

HBMS Soy-Free Diet Information

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

* 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. **GF buns contain eggs

Last updated: 1/14/19

Vegetables	<ul style="list-style-type: none"> All vegetables except charro beans and refried beans 	<ul style="list-style-type: none"> Charro beans Refried beans
Grains	<ul style="list-style-type: none"> Apple cinnamon cheerios Asian rice Biscuit Cocoa puffs Frosted mini wheats Fruity cheerios Garlic Breadstick Kix 	<ul style="list-style-type: none"> Cinnamon toast crunch Crumb cake Mini muffins Otis Spunkmeyer muffins
Milk and Drinks	<ul style="list-style-type: none"> All beverages 	
Snacks	<ul style="list-style-type: none"> Boom chicka pop Chicken jerky CLIF fruit twists (all flavors) Goldfish crackers Guacamole Jif to go peanut butter Lay's kettle cooked chips Pirate's booty 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 Wild white nacho doritos 	<ul style="list-style-type: none"> Abby's cookies (all flavors) Beef jerky Cheez Its CLIF granola bars (all flavors) Homemade brownies House-baked cookies (all flavors) Mini donuts Nutri-grain cereal bars Planters fruit and nut trail mix Whole grain rice krispy treat
Frozen Treats	<ul style="list-style-type: none"> Blue bell ice cream (all flavors) Frozen fruit cups (all flavors) Mixmi frozen yogurt (all flavors) Rich's fudge frenzy 	<ul style="list-style-type: none"> Chips galore sandwich Cookies n' cream sandwich Crunch bar M&M ice cream bar M&M ice cream sandwich Neapolitan sandwich Rich's bars (except fudge frenzy) Snickers bar Twix bar Vanilla ice cream bar Vanilla ice cream sandwich Vanilla sundae cone
Condiments	<ul style="list-style-type: none"> Caesar dressing Italian dressing Ketchup Mayonnaise Mustard Ranch dressing Syrup 	<ul style="list-style-type: none"> Asian sesame dressing

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