

Elementary School Dairy-Free Diet Information

Food Group	Allowed	Not Allowed
Classic Lunch Entrees	<ul style="list-style-type: none"> ● Burritos (NO cheese)* ● Chicken nuggets ● Crunchy turkey tacos (NO cheese)* ● GF corn dogs (Contains soy, eggs)* ● Hamburger on GF bun** ● Ocean treasures ● Texas tostito pie (NO cheese)* ● Turkey hot dog on GF bun** ● Turkey sausage + cereal* ● Turkey sloppy joe on GF bun** 	<ul style="list-style-type: none"> ● Bosco breadsticks ● Cheeseburger ● Cheese nachos ● Cheese quesadilla ● Chicken alfredo ● French toast sticks ● Meatball sub ● Mini corn dogs ● Pizza
Grab n' Go Lunch	<ul style="list-style-type: none"> ● Asian chicken salad ● Baked Potato (NO cheese, NO sour cream) ● BBQ chicken salad (NO cheese, NO ranch)* ● Chicken nugget dippers (NO ranch)* ● Chicken nugget salad (NO ranch)* ● Cobb salad (NO cheese, NO ranch)* ● Guac this way munchable (NO brownie, NO cheese stick)* ● Southwest chicken salad (NO cheese, NO ranch)* 	<ul style="list-style-type: none"> ● EZ Jammer ● EZ Jammer munchable ● Garlic breadstick ● Pizza munchable ● Rockin' roll munchable ● Yogurt parfait
Extra Value Meal (EVM) Entrees (not available at LTE or WCHE)	<ul style="list-style-type: none"> ● Burger sliders ● Clux Delux sandwich on GF bun** ● Chicken strips ● Crunchy chow mein noodles ● Orange chicken ● Popcorn chicken (with NO biscuit)* ● Teriyaki chicken 	<ul style="list-style-type: none"> ● Asian rice ● Beef cheesesteak sandwich ● Clux Delux spicy sandwich ● Pizza roll ● Selfie pizza
Breakfast Entrees	<ul style="list-style-type: none"> ● Boiled egg + approved cereal ● Breakfast taco (NO cheese)* ● Turkey sausage + cereal* 	<ul style="list-style-type: none"> ● Bacon cheese flatbread ● Biscuit ● Egg and cheese flatbread ● Egg and sausage biscuit ● French toast stick ● Yogurt dipper ● Yogurt parfait ● Pancakes
Fruits	<ul style="list-style-type: none"> ● All fruit 	
Vegetables	<ul style="list-style-type: none"> ● Broccoli NO cheese* ● Cauliflower NO cheese* ● All other vegetables 	<ul style="list-style-type: none"> ● Broccoli with cheese ● Cauliflower with cheese ● Mashed potatoes

* all listed substitutions and modifications (no cheese, etc.) must be planned with dietitian and cafe manager. Please contact Marcie Kissko, RDN at kisskom@litsdschools.org if your child requires any of these substitutions.

**GF hamburger and hotdog buns contain eggs.

Last updated: 11/5/18

Grains	<ul style="list-style-type: none"> • Apple cinnamon cheerios • Cinnamon granola • Cinnamon toast crunch • Cocoa puffs • Crunchy chow mein noodles (EVM) • Frosted mini wheats • Fruity cheerios • Kix 	<ul style="list-style-type: none"> • Asian rice (EVM) • Biscuit • Crumb cake • Garlic breadstick • Mini muffins
Milk and Drinks	<ul style="list-style-type: none"> • Bottled water • Juice (all varieties) • Lactose-free milk (lactose intolerance) • Soy Milk (milk protein allergy) 	<ul style="list-style-type: none"> • Cow's milk (all varieties)
Snacks	<ul style="list-style-type: none"> • Chicken Jerky • CLIF fruit twists (all flavors) • House-baked cookies (all flavors) • Lay's kettle cooked chips (original and sea salt and vinegar) • Sunflower seeds • Tostitos tortilla chips • Zee Zee's Grahamz 	<ul style="list-style-type: none"> • Abby's cookies • Cheez Its • Chocolate pudding • CLIF Z bars (all flavors) • Goldfish crackers • Lay's kettle cooked chips (BBQ and jalapeno cheddar) • Mozzarella string cheese • Nutri-grain cereal bars • Pirate's booty • Popcorn Indiana kettle corn • Remy's grahams (cinnamon, honey) • Smartfood white cheddar popcorn • Snikiddy baked fries • Strawberry gogurt • Strawberry yogurt chex mix • Sunrise smoothie • Whole grain rice krispy treat • Wild white nacho doritos
Frozen Treats	<ul style="list-style-type: none"> • Frozen Fruit Cups (all flavors) 	<ul style="list-style-type: none"> • Mixmi frozen yogurt (all flavors) • Rich's ice cream bars (all flavors)
Condiments	<ul style="list-style-type: none"> • Asian sesame dressing • Italian dressing • Ketchup • Mayonnaise • Mustard • Syrup 	<ul style="list-style-type: none"> • Ranch dressing

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