

DIET ABBREVIATIONS & EXPLANATIONS Last Updated: 03/12/2025

GF	<p>Gluten Free - Products will be free from Gluten and Wheat.</p> <p>Gluten Free Grain Options: Bagel, Bread, Buns (Hamburger & Hot Dog), Crackers, Cookies (Chocolate Chip or Snickerdoodle), English Muffin, Muffin (Blueberry & Chocolate), Pasta (Rotini), Pizza Crust, Hard Pretzels, Corn Scoops, Corn Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Meat/Meat Alternative Options: Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Pupusa (Bean & Cheese), Yang's Teriyaki Chicken.</p>
DF-LI	<p>Dairy Free Lactose Intolerance: No Cheese, No Yogurt, No Milk.</p> <p>Unless otherwise noted, students will <u>not</u> be allowed to have cheese, yogurt, or milk.</p>
GFDF-LI	<p>Gluten Free, Dairy Free Lactose Intolerance - Products will be free from Gluten, Wheat, and No Cheese, No Yogurt, No Milk.</p> <p>Unless otherwise noted, students will not be allowed to have cheese, yogurt, or milk. The grain options will be free from cheese and yogurt. The Pupusa will <u>NOT</u> be able to be given due to having cheese. The rest of the Meat/Meat Alternative choices are ok.</p>
DFEF	<p>Dairy Free, Egg Free - Products will be free of Dairy, Milk Derivatives (Whey, Casien, & Butter), and Egg Ingredients.</p> <p>It will be noted whether a student with only a dairy allergy or a student with only an egg allergy can have that certain food (i.e. students with dairy allergy cannot have pizza, but a student with only an egg allergy can have pizza. Therefore, there will be a "Note" that pizza is ok for EF allergy student).</p> <p>Dairy Free & Egg Free Grain Options: Graham Crackers, Lil' Squares, Scooby Doo Crackers, Honey Belly Bears, Scoops, Heartzels, Nat. Valley Crisps, Pop Tart, Animal Crackers, Tiger Bites (Original & Chocolate), Sandwich Bread, Hamburger/Hot Dog Bun, Bagel, Granola, Pretzel Bites, Loco Bread, English Muffin, Chocolate Carmel Chex Mix, Whole Grain Crackers (Back to Basics).</p> <p>Dairy Free Grain Options: NONE (Found out that there is whey in the breakfast bread slices).</p> <p>Egg Free Grain Options: All Goldfish flavors (Honey Bun, Cheddar, Pretzel, Etc.), Cheez-Its, all Chex Mix Flavors, Crunch Bars, Croissant, Cinni Minis, Apple Strudel.</p>
GFDF	<p>Gluten Free, Dairy Free - Products will be free from Gluten, Wheat, and No Dairy, Milk Derivatives (Whey, Casien, & Butter).</p> <p>Gluten Free & Dairy Free Grain Options: Bagel, Bread, Buns (Hamburger & Hot Dog), English Muffin, Muffin (Blueberry & Chocolate), Pasta (Rotini), Pizza Crust, Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Gluten Free & Dairy Free Meat/Meat Alternative Options: Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Yang's Teriyaki Chicken, Chocolate No Nut Butter Cup, Sunbutter, Hardboiled Egg, Sunflower Seeds, Hummus.</p>
GFDFEF	<p>Gluten Free, Dairy Free, Egg Free - Products will be free from Gluten, Wheat, Dairy, Milk Derivatives (Whey, Casien, & Butter), and Egg Ingredients. Chicken Green Chili Tamales able to be used on this menu. Can replace any pre-planned item.</p> <p>Gluten Free, Egg Free & Dairy Free Grain Options: Pretzels (Hard), Scoops, Tortilla Chips, Tortilla Wrap (Flour), Tortilla (Corn).</p> <p>Gluten Free, Dairy Free, Egg Free Meat/Meat Alternative Options: GF Chicken Tenders, Tyson Grilled Chicken, Tyson Mesquite Glazed Chicken Drumsticks, Yang's Teriyaki Chicken, Chocolate No Nut Butter Cup, Sunbutter, Sunflower Seeds, Hummus.</p> <p>Gluten Free, Dairy Free, Egg Free Dressing: Balsamic Vinaigrette, Raspberry Vinaigrette, Old Venice Italian.</p>

