stick Stick) GF Turkey & Cheese Sandwich	<b>GF</b> GF ChickenTenders w/GF Grain  Beans & Cheese w/Scoops GF Fiesta Chicken Salad (GF Tenders) w/Scoops	<b>GF</b> Cheeseburger on GF Bun  Fruit Parfait	<b>GF</b> Mesquite Chicken Leg w/GF Grain  Veggie Wrap on GF Flour Tortilla	<b>GF</b> Bean & Cheese Burrito on a GF Flour Tortilla GF Pizza
	<b>DF-LI</b> Corn Dog+ Turkey Croissant Sandwich	<b>DF-LI</b> Chicken Nuggets w/Scoops Fiesta Chicken Salad w/Scoops	<b>DF-LI</b> Hamburger	<b>DF-LI</b> Orange Chicken w/Rice Teriyaki Chicken w/Rice	<b>DF-LI</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDF-LI</b> GF Ham Sandwich on GF Bread or Bun	<b>GFDF-LI</b> GF ChickenTenders w/GF Crackers or Scoops	<b>GFDF-LI</b> Hamburger on GF Bun	<b>GFDF-LI</b> Mesquite Chicken Leg w/GF Grain	<b>GFDF-LI</b> Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>DFEF</b> Ham Sandwich	<b>DFEF</b> Chicken Nuggets w/Scoops or Graham Cracker (no Scooby Doo)	<b>DFEF</b> Hamburger	<b>DFEF</b> Teriyaki Chicken w/Rice	<b>DFEF</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDFEF</b> PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> GF Chicken Tenders w/Scoops	<b>GFDFEF</b> PB*/Choc. No Nut Butter Cup, Apple Slices, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> Mesquite Chicken Leg w/GFDFEF Grain	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops or GF Pretzels
Sides	<b>Reg</b> Tater Tots	<b>Reg</b> F&V Bar	<b>Reg</b> F&V Bar	<b>Reg</b> Edamame	<b>Reg</b> Garden Salad
	<b>GF</b> Tater Tots	<b>GF</b> F&V Bar	<b>GF</b> F&V Bar	<b>GF</b> Edamame	<b>GF</b> Garden Salad
	<b>Other</b> Tater Tots no for Soy/Corn	<b>Other</b> F&V Bar	<b>Other</b> F&V Bar	<b>Other</b> No for Soy	<b>Other</b> Garden Salad (no cheese)
Menu Key	<b>GF</b> Gluten Free	<b>DF-LI</b> Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>GFDF-LI</b> Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>DFEF</b> Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredients)	<b>GFDFEF</b> 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		

