

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>No School Labor Day</b></p> </div>		<b>Reg</b> Walking Turkey Tacos w/Mexican Rice  <b>GF</b> Walking Turkey Tacos w/Mexican Rice  <b>DF-LI</b> Turkey Taco Filling w/Scoops & Mexican Rice (lettuce & tomato side)  <b>GFDF-LI</b> Taco Beef Filling w/Scoops (lettuce & tomato side)  Possible Breakfast Sandwich - GF Bun+/Bread+, no Cheese  <b>DFEF</b> Taco Beef Filling w/Scoops (lettuce & tomato side)  <b>GFDFEF</b> Taco Beef Filling w/Scoops (lettuce & tomato side)  Choose from daily options	<b>Reg</b> Possible Breakfast Sandwich  Possible Frenchy's Brunch  <b>GF</b> Breakfast Sandwich - Use GF Bun+ or GF Bread+  GF French Toast & Sausage  <b>DF-LI</b> Breakfast Sandwich - No Cheese  French Toast & Sausage  <b>GFDF-LI</b> Breakfast Sandwich - Use GF Bun+ or GF Bread+, no cheese  GF French Toast & Sausage  <b>DFEF</b> Choose from daily options  Breakfast Sandwiches, no cheese, on English Muffin ok for DF Allergy  <b>GFDFEF</b> Choose from daily options	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)  Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette  <b>GF</b> GF Chicken Tenders & Mashed Potatoes^ w/CK Gravy and GF Crackers+  Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette  <b>DF-LI</b> Mashed Potato Bowl^  Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette  <b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers  Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette  <b>DFEF</b> Popcorn Chicken & Corn w/Graham Cracker, Honey Bear Cracker or Scoops  <div style="border: 2px dashed black; padding: 2px; text-align: center; font-size: small;">                         Note- Mashed Potatoes &amp; Gravy ok for kids with GF &amp;/or EF allergy                     </div> Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette  <b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops  Strawberry Chicken Spinach Salad w/Raspberry Vinaigrette	<b>Reg</b> Chili Cheese Dog (Beef Frank, JTM Bagged Chili w/Beans)  Chili Cheeseburger (Beef patty & JTM Bagged Chili w/Beans)  <b>GF</b> Chili Cheese Dog on GF Hot Dog Bun  Chili Cheeseburger on GF Hamburger Bun  <b>DF-LI</b> Chili Dog (No cheese)  Chili Burger (No cheese)  <b>GFDF-LI</b> Chili Dog on GF Hot Dog Bun  Chili Burger on GF Hamburger Bun  <b>DFEF</b> Chili Dog (No cheese)  Chili Burger (No cheese)  <b>GFDFEF</b> Chili Beans w/Scoops  Choose from Daily Option.
		<b>Reg</b> Green Chili Pinto Beans <b>GF</b> Green Chili Pinto Beans <b>Other</b> Green Chili Pinto Beans	<b>Reg</b> Hash Browns <b>GF</b> Hash Browns <b>Other</b> No for Corn Allergy	<b>Reg</b> Hot Corn <b>GF</b> Hot Corn <b>Other</b> No for Corn Allergy	<b>Reg</b> Power-Up Chicpeas Salad <b>GF</b> Power-Up Chicpeas Salad <b>Other</b> No for EF Allergy (Corn/Soy)
	<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 GF Crackers may contain milk. Not listed in ingredients but under the disclaimer GFDFEF Grain: Scoops, GF Pretzel, & GF Tortillas (Corn & Flour) // DFEF Grains: Scoops, Graham Cracker, Scooby Doo, Tortillas Dairy Free (DF) MMA Options: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup	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 Students can bring in non-dairy milk from home for dry cereal			

\*\*NOTE: Canned Chili will not be Gluten Free. The JTM Chili w/beans (in a bag) will be gluten free. Please check prior to serving/ordering.