All the gluten free items have corn derivatives as an ingredient. The gluten free grain option brands are:
 Udi's, Canyon Bakehouse, Harvestland, Glutino, Del Real Foods, Marzetti, Mission, & Venice Baking

Daily Breakfast Options									
GF	GF Cereal, Yogurt, Cheese, Smoothie, Yogurt & 1/2 GF Muffin (on Tues), Parfait (on Wed)						MANAGERS: SEE NOTE AT THE BOTTOM		
DF-LI	Cereal, Pop tart, Bread Slices, Bagel, Graham Crackers, Breakfast sandwiches (no cheese), Breakfast Burrito (no cheese), Super Dontus, Glazed breakfast bar or Benefit Bar (Mon), Muffin (Tues), Apple Cinnamon Toast (Wednesday), or Super bun (Fri) *NOTE* Super Donuts are made with non-fat dried milk								
GFDF-LI	GF Toast, GF Cereal, 1/2 GF Muffin (Tuesday), GF Apple Cinnamon Toast (Wednesday)								
DFFEF	Cereal, Pop tart, Breakfast sandwiches can be made without cheese or egg						*NOTE* Croissants# have milk product in them. OK for EF allergy only kids.		
GFDFEF	GF Cereal (no milk). Can serve with Sunflower Seeds & Craisins to make a trail mix								
Daily Lunch Options									
GF - Tamales & Pupusas may be available daily. Talk to your kitchen manager.	Boxed Salads	Chef, Garden, Cobb, or Chicken Caesar (Salads come with GF Crackers, GF Pretzels, or Scoops). Ask you kitchen manager about other possible salads.	Sandwiches or Wraps	GF Italian, Cheese, Ham & Cheese, or California Turkey/Turkey Bacon. PB*& J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, GF Apple Cinn. Toast Box, & GF Muffin Box, (no granola, loco bread or crunch bar; use Scoops, GF Pretzels or GF crackers)	Grill Line	Grilled Chicken, Hamburger, Cheeseburger, GF Chicken Tenders w/GF Grain, GF Pizza (use GF pizza crust and GF buns), Fries (**curly fries see below)	
DF-LI	Boxed Salads	Chef, Garden, Cobb, or Chicken (Salads made with Daiya Cheese) . Comes with Crunch Bar <div>Garden ok if double protein portions (i.e. 2 egg for Garden)</div>	Sandwiches or Wraps	Italian, Ham, & California Turkey/Turkey Bacon on sliced bread, bun, or tortilla (Daiya Cheese); Uncrustable PB*& J or PB*& J on sliced bread	Protein Boxes	Peanut Butter Box*, Benefit Bar Box, Muffin Box, w/DF Yogurt (remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Spicy Chicken, Breaded Chicken Patty, Hamburger, Cheeseburger (Daiya Cheese), Pizza (Loco Bread & Daiya Cheese) Corn Dog/Mini Corn Dog, Chicken Nuggets w/ Grain, French Fries	
GFDF-LI	Boxed Salads	Chef, Garden, Cobb, or Chicken (Salads made with Daiya Cheese). Double protein portions (i.e. 2 egg for Garden) ok for Garden	Sandwiches or Wraps	GF Italian, Cheese, Ham & Cheese, or California Turkey/Turkey Bacon (Daiya Cheese). PB*& J all on GF bread or bun	Protein Boxes	Peanut Butter Box*, GF Muffin Box, w/DF Yogurt (no granola/loco bread/crunch bar - use Scoops, GF Pretzel, or GF crackers; remove cheese; add extra Seeds, Hummus, PB* or Egg)	Grill Line	Grilled Chicken, Hamburger or Cheeseburger (use GF buns & Daiya Cheese), GF Chicken Tenders w/GF Grain, Fries (**curly fries see below)	
DFFEF Crunch Bars have milk powder ingredient. Bars OK for EF allergy kiddos.	Boxed Salads	Chef, Cobb, Chicken Caesar, Chicken Salad w/Daiya cheese, (no egg; double meat portions). Sub Scoops, Graham Cracker or Scooby Snack DFFEF Dressings: Raspberry Vinaigrette & Old Venice Italian	Sandwiches or Wraps	Italian, Ham, & California Turkey/Turkey Bacon on sliced bread, bun, or tortilla (Daiya Cheese); Uncrustable PB*& J or PB*& J on sliced bread	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, w/DF Yogurt (no crunch bar - use Granola, Loco Bread, Scoops, Scooby Doo Crackers or Graham Crackers; remove cheese; add extra Seeds, PB*, or Hummus)	Grill Line	Spicy Chicken, Chicken, Hamburger, Chicken Nuggets w/ Grain (scoops, Scooby Doo or Graham Crackers), French Fries <div>Note- Pizza ok for kids with only EF allergy</div>	
GFDFEF Mesquite Glazed Chicken available. Talk to your kitchen manager	Boxed Salads	Chef, Cobb, or Chicken Salad made with Daiya Cheese (no egg and no dressing, no croutons, sub Scoops/GF Pretzels. Only Raspberry Vinaigrette ok	Sandwiches or Wraps	Italian, Ham, Turkey Wraps Only w/ scoops (Daiya Cheese)	Protein Boxes	Peanut Butter Box*, Trail Mix Box*, w/DF Yogurt (no granola, loco bread or crunch bar; Sub Scoops or GF Pretzels; remove cheese; add extra Seeds, PB* or Hummus)	Grill Line	Grilled Chicken, Hamburger Patty or Hamburger/Cheeseburger in Lettuce Wrap, GF Chicken Tenders w/ Grain (scoops or other GFDFEF grain), Fries (**curly fries see below)	
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 Grains: Scoops, Pretzel, GF 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					Our Ham for the remainder of the 2023-2024 SY will be Turkey Ham from Jennie-O.				
DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas					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: Simplot Curly Fries are NOT Gluten Free. McCain's Curly Fries ARE Gluten Free. Please check the brand prior to serving.