Pizza OK for kids with EF allergy

Special Diet Elementary Menu 2023-2024

September 18 - September 22

SF &F= Sunflower Seeds & Dried Fruit

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfast	<b>Reg</b> Banana/Pumpkin Bread Slice+	<b>Reg</b> Breakfast Pizza^	<b>Reg</b> Strudel^	<b>Reg</b> SEC Muffin Sandwich	<b>Reg</b> Benefit Bar
	<b>GF</b> GF Apple Cinnamon Toast (Recipe #80623)	<b>GF</b> GF Cereal & Sausage Patty	<b>GF</b> GF Cereal (SS & F)	<b>GF</b> Sausage, Egg & Cheese on GF English Muffin or Bun	<b>GF</b> GF Bagel w/PB* or Choc. No Nut Butter
	<b>DF-LI</b> Banana/Pumpkin Bread Slice+	<b>DF-LI</b> Cereal & Sausage Patty	<b>DF-LI</b> Strudel^	<b>DF-LI</b> Sausage & Egg Muffin Sandwich	<b>DF-LI</b> Benefit Bar
	<b>GFDF-LI</b> GF Apple Cinnamon Toast (Recipe #80623)	<b>GFDF-LI</b> GF Cereal & Sausage Patty	<b>GFDF-LI</b> GF Cereal (SS & F)	<b>GFDF-LI</b> Sausage & Egg on GF English Muffin or GF Bun	<b>GFDF-LI</b> GF Bagel w/PB* or Choc. No Nut Butter
	<b>DFEF</b> Pop Tart (Bread Slice ok DF)	<b>DFEF</b> Cereal (Pizza ok for EF allergy)	<b>DFEF</b> Cereal (SS & F)	<b>DFEF</b> Sausage Sandwich (Egg ok for DF)	<b>DFEF</b> Poptart & Choc. No Nut Butter
	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal & Sausage Patty	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal w/Sausage Patty	<b>GFDFEF</b> GF Cereal (SS & F)
Lunch	<b>Reg</b> Chicken Patty Sandwich PB&J Lunch Pack Italiano Sub Sandwich	<b>Reg</b> Chicken Nuggets w/Roll^+ Mac & Cheese w/Roll^+ Antipasto Salad w/Roll^+	<b>Reg</b> Turkey Soft Taco Cereal Breakfast Plate Manager's Choice	<b>Reg</b> Frenchy's Brunch Grilled Cheese Sandwich Hearts & Hummus Box	<b>Reg</b> Cheese Pizza Slice Pepperoni Pizza Slice Bean & Cheese Burrito
	<b>GF</b> PB*&J Lunch Pack on GF Bread w/GF Grain Italiano Sub Sandwich on GF Bun (Hot Dog or Hamburger)	<b>GF</b> GF Chicken Tenders & 1/2 GF Muffin+ Antipasto Salad & 1/2 GF Muffin+	<b>GF</b> Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla GF Cereal Breakfast Plate	<b>GF</b> GF French Toast w/Breakfast Turkey Sausage GF Grilled Cheese Sandwich GF Pretzel & Hummus Box	<b>GF</b> GF Pizza  Bean & Cheese Burrito on a GF Flour Tortilla
	<b>DF-LI</b> Chicken Patty Sandwich PB&J Lunch Pack w/non-cheese cracker (no cheese, sub DF MMA) Italiano Sub Sandwich (no cheese)	<b>DF-LI</b> Chicken Nuggets w/Roll^+ Antipasto Salad w/Roll^+ (no cheese)	<b>DF-LI</b> Turkey Soft Taco (no cheese)	<b>DF-LI</b> Frenchy's Brunch Hearts & Hummus Box (no cheese, sub DF MMA Option)	<b>DF-LI</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDF-LI</b> PB*&J Lunch Pack on GF Bread w/GF Grain (no cheese, sub MMA) Italiano Sub Sandwich on GF Bun (no cheese)	<b>GFDF-LI</b> GF Chicken Tenders & 1/2 GF Muffin+ Antipasto Salad & 1/2 GF Muffin+ (no cheese)	<b>GFDF-LI</b> Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla (no cheese)	<b>GFDF-LI</b> Frenchy's Brunch GF Pretzel & Hummus Box (no cheese, sub DF MMA Option)	<b>GFDF-LI</b> Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>DFEF</b> Chicken Patty Sandwich PB&J Lunch Pack w/DFEF Grain (no cheese, Sub MMA) Italiano Sub Sandwich (no cheese)	<b>DFEF</b> Chicken Nuggets w/Scoops, Graham Crackers or Scooby Doo Antipasto Salad w/Scoops (no cheese)	<b>DFEF</b> Turkey Soft Taco (no cheese) Turkey Taco Meat w/Scoops	<b>DFEF</b> Hearts & Hummus Box (no cheese, sub DF MMA Option) French Toast OK for kids with only DF allergy Grilled Cheese OK for EF allergy	<b>DFEF</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat) Pizza OK for kids with EF allergy
	<b>GFDFEF</b> Mesquite Chicken Leg w/GFDFEF Grain PB*, Apple Slices, Seeds, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> GF Chicken Tenders w/Scoops (1/2 GF Muffin ok for DF allergy) Antipasto Salad w/Scoops (no cheese)	<b>GFDFEF</b> Turkey Soft Taco using a GF Flour Tortilla or Corn Tortilla (no cheese)	<b>GFDFEF</b> GF Pretzel & Hummus Box (no cheese, sub DF MMA Option) PB*, Apple Slices, Seeds, Hummus, & Scoops or GF Pretzels	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops
Sides	<b>Reg</b> F&V Bar	<b>Reg</b> F&V Bar	<b>Reg</b> Zesty Kidney Bean Salad	<b>Reg</b> Hashbrowns & Juice	<b>Reg</b> Caesar Salad
	<b>GF</b> F&V Bar	<b>GF</b> F&V Bar	<b>GF</b> Zesty Kidney Bean Salad	<b>GF</b> Hashbrowns & Juice	<b>GF</b> Caesar Salad
	<b>Others</b> F&V Bar	<b>Others</b> F&V Bar	<b>Others</b> Zesty Kidney Bean Salad (No Corn)	<b>Others</b> Hashbrowns & Juice (No Corn/Soy)	<b>Others</b> No Caesar Salad (egg & dairy)
Menu Key	<b>GF</b> Gluten Free	<b>DF-LI</b> Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>GFDF-LI</b> Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)	<b>DFEF</b> Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredients)	<b>GFDFEF</b> 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	

