

Special Diet High School Menu 2021-2022

November 29 - December 3

Monday	Tuesday	Wednesday	Thursday	Friday				
29	30	1	2	3				
Daily Breakfast Options								
GF	GF Cereal, Yogurt, Cheese, Smoothie, 1/2 GF Muffin (on Tues), Parfait (on Wed)							
DF-LI (Lactose Intolerant)	Cereal, Pop tart, Bread Slices, Bagel, Graham Crackers, Breakfast sandwiches without cheese, Breakfast Burrito without cheese, Super Dontus Glazed breakfast bar (Mon), French Toast or Apple Cinnamon toast (Thurs), Super bun (Fri) *NOTE* Super Donuts are made with non-fat dried milk							
GFDF-LI (Lactose Intolerant)	GF Toast, GF Cereal, 1/2 GF Muffin (on Tue)							
DFEF (Dairy & Egg Ingredients)	Cereal, Pop tart, Breakfast sandwiches can be made without cheese or egg							
GFDFEF (Dairy & Egg)	GF Cereal							
Daily Lunch Options								
GF Options	Boxed Salads	Chef, Garden, Cobb, Antipasto, Caesar, (Salads come with GF Crackers or scoops, no croutons)	Sandwiches	Italian, Cheese, Ham, Turkey, PB*& J on GF bread or bun	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Egg Box, Hummus Box, Cheese Curd Box (no granola, loco bread or crunch bar; use Scoops or GF crackers)	Grill Line	Grilled Chicken, Hamburger, Cheeseburger, GF Chicken Tenders w/GF Grain, GF Pizza (use GF pizza crust and GF buns), French Fries
DF-LI Options	Boxed Salads	Chef, Popcorn Chicken, Cobb, Fiesta Chicken (Salads made with no cheese) Garden, Caesar & Antipasto ok if no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches	PB*& J, Italian, Ham, Turkey on bread or bun (no cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Egg Box, Hummus Box, (remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Spicy Chicken, Breaded Chicken Patty, Hamburger, Corn Dog/Mini Corn Dog, Chicken Nuggets w/ Grain,
GFDF-LI	Boxed Salads	Chef, Cobb (no cheese) w/GF Crackers or Scoops Garden, Caesar & Antipasto ok if no cheese & double protein portions (i.e. 2 egg for Garden)	Sandwiches	Italian, Ham, Turkey, PB*& J on GF bread or GF bun (no cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Egg Box, Hummus Box (no granola, loco bread or crunch bar; use Scoops or GF crackers; remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken or Hamburger (use GF buns), GF Chicken Tenders w/GF Grain, French Fries
DFEF For Salads: can sub Scoops or 2 Graham Crackers for bars. Bars have milk powder ingredient.	Boxed Salads	Chef, Popcorn Chicken, & Fiesta Chicken (no cheese, no egg and no dressing) Cobb, Garden, Caesar & Antipasto: remove cheese &/or egg, add additional protein to meet 2 meat.	Sandwiches	Italian, Ham, Turkey, PB*& J on bread or bun (no cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Hummus Box (no granola, loco bread or crunch bar; use Scoops or Graham Crackers; remove cheese; add extra Seeds, PB*, or Hummus)	Grill Line	Spicy Chicken, Chicken, Hamburger, Chicken Nuggets w/ Grain (scoops, elf grahams or other DFEF grain), French Fries
GFDFEF	Boxed Salads	Chef Salad made with no cheese, no egg and no dressing, no croutons, and a side of scoops) Cobb, Caesar & Antipasto: remove cheese &/or egg, add additional protein to meet 2 meat.	Sandwiches	Italian, Ham, Turkey Roll-ups w/ scoops (no cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, Hummus Box (no granola, loco bread or crunch bar; use scoops; remove cheese; add extra Seeds, PB* or Hummus)	Grill Line	Grilled Chicken, Hamburger Patty, GF Chicken Tenders w/ Grain (scoops or other GFDFEF grain), French Fries

Winter Week 1

Reg	Super Nachos Chicken Carbonara	Reg	Orange Chicken w/ Rice Fajitas	Reg	Burrito	Reg	Popcorn Chicken Mashed Potato Bowl	Reg	Beef Tacos w/Mexican Rice Clux Delux Sandwich w/Coleslaw
GF	Super Nachos	GF	Fajitas w/scoops or corn tortilla	GF	Choose from Daily list	GF	GF Chicken Tenders w/ GF Crackers, Mashed Potato & Gravy	GF	Beef Tacos w/Mexican Rice (sub Corn Tortilla or Scoops)
DF-LI	Scoops, Beans, Ground Beef	DF-LI	Orange Chicken w/ Rice OR Fajitas (no cheese)	DF-LI	Choose from Daily list	DF-LI	Popcorn Chicken Bowl (no cheese)	DF-LI	Beef Tacos w/Mexican Rice (no cheese) Clux Delux Sandwich w/Coleslaw
GFDF-LI	Scoops, Beans, Ground Beef	GFDF-LI	Fajitas w/scoops or corn tortilla (no cheese)	GFDF-LI	Choose from Daily list	GFDF-LI	GF Chicken Tenders w GF crackers (no cheese)	GFDF-LI	Beef Tacos w/Mexican Rice (sub Corn Tortilla or Scoops, no cheese)
DFEF	Scoops, Beans, Ground Beef	DFEF	Fajitas (no cheese) *Orange Chicken OK for kids with milk allergy	DFEF	Choose from Daily list	DFEF	Popcorn Chicken w/ scoops, *Cheese, Potatoes & Gravy OK for kids with egg allergy only	DFEF	Beef Tacos w/Mexican Rice (no cheese) Clux Delux Sandwich (no Coleslaw)
GFDFEF	Scoops, Beans, Ground Beef	GFDFEF	Fajitas w/scoops or corn tortilla (no cheese)	GFDFEF	Choose from Daily list	GFDFEF	GF Chicken Tenders w/scoops *Cheese, Potatoes & Gravy OK for kids with egg allergy only	GFDFEF	Beef Tacos w/Mexican Rice (sub Corn Tortilla or Scoops, no cheese)

Note Chicken Gravy contains caseinate. OK if not with severe milk allergy. Mashed Potato OK if not with severe milk allergy

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)
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GF Crackers contain eggs & may contain milk.	GF Bread contain eggs	Mashed potatoes contains milk	Roll contains whey (milk derivative)	*Nut	Nut or Tree Nut Allergy
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