Special Diet High School Menu 2024-2025

May 5 - May 9

	Monday	Tuesday	Wednesday*	Thursday	Friday
	5	6	7	8	9
LUNCH	Reg Orange Chicken+ w/Fried Rice	Reg Quesadilla (Possible Chicken Quesadilla) Chef Salad w/Crunch Bar	Reg Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Omelet & Waffle	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg Chicken Parmesan w/ Penne Pasta Italian Chicken Sandwich
	GF GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers, or Brown Rice ranch, ketchup, and BBQ sauce available	GF GF Quesadilla (Possible GF Chicken Quesadilla) Chef Salad w/GF Grain	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) Omelet & GF Muffin+	GF GF Chicken Tenders & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF GF Rotini Pasta w/ Marinara Sauce & GF Chicken Tenders GF Italian Chicken Sandwich Sandwich
	DF-LI Orange Chicken+ w/Fried Rice	DF-LI DF Cheese Quesadilla (Daiya. Possible Chicken Quesadilla) Chef Salad w/Crunch Bar (no cheese or Daiya cheese)	DF-LI Breakfast Sandwich (no cheese or Daiya cheese) Egg Patty (2) & Waffle (can add Daiya cheese to egg patty)	DF-LI Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	DF-LI Chicken Parmesan w/ Penne Pasta (no cheese or DF Cheese (Daiya)) Italian Chicken Sandwich (no cheese or Daiya cheese)
	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers, or Brown Rice ranch, ketchup, and BBQ sauce available	GFDF-LI GF DF Quesadilla (Daiya. Possible GF Chicken Quesadilla) Chef Salad w/GF Grain (no cheese or Daiya Cheese)	GFDF-LI Breakfast Sandwich on GF Bun or GF English Muffin (no cheese or Daiya cheese) Egg Patty (2) & GF Muffin+ (can add Daiya to egg patty)	GFDF-LI GF Chicken Tenders, Corn & Mash Potat^ w/CK Gravy & GF Grain	GFDF-LI GF Rotini Pasta w/ Marinara Sauce & GF Chicken Tenders (no cheese or DF Cheese) GF Italian Chicken Sandwich Sandwich (no chz or Daiya)
	DFFEF Popcorn Chicken w/Fried Rice w/Orange Sauce (REMEMBER: set aside orange sauce)	DFFEF DF Cheese Quesadilla (Daiya. Possible Chicken Quesadilla) Chef Salad (no egg) w/DFFEF Grain (no cheese or Daiya)	DFFEF Choose from daily options	DFFEF Popcorn Chicken & Corn w/DFFEF Grain (Scoops, Scooby Crackers, etc.)	DFFEF Chicken Parmesan w/ Penne Pasta (no cheese or DF Cheese (Daiya))
	<div>Note- Orange Chicken+ w/Fried Rice ok for kids with only DF allergy</div>	<div>Regular Quesadilla/Chicken Quesadilla ok for kids w/only EF allergy</div>	<div>Brkft Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy</div>	<div>Note- Mashed Potatoes & Gravy ok if only EF allergy</div>	<div>Italian Chicken Sandwich (no cheese or Daiya cheese) Reg Cheese ok for EF allergy</div>
SIDES	GFDFEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GFDFEF GF DF Quesadilla (Daiya. Possible GF Chicken Quesadilla) Chef Salad (no egg) w/Scoops (no cheese or Daiya)	GFDFEF Choose from daily options	GFDFEF GF Chicken Tenders, Corn w/Scoops or GF Pretzels <div>Note- Mashed Potatoes & Gravy ok if only EF allergy</div>	GFDFEF GF Chicken Tender w/Marinara Sauce (optional) w/Scoops or GF Pretzels
	Reg Edamame	Reg Salgado Spiced Black Beans	Reg Tater Tots	Reg Hot Corn	Reg Garden Salad
	GF Edamame	GF Salgado Spiced Black Beans	GF Tater Tots	GF Hot Corn	GF Garden Salad
	Others No for Soy Allergy	Others Salgado Spiced Black Beans	Others No for Corn/Soy Allergy	Others Hot Corn	Others Use Daiya for DF & DF-LI
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas				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 Our Ham is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu	

