

LTMS Dairy-Free Diet Information

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

* 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 buns contain eggs.

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Fruit	<ul style="list-style-type: none"> All fruit 	
Vegetables	<ul style="list-style-type: none"> All vegetables except mashed potatoes 	<ul style="list-style-type: none"> Mashed potatoes
Grains	<ul style="list-style-type: none"> Apple Cinnamon Cheerios Cinnamon toast crunch Cocoa puffs Frosted Mini Wheats Fruity Cheerios Kix Vegetable Chow Mein 	<ul style="list-style-type: none"> Asian rice Biscuit Crumb cake Garlic breadstick Mini muffins Otis Spunkmeyer muffins
Milk and Drinks	<ul style="list-style-type: none"> Izze sparkling juices (all flavors) Juice (all flavors) Lactose-free milk(if lactose intolerant)* Naked juice smoothies (all flavors) Soy milk (for dairy allergy)* Sparkling water (all flavors) Vitamin water (all flavors) Water bottle 	<ul style="list-style-type: none"> Core power (all flavors) Cow's milk (all flavors) Hot Cocoa (seasonal)
Snacks	<ul style="list-style-type: none"> Boom chicka pop CLIF fruit twists (all flavors) House-baked cookies (all flavors) Guacamole Jerky Jif to go peanut butter Lay's kettle cooked chips (original, sea salt and vinegar) Pirate's Booty Skinny pop popcorn Sun Chips (original) Tostitos tortilla chips 	<ul style="list-style-type: none"> Abby's cookies (all flavors) Cheez Its CLIF granola bars (all flavors) Goldfish crackers Homemade brownies Lay's kettle cooked chips (BBQ, jalapeno cheddar) Mini donuts Nutri-grain cereal bars Pirate's booty Planters fruit and nut trail mix Smartpop white cheddar popcorn Snikiddy baked fries Stacy's pita chips Strawberry gogurt String cheese Sunrise smoothie Sun Chips (harvest cheddar, garden salsa) Whole grain rice krispy treat Wild white nacho doritos
Frozen Treats	Frozen Fruit Cups (all flavors)	<ul style="list-style-type: none"> Blue Bell ice cream (all flavors) Chips galore Cookies n' cream sandwich Crunch bar M&M ice cream bar M&M ice cream sandwich Mixmi frozen yogurt (all flavors) Rich's ice cream (all flavors)

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		<ul style="list-style-type: none"> • Vanilla ice cream bar • Vanilla ice cream sandwich • Vanilla sundae cone • Snickers bar • Twix bar
Condiments	<ul style="list-style-type: none"> • Asian sesame dressing • Italian dressing • Ketchup • Mustard • Syrup 	<ul style="list-style-type: none"> • Caesar dressing • Ranch dressing • Mayonnaise

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