Special Diet Elementary Menu 2023-2024

September 25 - September 29

SF &F= Sunflower Seeds & Dried Fruit

	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfast	<b>Reg</b> Super Bun^+	<b>Reg</b> Blueberry Mini Waffles^+	<b>Reg</b> Poptart & Cheese Stick	<b>Reg</b> Breakfast Taco (Ham, Egg & Cheese)	<b>Reg</b> Bagel & Cream Cheese
	<b>GF</b> GF Cereal	<b>GF</b> 1/2 GF Muffin+ & Cheese Stick	<b>GF</b> GF Cereal & Cheese Stick	<b>GF</b> Breakfast Taco (GF Tortillas)	<b>GF</b> GF Bagel+ & Cream Cheese
	<b>DF-LI</b> Super Bun^+	<b>DF-LI</b> Blueberry Mini Waffles^+	<b>DF-LI</b> Poptart & Apple Slices with Chocolate No Nut Butter	<b>DF-LI</b> Breakfast Taco (no cheese)	<b>DF-LI</b> Bagel & PB* & Jelly
	<b>GFDF-LI</b> GF Cereal (SS & F)	<b>GFDF-LI</b> 1/2 GF Muffin+ & HB Egg	<b>GFDF-LI</b> GF Cereal (SS & F)	<b>GFDF-LI</b> Breakfast Taco (no cheese on GF Flour or Corn Tortilla)	<b>GFDF-LI</b> GF Bagel+ & HB Egg, PB*, or Chocolate No Nut Butter
	<b>DFFEF</b> Pop Tart w/PB* or No Nut Butter	<b>DFFEF</b> Pop Tart w/PB* or No Nut Butter Cup	<b>DFFEF</b> Poptart & Apple Slices with Chocolate No Nut Butter	<b>DFFEF</b> Cereal (SS & F) (Brkfst Taco no cheese ok only DF)	<b>DFFEF</b> Bagel & PB* or Chocolate No Nut Butter
	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)	<b>GFDFEF</b> GF Cereal (SS & F)
Lunch	<b>Reg</b> Hamburger Bean & Cheese Burrito Ham & Cheese Sandwich	<b>Reg</b> Chicken Nuggets w/Cheeze-Its Cheese Quesadilla Cobb Salad w/Crunch Bar^	<b>Reg</b> Beef Hot Dog Build-A-Pizza Manager's Choice	<b>Reg</b> Chicken Alfredo w/Texas Toast Mini Corn Dogs Bagel Breakfast Box	<b>Reg</b> The MAX Cheese Pizza Stick The MAX Pepperoni Pizza Stick Bean & Cheese Burrito
	<b>GF</b> GF Hamburger Bean & Cheese Burrito on a GF Flour Tortilla GF Ham & Cheese Sandwich	<b>GF</b> GF Chicken Tenders w/GF Grain Cheese Quesadilla on GF Flour or Corn Tortilla Cobb Salad w/GF Grain	<b>GF</b> Beef Hot Dog on a GF Bun GF Build-A-Pizza	<b>GF</b> <b>WHEN AVAILABLE...TBD:</b> Gluten Free Pasta w/Chicken Alfredo & GF Toast (can use garlic spray) GF Bagel Breakfast Box	<b>GF</b> GF Pizza Bean & Cheese Burrito on a GF Flour Tortilla
