

## HBMS Dairy-Free Diet Information

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

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

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

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