



## Allergen-Free Diet

### **Breakfast** -May select 1 cereal with 3 Slices of Ham

Juice/Fruit: May choose 2 fruits or 1 fruit/1 juice

Meat: Sliced Ham

Cereals: Choice of: Cinnamon Chex, Corn Chex\*, Kix\*, or Cocoa Puffs\*

Soy Milk (Unless allergic to soy)

### **Lunch**

Juice/Fruit – Grades K-8 may choose 1 fruit or 1 juice. Grades 9-12 may choose 2 fruits or 1 fruit/1 juice.

#### Entrées:

- Turkey Deli Salad w/fat-free Italian or fat-free raspberry\* – Romaine & spinach topped w/6 slices All-Natural Turkey, shredded carrots, grapes or strawberries. Serve with tortilla chips\*. (No Pretzel Stick)
- Fresh Garden Salad w/Beans, Cranberries & Sunflower Seeds w/fat-free Italian or fat-free raspberry\*- Serve with tortilla chips\*. (No Pretzel Stick)
- Chef Salad- 3 slices All-Natural Turkey & 3 slices Ham w/fat-free Italian or fat-free raspberry\*. Serve with tortilla chips\* (No Cheese or Egg)
- Vegetarian Salad w/fat-free Italian or fat-free raspberry\* Serve with tortilla chips\* (No Cheese)
- Italian Salad w/fat-free Italian or fat-free raspberry\* Serve 3 oz meat with tortilla chips\* (No Cheese or Breadstick)
- Hummus & Veggie Platter – Serve with two cups of hummus and tortilla chips\*. (No Pretzel Stick or Cheese Stick)
- Oven Roasted Turkey Breast with brown rice or baked potato (No Margarine) Serve with tortilla chips\* and allowed vegetables (No Gravy or Whipped Potatoes)
- 6 slices All-Natural Turkey Ham slices with brown rice or baked potato (No Margarine, No Sour Cream). Serve with tortilla chips\* and allowed vegetables
- 6 slices All-Natural Turkey Breast slices with brown rice or baked potato (No Margarine, No Sour Cream) Serve with tortilla chips\* and allowed vegetables (No Gravy or Whipped Potatoes)
- BBQ Pork with brown rice or baked potato (No Margarine, No Sour Cream). Serve with tortilla chips\* and allowed vegetables
- Roast Pork with brown rice or baked potato (No Margarine, No Sour Cream). Serve with tortilla chips\* and allowed vegetables (No Gravy or Whipped Potatoes)
- Hamburger, 100% Beef (No Bun, No Cheese) with brown rice or baked potato (no margarine, no sour cream) or tortilla chips\* and allowed vegetables
- Shredded Pork (No Bun) with brown rice or baked potato (No Margarine, No Sour Cream). Serve with tortilla chips\* and allowed vegetables
- Beans and Brown Rice with allowed vegetables

Vegetables- May select 2 vegetables. Baked potato counts as 1 vegetable.

Mixed Vegetables*	Carrot/ Celery Sticks (no Ranch)	Assorted Vegetable Cup (no Ranch)
Carrots (cooked/canned)	Celery Sticks (no Ranch)	Garlic Broccoli
Baked Beans*	Carrot Sticks (no Ranch)	California Blend (Steamed or Roasted)
Black Beans	Garlic California Blend	Garden Side Salad (allowed dressing)
Sliced Cucumbers (no Ranch)	Spinach Bacon Salad (allowed dressing)	

Soy Milk (unless allergic to soy)

Other: Jello (no whipped topping)

Allowed Dressings: fat-free Italian or fat-free raspberry

\*\*No tortilla chips, baked beans, mixed vegetables, Kix, Corn Chex, Multigrain Cheerios, or Raspberry dressing if child has corn allergy.

