

Special Diet Elementary Menu 2021-2022

November 29 - December 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	1	2	3
	<b>Reg</b> Pop Tarts	<b>Reg</b> Pancake on a Stick	<b>Reg</b> Mini Donuts	<b>Reg</b> Apple Cinnamon Texas Toast	<b>Reg</b> Apple Strudel
	<b>GF</b> GF Cereal	<b>GF</b> Sausage w/GF Toast	<b>GF</b> GF Cereal & Yogurt	<b>GF</b> GF Toast w/PB or Sunbutter	<b>GF</b> Egg & Cheese on GF Bun
	<b>DF</b> Pop Tarts	<b>DF</b> Pancake on a Stick	<b>DF</b> Mini Donuts	<b>DF</b> Apple Cinnamon Texas Toast	<b>DF</b> Apple Strudel
	<b>GFDF</b> GF Cereal	<b>GFDF</b> Sausage w/GF Toast	<b>GFDF</b> GF Cereal & HB Egg	<b>GFDF</b> GF Toast w/PB or Sunbutter	<b>GFDF</b> Egg on GF Bun
	<b>DFEF</b> Cereal	<b>DFEF</b> Pop Tart	<b>DFEF</b> Cereal	<b>DFEF</b> Pop Tart	<b>DFEF</b> Cereal
	<b>GFDFEF</b> GF Cereal	<b>GFDFEF</b> GF Cereal	<b>GFDFEF</b> GF Cereal	<b>GFDFEF</b> GF Cereal	<b>GFDFEF</b> GF Cereal
Winter Week 1	<b>Reg</b> Fun Fish w/Goldfish  Meatball Sub  Pumpkin Bread Plate	<b>Reg</b> Chicken Nuggets w/Goldfish  Hamburger  PB&J Lunch Pack	<b>Reg</b> Chef's Choice  Turkey Soft Taco  Build-a-Pizza Pack	<b>Reg</b> Popcorn Chicken Bowl w/Roll  Cheesy Bread Sticks  Chicken Caesar Salad w/Roll	<b>Reg</b> French Bread Cheese Pizza  French Bread Pepperoni Pizza  Italiano Wrap
	<b>GF</b> GF Tenders w/Sauce on GF Hotdog Bun  GF Muffin Plate	<b>GF</b> Hamburger on GF Bun  PB* & J Pack (Sub PB* & J on GF Bread or on GF Crackers)	<b>GF</b> Turkey Soft Taco on Corn Tortilla  GF Build-a-Pizza	<b>GF</b> GF Chicken Tenders w/GF crackers  Chicken Caesar Salad w/GF Crackers (no croutons)	<b>GF</b> GF Pizza  Italiano Sub on GF Bun
	<b>DF-LI</b> Fun Fish w/Graham Cracker  Meatball Sub (No cheese)  <b>*Note* Meatballs contains nonfat dry milk &amp; whey</b>	<b>DF-LI</b> Chicken Nuggets w/Scoops or Graham Cracker  Hamburger  PB* & J Lunch Pack (sub seeds- no cheese)	<b>DF-LI</b> Turkey Soft Taco (no cheese)  PB* & J Pack with apple slices & PB* (no cheese)	<b>DF-LI</b> Popcorn Chicken w/Roll  Chicken Caesar Salad w/Roll (no cheese)  <b>*Note* Chicken Gravy contains caseinate.</b>	<b>DF-LI</b> Italiano Wrap (no cheese)
	<b>GFDF-LI</b> GF Tenders w/Sauce on GF Hotdog Bun (no cheese)	<b>GFDF-LI</b> Hamburger on GF Bun  PB* & J (on GF Bread or on GF Crackers) with Seeds	<b>GFDF-LI</b> Turkey Soft Taco on Corn Tortilla (no cheese)  PB* & J (on GF Bread or on GF Crackers) with Seeds	<b>GFDF-LI</b> GF Chicken Tenders w/GF crackers  Chicken Caesar Salad w/GF Crackers (no cheese)	<b>GFDF-LI</b> Italiano Sub on GF Bun (no cheese)
	<b>DFEF</b> Fun Fish w/Graham Cracker  Meatball Sub (OK for EF allergy only, no DF)  <b>*Note* Meatballs contains nonfat dry milk &amp; whey, no for dairy allergy</b>	<b>DFEF</b> Chicken Nuggets w/Scoops or Graham Cracker  Hamburger  PB* & J Lunch Pack (sub seeds- no cheese)	<b>DFEF</b> Turkey Soft Taco (no cheese)  PB* & J Pack with apple slices & PB*, (no cheese)	<b>DFEF</b> Chicken Caesar Salad w/Scoops (no cheese)  Popcorn Chicken w/Graham Cracker or Scoops (no gravy)  <b>*Note* Chicken Gravy contains caseinate. No for dairy allergy</b>	<b>DFEF</b> Italiano Wrap (no cheese)
	<b>GFDFEF</b> GF Chicken Tenders w/Scoops	<b>GFDFEF</b> GF Chicken Tenders w/Scoops	<b>GFDFEF</b> Turkey Soft Taco on Corn Tortilla (no cheese)	<b>GFDFEF</b> GF Chicken Tenders w/Scoops  Chicken Caesar Salad w/Scoops (no cheese)	<b>GFDFEF</b> Italiano Salad (no cheese) w/Scoops
	<b>Reg</b> Potato Smiles	<b>Reg</b>	<b>Reg</b> Corn & Black Bean Salad	<b>Reg</b> Hot Corn, Mashed Potatoes	<b>Reg</b> Broccoli Salad
	<b>GF</b> Potato Smiles	<b>GF</b>	<b>GF</b> Corn & Black Bean Salad	<b>GF</b> Hot Corn, Mashed Potatoes	<b>GF</b> Broccoli Salad
	<b>All others</b> Potato Smiles	<b>All others</b>	<b>All others</b> Corn & Black Bean Salad	<b>All others</b> Hot Corn No Mashed Potatoes for Dairy Free-milk allergen	<b>All others</b> No Broccoli Salad for Egg Free (contains mayonnaise egg allergen)

GF	Gluten Free	DF-LI	Dairy Free Lactose Intolerance (no cheese, no milk)	GFDF-LI	Gluten Free, Dairy Free Lactose Intolerance (no cheese, 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 Crackers contain eggs and may contain milk.			GF Bread contain eggs		Mashed potatoes contains milk		Roll contains whey (milk derivative)	*Nut	Nut or Tree Nut Allergy