

## LTMS Egg-Free Diet Information

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

\* 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](mailto:kisskom@litsdschools.org) if your child requires any of these substitutions.

Last updated: 1/14/19

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

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