

HBMS Egg-Free Diet Information

Food Group	Allowed	Not Allowed
Classic	<ul style="list-style-type: none"> ● Cheese nachos ● Chicken drumstick ● Chicken strips ● Mac and cheese ● Meatball sub ● Pulled Pork Sandwich ● Red enchiladas ● Turkey sausage 	<ul style="list-style-type: none"> ● Chicken corn dog ● French toast sticks ● Mini corn dogs ● Mozzarella cheese sticks
Buc Special	<ul style="list-style-type: none"> ● BBQ pork sandwich ● Beef hot dog ● Chicken fajita tacos ● Grilled chicken sandwich ● Hamburger/Cheeseburger ● Philly cheesesteak sandwich ● Texas cheesesteak nachos 	<ul style="list-style-type: none"> ● Big breakfast
Fast Fuel	<ul style="list-style-type: none"> ● Asian rice ● Bosco pizza sticks ● Clux Delux sandwich (regular) ● Pizza (four meat, cheese) ● Popcorn chicken ● Selfie pizzas 	<ul style="list-style-type: none"> ● Chick-fil-a sandwich ● Clux Delux spicy ● Mandarin orange chicken ● Pork egg roll ● Vegetable chow mein
Pit Stop	<ul style="list-style-type: none"> ● Asian chicken salad ● Baked potato ● BBQ chicken salad (NO ranch)* ● Build your own sub ● Chicken caesar salad ● Cobb salad (NO egg, NO ranch)* ● EZ Jammer ● Garlic breadstick ● Southwest chicken salad (NO ranch)* ● Pizza (cheese, pepperoni) ● Yogurt parfait 	
Breakfast	<ul style="list-style-type: none"> ● Chicken biscuit ● Chicken sausage bites ● Sausage biscuit ● Donut holes ● Turkey sausage ● Yogurt parfait 	<ul style="list-style-type: none"> ● Breakfast taco ● Crumb cake ● Egg and cheese flatbread ● French toast stick ● Mini muffins ● Otis Spunkmeyer muffins ● Pancakes
Fruit	<ul style="list-style-type: none"> ● All fruit 	
Vegetables	<ul style="list-style-type: none"> ● All vegetables 	

* all listed substitutions and modifications (GF bread, corn tortillas, 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.

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Grains	<ul style="list-style-type: none"> ● Apple cinnamon cheerios ● Asian rice ● Biscuit ● Cinnamon toast crunch ● Cocoa puffs ● Frosted mini wheats ● Fruity cheerios ● Garlic Breadstick ● Kix 	<ul style="list-style-type: none"> ● Crumb cake ● Mini muffins ● Otis Spunkmeyer muffins
Milk and Drinks	<ul style="list-style-type: none"> ● Milk (all varieties) ● Water bottle ● Juice (all varieties) 	
Snacks	<ul style="list-style-type: none"> ● Boom chicka pop ● Cheez Its ● CLIF Fruit Twists (all flavors) ● CLIF granola bars (all flavors) ● Goldfish crackers ● Guacamole ● Jerky ● Jif to go peanut butter ● Lay's kettle cooked chips ● Nutrigrain cereal bars ● Pirate's booty ● Planters fruit and nut trail mix ● Skinny pop popcorn ● Smartpop white cheddar popcorn ● Snikiddy baked fries ● Stacy's pita chips ● Strawberry gogurt ● String cheese ● Sunrise smoothie ● Sun Chips (all flavors) ● Tostitos tortilla chips ● Whole grain rice krispy treat ● Wild white nacho doritos 	<ul style="list-style-type: none"> ● Abby's cookies (all flavors) ● Homemade brownies ● House-baked cookies (all flavors) ● Mini donuts
Frozen Treats	<ul style="list-style-type: none"> ● Blue bell ice cream (all flavors) ● Cookies n' cream sandwich ● Crunch bar ● Frozen fruit cups (all flavors) ● M&M ice cream bar ● Mixmi frozen yogurt (all flavors) ● Neapolitan sandwich ● Rich's ice cream (all flavors) ● Vanilla ice cream bar ● Vanilla ice cream sandwich ● Vanilla sundae cone ● Snickers bar ● Twix bar 	<ul style="list-style-type: none"> ● Chips galore sandwich ● M&M ice cream sandwich
Condiments	<ul style="list-style-type: none"> ● Asian sesame dressing 	<ul style="list-style-type: none"> ● Ranch dressing

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	<ul style="list-style-type: none">• Caesar dressing• Italian dressing• Ketchup• Mustard• Syrup	<ul style="list-style-type: none">• Mayonnaise
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