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Special Diet High School Menu 2024-2025

May 12 - May 16

	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch	Reg Teriyaki Chicken w/ Brown Rice & Fortune Cookie	Reg Supreme Beef Nacho (Beef Taco Filling, Lettuce, & Tomato) Spicy Chicken Wrap	Reg Brunch at Lunch - Breakfast Sandwich Brunch at Lunch - Breakfast Burrito	Reg Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	Reg Fish & Chips Fish Sandwich
	GF Gluten Free Chicken Teriyaki w/ Brown Rice	GF Supreme Beef Nacho (Beef Taco Filling, Lettuce, & Tomato) GF Chicken Wrap or Grilled Chicken Wrap	GF Breakfast Sandwich on GF Bun (choices vary between schools. Talk to manager) GF Breakfast Burrito	GF GF Chicken Tenders or Nuggets & Mashed Potatoes^ w/CK Gravy and GF Crackers+	GF Choose from Daily Option.
	DF-LI Teriyaki Chicken w/ Brown Rice & Fortune Cookie	DF-LI Taco Beef Filling w/Scoops (no cheese or Daiya cheese) Spicy Chicken Wrap (no cheese or Daiya)	DF-LI Breakfast Sandwich (no cheese or Daiya cheese) Breakfast Burrito (no cheese or Daiya cheese)	DF-LI Mashed Potato Bowl^+ (popcorn chicken, frozen corn, mashed potatoes^, chicken gravy & roll^)	DF-LI Fish & Chips Fish Sandwich
	GFDF-LI Gluten Free Chicken Teriyaki w/ Brown Rice	GFDF-LI Taco Beef Filling w/Scoops (no cheese or Daiya cheese) GF Chicken Wrap or Grilled Chicken Wrap	GFDF-LI Breakfast Sandwich on GF Bun (no cheese or Daiya cheese). GF Breakfast Burrito (no cheese or Daiya cheese)	GFDF-LI GF Chicken Tenders or Nuggets , Corn & Mashed Potatoes^ w/CK Gravy and GF Crackers	GFDF-LI Choose from Daily Option.
	DFF Teriyaki Chicken w/ Chow Mein	DFF Taco Beef Filling w/Scoops (no cheese or Daiya cheese)	DFF Choose from Daily Option.	DFF Popcorn Chicken & Corn w/Graham Cracker, Honey Bear Cracker or Scoops	DFF Choose from Daily Option.
	Note- Fortune Cookie ok for kids with only DF allergy	Regular Nacho Cheese ok for kids with EF allergy	Note- Breakfast Sandwiches on Eng. Muffin (no cheese) ok for kids with only DF allergy Note- Breakfast Burrito (no cheese) ok for kids w/DF allergy	Note- Mashed Potatoes & Gravy ok for kids with GF &/or EF allergy	Note - Fish Patty contains "Whey" which is why not safe for DF students Fish & Chips & Fish Sandwich ok for EF allergy
	GFDFEF Gluten Free Chicken Teriyaki w/ Brown Rice	GFDFEF Taco Beef Filling w/Scoops (lettuce & tomato side, Daiya Cheese available)	GFDFEF Choose from Daily Option Note- GF Breakfast Burrito (no cheese or Daiya) ok for kids w/only GFDF allergy	GFDFEF GF Chicken Tenders, Corn w/Scoops	GFDFEF Choose from Daily Option.
Sides	Reg Garlic Roasted Zucchini	Reg Refried Beans	Reg Hash Brown	Reg Hot Corn	Reg Caesar Salad & Coleslaw
	GF Garlic Roasted Zucchini	GF Refried Beans	GF Hash Brown	GF Hot Corn	GF Caesar Salad & Coleslaw
	Other Garlic Roasted Zucchini	Other Vegan Frzn Refried Beans	Other No for Corn or Soy Allergy	Other No for Corn Allergy	Other No Salad (egg & dairy)
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GFDFEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GFDFEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas				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 Our Ham is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu	