Special Diet Elementary Menu 2023-2024

September 11 - September 15

	Monday	Tuesday	Wednesday*	Thursday	Friday
	11	12	13	14	15
LUNCH	<b>Reg</b> Orange Chicken+ w/Brown Rice	<b>Reg</b> Beef Soft Tacos w/Mexican Rice  Shredded Lettuce, Salsa	<b>Reg</b> Brunch at Lunch - Breakfast Sandwich  Breakfast Burritos	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)  Fajita Chicken Hummus Wrap	<b>Reg</b> Mac & Cheese (reg or w/bacon)  Western Bacon Cheeseburger
	<b>GF</b> GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers or Rice  ranch, ketchup, and BBQ sauce available	<b>GF</b> Beef Soft Tacos using GF Flour or Corn Tortillas w/Mexican Rice  Taco Filling (Beef) w/Cheese w/Scoops & Mexican Rice	<b>GF</b> Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager)  Breakfast Burritos in a GF Flour Tortilla	<b>GF</b> GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers  Fajita Chicken Hummus Wrap in GF Flour Tortilla	<b>GF</b> Bacon Cheeseburger on GF Bun  (Lettuce & Tomato Available)
	<b>DF-LI</b> Orange Chicken+ w/Brown Rice	<b>DF-LI</b> Beef Soft Taco (no cheese) w/Mexican Rice Taco Filling (Beef, no cheese) w/Scoops & Mexican Rice	<b>DF-LI</b> Breakfast Sandwich (no cheese; see above) Breakfast Burritos (no cheese)	<b>DF-LI</b> Mashed Potato Bowl^  Fajita Chicken Hummus Wrap (no cheese)	<b>DF-LI</b> Western Bacon Burger (no cheese)
	<b>GFDF-LI</b> GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers, or Rice  ranch, ketchup, and BBQ sauce available	<b>GFDF-LI</b> Beef Soft Tacos (no cheese) using GF Flour or Corn Tortillas w/Mexican Rice  Taco Filling (Beef, no cheese) w/Scoops & Mexican Rice	<b>GFDF-LI</b> Breakfast Sandwich on GF Bun (no cheese; see above)  Breakfast Burritos (no cheese) in a GF Flour Tortilla	<b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers  Fajita Chicken Hummus Wrap (no cheese) in GF Flour Tortilla	<b>GFDF-LI</b> Bacon Burger on GF Bun  (Lettuce & Tomato Available)
	<b>DFEF</b> Popcorn Chicken w/Brown Rice w/Orange Sauce ( <b>REMEMBER: set aside orange sauce</b> )  Note- Orange Chicken+ ok for kids with only DF allergy	<b>DFEF</b> Beef Soft Taco (no cheese) w/Mexican Rice  Taco Filling (Beef, no cheese) w/Scoops & Mexican Rice	<b>DFEF</b> Choose from daily options	<b>DFEF</b> Popcorn Chicken & Corn w/Roll <b>Note- Mashed Potatoes &amp; Gravy ok if only EF allergy</b>  Fajita Chicken Hummus Wrap (no cheese)	<b>DFEF</b> Bacon Burger (no cheese, no onion ring)  (Lettuce & Tomato Available)
	<b>GFDFEF</b> GF Chicken Tenders w/Scoops, GF Pretzels, or Rice  ranch, ketchup, and BBQ sauce available to student	<b>GFDFEF</b> Beef Soft Tacos (no cheese) using GF Flour or Corn Tortillas w/Mexican Rice  Taco Filling (Beef) w/Scoops & Mexican Rice	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops or GF Pretzels <b>Note- Mashed Potatoes &amp; Gravy ok w/GF &amp; EF allergy</b>  Fajita Chicken Hummus Wrap (no cheese) in GF Flour Tortilla	<b>GFDFEF</b> Choose from daily options
Sides	<b>Reg</b> Lemon Cucumber w/Tajin	<b>Reg</b> Zesty Kidney Bean Salad	<b>Reg</b> Tater Tots	<b>Reg</b> Hot Corn	<b>Reg</b> Bulk Garden Salad
	<b>GF</b> Lemon Cucumber w/Tajin	<b>GF</b> Zesty Kidney Bean Salad	<b>GF</b> Tater Tots	<b>GF</b> Hot Corn	<b>GF</b> Bulk Garden Salad
	<b>All others</b> Lemon Cucumber w/Tajin	<b>All others</b> Zesty Kidney Bean Salad (Leave off salt for Corn Free Students)	<b>All others</b> Tater Tots no for Soy/Corn	<b>All others</b> Hot Corn	<b>All others</b> Bulk Garden Salad (no cheese)
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>DFEF</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: Scoops, GF Pretzel, & GF Tortillas (Corn & Flour) // DFEF Grains: Scoops, Graham Cracker, Scooby Doo, 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		

\* Wednesday choice can either be a breakfast sandwich or alternate entrée listed. Talk to you manager about what choice they have.

\*\*NOTE: Canned Chili will not be Gluten Free. The JTM Chili w/beans (in a bag) will be gluten free. Please check prior to serving/ordering.

