

Elementary School Egg-Free Diet Information

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

* 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.

		<ul style="list-style-type: none"> • Pancakes
Fruits	<ul style="list-style-type: none"> • All fruit 	
Vegetables	<ul style="list-style-type: none"> • All vegetables 	
Grains	<ul style="list-style-type: none"> • Apple cinnamon cheerios • Biscuit • Cinnamon granola • Cinnamon toast crunch • Cocoa puffs • Crunchy chow mein noodles (EVM) • Frosted mini wheats • Fruity cheerios • Garlic breadstick • Kix 	<ul style="list-style-type: none"> • Crumb cake • Mini muffins
Milk and Drinks	<ul style="list-style-type: none"> • Bottled water • Milk (all flavors) • Juice (all varieties) 	
Snacks	<ul style="list-style-type: none"> • Cheez its • Chicken jerky • Chocolate pudding • CLIF fruit twists (all flavors) • CLIF Z bars (all flavors) • Goldfish crackers • Lay's kettle cooked chips (all flavors) • Mozzarella string cheese • Nutri-grain cereal bars • Pirate's booty • Popcorn Indiana kettle corn • Smartfood white cheddar popcorn • Strawberry gogurt • Strawberry yogurt chex mix • Sunflower seeds • Sunrise smoothie • Snikiddy baked fries • Tostitos tortilla chips • Whole grain rice krispy treat • Wild white nacho doritos • Zee Zee's grahamz 	<ul style="list-style-type: none"> • Abby's cookies • House-baked cookies (all flavors) • Remy's grahams (cinnamon, honey)
Frozen Treats	<ul style="list-style-type: none"> • Frozen fruit cups (all flavors) • 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 • Mustard • Syrup 	<ul style="list-style-type: none"> • Ranch Dressing • Mayonnaise

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