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Special Diet High School Menu 2024-2025

May 19 - May 23

	Monday	Tuesday	Wednesday*	Thursday	Friday
	19	20	21	22	23
LUNCH	Reg Chicken Patty Sandwich	Reg Pizza (Cheese & Pepperoni)	EARLY RELEASE NO LUNCH	HAVE A GREAT SUMMER VACATION!!!	
	GF GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers or plain Brown Rice ranch, ketchup, and BBQ sauce available	GF GF Pizza (cooked)			
	DF-LI Chicken Patty Sandwich	DF-LI DF Pizza (Daiya Cheese)			
	GFDF-LI GF Chicken Tenders w/Scoops, GF Pretzels, GF Crackers or plain Brown Rice ranch, ketchup, and BBQ sauce available	GFDF-LI GF DF Pizza (Daiya Cheese & 1/4 GF Pizza crust)			
	DFEF Chicken Patty Sandwich	DFEF DF Pizza (Daiya Cheese, Loco bread) Pizza OK for kids with only EF allergy			
	GDFDEF GF Chicken Tenders w/Scoops or GF Pretzels ranch, ketchup, and BBQ sauce available to student	GDFDEF GF Chicken Tenders w/Scoops ranch, ketchup, and BBQ sauce available to student			
Sides	Reg F&V Bar	Reg F&V Bar			
	GF F&V Bar	GF F&V Bar			
	Others F&V Bar	Others F&V Bar			
GF Grain options (i.e. Crackers, Bread, Buns, Bagel, Pizza Crust) contain egg except for those listed under GDFDEF Pupusas are Gluten Free and can be substituted for any meal. Please write it in for your manager. Dairy Free (DF) MMA: Hummus, SF Seeds, PB*, HB Egg, Sunbutter, Chocolate No Nut Butter Cup, DF Yogurt, DF Shredded Cheese DFEF Grains: Scoops, Graham Cracker, Scooby Doo, Both Tortillas, Pop Tarts GDFDEF Grains: Scoops, Pretzel, GF Flour/Corn Tortillas			This Symbol "A" denotes contains milk/milk derivatives This Symbol "*" denote Nut/Tree Nut Allergy => SunButter will be subbed. This Symbol "+" denotes contains eggs/egg products Our Ham is Turkey Ham from Jennie-O. Chicken Tamales are Gluten, Dairy, & Egg Free. Can be used in any Special Diet Menu		

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