	<b>DF-LI</b> Hamburger Ham Sandwich	<b>DF-LI</b> Cobb Salad w/Crunch Bar^ (no Chicken Nuggets w/Scooby Snacks	<b>DF-LI</b> Beef Hot Dog	<b>DF-LI</b> Bagel Buddy Box (Bagel, Sunbutter, Choc. No Nut Butter) Mini Corn Dogs	<b>DF-LI</b> Deli Meat Sandwich (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>GFDF-LI</b> GF Hamburger GF Ham Sandwich	<b>GFDF-LI</b> GF Chicken Tenders w/Scoops, GF Pretzels, or GF Crackers Cobb Salad (no cheese) w/Scoops, GF Pretzels, or GF Crackers	<b>GFDF-LI</b> Beef Hot Dog on a GF Bun	<b>GFDF-LI</b> Mequite Chicken Leg w/GF Toast (can use garlic spray) GF Bagel Buddy Box (GF Bagel, Choc. No Nut Butter, Sunbutter)	<b>GFDF-LI</b> Deli Meat Sandwich on GF Bread (no cheese, choose between Ham, Turkey or Turkey Italian Meat)
	<b>DFFEF</b> Hamburger Ham Sandwich	<b>DFFEF</b> Chicken Nuggets w/Scoops, Scooby Doo, or Graham Crackers Cobb Salad (no egg, no cheese, double meat) w/DFFEF Grain	<b>DFFEF</b> 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>	<b>DFFEF</b> Mequite Chicken Leg w/Toast (can use garlic spray) Bagel Buddy Box (Bagel, Chocolate No Nut Butter, Sunbutter)	<b>DFFEF</b> 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>
	<b>GFDFEF</b> Hamburger Patty in Lettuce Wrap w/GFDFEF Grain PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	<b>GFDFEF</b> Gluten Free Chicken Tenders w/Scoops or GF Pretzels	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	<b>GFDFEF</b> Mequite Chicken Leg w/Scoops or GF Pretzels PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops	<b>GFDFEF</b> PB* &/or Choc. No Nut Butter, Apple Slices, Hummus, & Scoops
Sides	<b>Reg</b> Crinkle Cut Fries	<b>Reg</b>	<b>Reg</b> Corn & Black Bean Salad	<b>Reg</b> F&V Bar	<b>Reg</b> Bulk Southwest Salad
	<b>GF</b> Crinkle Cut Fries	<b>GF</b>	<b>GF</b> Corn & Black Bean Salad	<b>GF</b> F&V Bar	<b>GF</b> Bulk Southwest Salad
	<b>Others</b> No for Corn/Soy Allergy	<b>Others</b>	<b>Others</b> No for Corn Allergy	<b>Others</b> F&V Bar	<b>Others</b> No for Corn Allergy
Menu Key	<b>GF</b> <b>Gluten Free</b>	<b>DF-LI</b> <b>Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)</b>	<b>GFDF-LI</b> <b>Gluten Free, Dairy Free Lactose Intolerance (no cheese, no yogurt, no milk)</b>	<b>DFFEF</b> <b>Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredients)</b>	<b>GFDFEF</b> <b>Gluten Free, Dairy Free, Egg Free (no dairy/milk derivatives or egg ingredient)</b>
	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      DFFEF 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		