

LTMS Soy-Free Diet Information

Food Group	Allowed	Not Allowed
Classic/Pizza	<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 ● Pizza (cheese, pepperoni)
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
Salad	<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 ● 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 	
Vegetables	<ul style="list-style-type: none"> ● All vegetables except charro beans and 	<ul style="list-style-type: none"> ● Charro beans

* 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

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	refried beans	<ul style="list-style-type: none"> ● 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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