Special Diet Elementary Menu 2023-2024

September 18 - September 22

	Monday 18	Tuesday 19	Wednesday* 20	Thursday 21	Friday 22
Lunch	<b>Reg</b> Teriyaki Chicken w/Rice	<b>Reg</b> Turkey Taco Nacho  Shredded Lettuce & Salsa	<b>Reg</b> Brunch at Lunch - Breakfast Sandwich  Brunch at Lunch - Pancakes, Eggs & Bacon	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^) Popcorn Chicken Salad w/Roll^	<b>Reg</b> Chicken Alfredo Penne Pasta  Italian Chicken Sandwich
	<b>GF</b> Choose from daily options	<b>GF</b> Turkey Taco Nacho	<b>GF</b> Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) GF Muffin, Eggs & Bacon	<b>GF</b> GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers  GF Chicken Tender Salad w/Scoops, GF Pretzel/Crackers	<b>GF</b> Italian Chicken Sandwich (Sub Grilled Chicken or GF Chicken Tenders) on GF Bun <b>WHEN AVAILABLE, TBD: GF Pasta w/Chicken Alfredo</b>
	<b>DF-LI</b> Teriyaki Chicken w/Rice	<b>DF-LI</b> Turkey Taco Meat & Chips (Corn chips or Scoops) Can use Flour/Corn Tortilla	<b>DF-LI</b> Breakfast Sandwich (no cheese; see above) Pancakes, Eggs & Bacon	<b>DF-LI</b> Popcorn Chicken Salad (no cheese) w/Roll^ Mashed Potato Bowl^	<b>DF-LI</b> Italian Chicken Sandwich (no cheese)
	<b>GFDF-LI</b> Choose from daily options	<b>GFDF-LI</b> Turkey Taco Filling (no Cheese) & Scoops or can use GF tortilla (flour or corn)	<b>GFDF-LI</b> Breakfast Sandwich on GF Bun or GF English Muffin (no cheese; see above)  GF Muffin, Eggs & Bacon	<b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers  GF Chick. Tend. Salad (no cheese) w/Scoops, GF Pretzel/Crackers	<b>GFDF-LI</b> Italian Chicken Sandwich (no cheese, sub Grilled Chicken or GF Chicken Tenders) on GF Bun
	<b>DFEF</b> Teriyaki Chicken w/Rice	<b>DFEF</b> Turkey Taco Filling (no Cheese) & Scoops or can use GF tortilla (flour or corn)	<b>DFEF</b> Choose from daily options	<b>DFEF</b> Popcorn Chicken & Corn w/Scoops, Graham Cracker or Scooby Cracker  Popcorn Chicken Salad (no cheese) w/DFEF Grains	<b>DFEF</b> Italian Chicken Sandwich (no cheese)
	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> Turkey Taco Filling (no Cheese) & Scoops, GF Flour or Corn Tortilla,	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops <b>Note- Mashed Potatoes &amp; Gravy ok for kids with GF &amp;/or EF allergy</b>  GF Chicken Tender Salad (no cheese) w/Scoops, GF Pretzel/Crackers	<b>GFDFEF</b> GF Chicken Tenders w/Scoops or GF Pretzel. Can ask for cup of marinara sauce for dipping.
Sides	<b>Reg</b> Roasted Parmesan Broccoli	<b>Reg</b> Refried Beans & Mexican Rice (optional)	<b>Reg</b> Hash Browns	<b>Reg</b> Hot Corn	<b>Reg</b> Garlic Green Beans & Caesar Salad
	<b>GF</b> Roasted Parmesan Broccoli	<b>GF</b> Refried Beans & Mexican Rice (optional)	<b>GF</b> Hash Browns	<b>GF</b> Hot Corn	<b>GF</b> Garlic Green Beans & Caesar Salad (no croutons)
	<b>All others</b> Roasted Parmesan Broccoli	<b>All others</b> Refried Beans & Mexican Rice (optional)	<b>All others</b> Hash Browns (No for Corn/Soy Allergies)	<b>All others</b> No for Corn Allergy	<b>All others</b> Garlic Green Beans (No Caesar Salad for EF & DF Allergy)
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: Scoops, GF Pretzel, & GF Tortillas (Corn & Flour) // DFEF Grains: Scoops, Graham Cracker, Scooby Doo, 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		

\* 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 Elementary Menu 2023-2024

