

Elementary School Soy-Free Diet Information

Food Group	Allowed	Not Allowed
Classic Lunch Entrees	<ul style="list-style-type: none"> ● Bosco breadsticks ● Burritos (NO beans)* ● Cheese nachos ● Cheese quesadilla ● Crunchy turkey tacos ● Hamburger ● Turkey hot dog ● Turkey sausage + cereal* ● Turkey sloppy joe 	<ul style="list-style-type: none"> ● Cheeseburger ● Chicken alfredo ● Chicken nuggets ● French toast sticks ● Meatball sub ● Mini corn dogs ● Ocean treasures ● Pizza ● Texas tostito pie
Grab n' Go Lunch	<ul style="list-style-type: none"> ● Baked potato ● Garlic breadstick ● Guac this way munchable (NO brownie)* ● Yogurt parfait 	<ul style="list-style-type: none"> ● Asian chicken salad ● BBQ chicken salad ● Chicken nugget dippers ● Chicken nugget salad ● Cobb Salad ● EZ Jammer ● EZ Jammer munchable ● Pizza munchable ● Rockin' roll munchable ● Southwest chicken salad
Extra Value Meal (EVM) Entrees (not available at LTE or WCHE)	<ul style="list-style-type: none"> ● Beef cheesesteak sandwich (NO cheese)* ● Clux Delux sandwich (original, spicy) ● Crunchy chow mein noodles ● Popcorn chicken + biscuit 	<ul style="list-style-type: none"> ● Asian rice ● Burger sliders ● Chicken strips ● Orange chicken ● Pizza roll ● Selfie pizza ● Teriyaki chicken
Breakfast Entrees	<ul style="list-style-type: none"> ● Boiled egg + biscuit ● Egg and sausage biscuit ● Turkey sausage + cereal* ● Yogurt dipper + approved cereal ● Yogurt parfait 	<ul style="list-style-type: none"> ● Bacon cheese flatbread ● Egg and cheese flatbread ● French toast stick ● Pancakes ● Zee Zee's Strawberry Grahamz
Fruits	<ul style="list-style-type: none"> ● All fruit 	
Vegetables	<ul style="list-style-type: none"> ● All except refried beans 	<ul style="list-style-type: none"> ● Refried beans
Grains	<ul style="list-style-type: none"> ● Apple cinnamon cheerios ● Biscuit ● Cinnamon granola ● Cocoa puffs ● Crunchy chow mein noodles (EVM) ● Fruity cheerios ● Frosted mini wheats ● Garlic breadstick ● Kix 	<ul style="list-style-type: none"> ● Asian rice (EVM) ● Biscuit ● Cinnamon toast crunch ● Crumb cake ● Mini muffins

* 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.

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Milk and Drinks	<ul style="list-style-type: none"> ● Bottled water ● Cow's milk (all varieties) ● Juice (all varieties) 	<ul style="list-style-type: none"> ● Soy milk
Snacks	<ul style="list-style-type: none"> ● Chicken jerky ● Chocolate pudding ● CLIF fruit twists (all flavors) ● Goldfish crackers ● Lay's kettle cooked chips (all flavors) ● Mozzarella string cheese ● Pirate's booty ● Smartfood white cheddar popcorn ● Snikiddy baked fries ● Strawberry gogurt ● Sunflower seeds ● Sunrise smoothie ● Tostitos tortilla chips ● Wild white nacho doritos 	<ul style="list-style-type: none"> ● Abby's cookies ● Cheez its ● CLIF Z bars (all flavors) ● House-baked cookies (all flavors) ● Goldfish crackers ● Nutri-grain cereal bars ● Popcorn Indiana kettle corn ● Remy's grahams (cinnamon, honey) ● Strawberry yogurt chex mix ● Whole grain rice krispy treat ● Zee Zee's Grahamz
Frozen Treats	<ul style="list-style-type: none"> ● Frozen fruit cups (all flavors) ● Fudge Frenzy bar (Rich's) ● Mixmi frozen yogurt (all flavors) 	<ul style="list-style-type: none"> ● Rich's ice cream bars (all other flavors)
Condiments	<ul style="list-style-type: none"> ● Italian dressing ● Ranch dressing ● Ketchup ● Mayonnaise ● Mustard ● Syrup 	<ul style="list-style-type: none"> ● Asian dressing

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