September 25 - September 29

	Monday	Tuesday	Wednesday*	Thursday	Friday
	25	26	27	28	29
LUNCH	<b>Reg</b> Orange Chicken+ w/Brown Rice	<b>Reg</b> Mexi Combo (Chicken Fajita Tacos & Bean & Cheese Chalupa) Mexican Rice optional. If no Chalupa or Pupusa, needs rice or another tortilla	<b>Reg</b> Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Omelet & Biscuit w/Sausage Link	<b>Reg</b> Mashed Potato Bowl^+ (popcorn chicken, frozen corn, Southwest Chicken Wrap)	<b>Reg</b> Chicken & Waffles^+ Clux Deluxe (whole Muscle Breaded Chicken)
	<b>GF</b> GF Chicken Tenders w/Scoops, GF Pretzels or GF Crackers  ranch, ketchup, and BBQ sauce available	<b>GF</b> GF Chicken Fajita Taco (GF Flour or Corn Tortilla) & Bean and Cheese <u>Pupusa</u>	<b>GF</b> Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Omelet w/Sausage Link & GF Toast (can use Butter Spray)	<b>GF</b> GF Chicken Tenders & Mashed Potatoes w/CK Gravy and GF Crackers Southwest Chicken Wrap in GF Flour Tortilla	<b>GF</b> GF Chicken Tenders & 1/2 GF Muffin+  Mesquite Drumstick & 1/2 GF Muffin+
	<b>DF-LI</b> Orange Chicken+ w/Brown Rice	<b>DF-LI</b> Chicken Fajita Tacos (no cheese) w/Mexican Rice	<b>DF-LI</b> Breakfast Sandwich (no cheese; see above) Omelet & Biscuit w/Sausage Link	<b>DF-LI</b> Mashed Potato Bowl^  Southwest Chicken Wrap (no cheese)	<b>DF-LI</b> Chicken & Waffles^+  Clux Deluxe (whole Muscle Breaded Chicken)
	<b>GFDF-LI</b> GF Chicken Tenders w/Scoops, GF Pretzels or GF Crackers  ranch, ketchup, and BBQ sauce available	<b>GFDF-LI</b> GF Chicken Fajita Taco (GF Flour or Corn Tortilla) w/Mexican Rice	<b>GFDF-LI</b> Breakfast Sandwich on GF Bun or GF English Muffin (no Omelet w/Sausage Link & GF Toast (can use Butter Spray)	<b>GFDF-LI</b> GF Chicken Tenders, Corn & Mashed Potatoes^ w/CK Southwest Chicken Wrap (no cheese) in GF Flour Tortilla	<b>GFDF-LI</b> GF Chicken Tenders & 1/2 GF Muffin+ Mesquite Drumstick & 1/2 GF Muffin+
	<b>DFEF</b> Popcorn Chicken w/Brown Rice w/Orange Sauce ( <b>REMEMBER: set aside orange sauce</b> )  <b>Note- Orange Chicken+ ok for kids with only DF allergy</b>	<b>DFEF</b> Chicken Fajita Tacos (no cheese) w/Mexican Rice	<b>DFEF</b> Choose from daily options  <b>Turkey Sausage &amp; Biscuit ok for only EF Allergy</b>	<b>DFEF</b> Popcorn Chicken & Corn w/Roll <b>Note- Mashed Potatoes &amp; Gravy ok if only</b> Southwest Chicken Wrap (no cheese)	<b>DFEF</b> Chicken w/Scoops (Breaded or Mesquite Glazed)  Clux Deluxe (whole Muscle Breaded Chicken)
	<b>GFDFEF</b> GF Chicken Tenders w/Scoops or GF Pretzels  ranch, ketchup, and BBQ sauce available to student	<b>GFDFEF</b> GF Chicken Fajita Taco (GF Flour or Corn Tortilla) w/Mexican Rice  <b>*NOTE* Optional: Mexican Rice (Salsa Based - Some school may not prepare this)</b>	<b>GFDFEF</b> Choose from daily options	<b>GFDFEF</b> GF Chicken Tenders, Corn w/Scoops or GF Pretzels <b>Note- Mashed Potatoes &amp; Gravy ok w/GF &amp; EF allergy</b> Southwest Chicken Wrap (no cheese) in GF Flour Tortilla	<b>GFDFEF</b> GF Chicken Tenders w/Scoops (ketchup & BBQ sauce available)  Mesquite Drumstick & Scoops
SIDES	<b>Reg</b> Edamame	<b>Reg</b> Corn & Black Bean Salad	<b>Reg</b> Tater Tots	<b>Reg</b> Hot Corn	<b>Reg</b> Bulk Southwest Salad
	<b>GF</b> Edamame	<b>GF</b> Corn & Black Bean Salad	<b>GF</b> Tater Tots	<b>GF</b> Hot Corn	<b>GF</b> Bulk Southwest Salad
	<b>Others</b> No for Soy Allergy	<b>Others</b> No for Corn Allergy	<b>Others</b> No for Corn/Soy Allergy	<b>All others</b> No for Corn Allergy	<b>All others</b> No for Corn Allergy
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: Scoops, GF Pretzel, & GF Tortillas (Corn & Flour) // DFEF Grains: Scoops, Graham Cracker, Scooby Doo, 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		

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