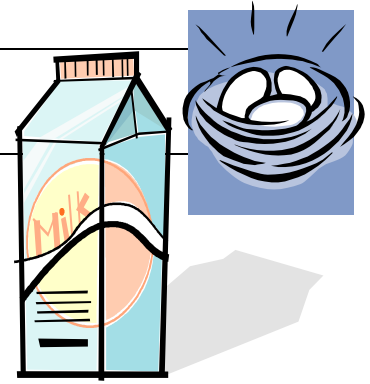


## Dairy & Egg Free Menu Reference 2007-08 Seattle Public Schools



### **Lunch Foods that MUST be AVOIDED:**

*If you have questions about any item that you do not find on this list, please contact Wendy Weyer, R.D. at 252-0677*

### **Breakfast Foods typically served at lunch:**

Belgian Waffle Sticks (egg & dairy)  
Egg & Cheese Patty (egg & cheese)  
Yogurt (dairy)

### **Breadsticks:**

Mozzarella Cheese Breadsticks - cheese

### **Burrito:**

Bean & Cheese Burrito - cheese

### **Chicken/Turkey Products:**

Breaded Chicken Patty (egg & dairy)  
Chicken Nuggets (dairy)  
Whole Grain Turkey Corndog (egg)

### **Egg Rolls (egg):**

Turkey Egg Roll      Vegetable Egg Roll

### **Fish:**

Fish Nuggets (dairy)  
Breaded Fish Square (dairy)

### **Hot Pocket (cheese & egg):**

Italian Hot Pocket

### **Nachos:**

Nachos w/ Beef, Beans & Cheese (cheese)

### **Pasta:**

Beef Ravioli w/ Meat Sauce (dairy)  
Cheese Stuffed Shells (egg & dairy)

### **All varieties of pizza (cheese):**

Cheese Pizza	French Bread Pizza	Double Stuffed Cheese Pizza
Pepperoni Pizza	French Bread Pizza w/ Beef Pepperoni	Whole Grain Pizza Cup

**Sandwiches:**

All sliced cheese used with sandwiches (deli meat and Pullman bread acceptable)  
Toasted Cheese Sandwich

**Quesadilla (cheese & egg):**

Cheese Quesadilla      Chicken & Cheese Quesadilla

**Vegetarian Entrees:**

Classic Veggie Patty (dairy)

**Condiments:**

Mayonnaise

Ranch Dressing

Tartar Sauce

**Acceptable Foods that meet student's diet needs (dairy & egg free):**

• Breakfast (serve daily):

Dry Cereal (Kix, Rice Krispies, or Cheerios)

\*\* *Cinnamon Toast Crunch & Golden Grahams contain dairy*

Toast (Whole Wheat Pullman bread w/ Buttery Delite – **NO MARGARINE**)

Fruit Juice, fresh fruit, canned fruit – all varieties

Soy Milk – a la carte purchase unless directed by R.D. (Wendy) due to disability status

**Alternate suggestions**

Beef Sausage

• Lunch (ONLY acceptable foods to serve student):

**Beef:**

Beef Teriyaki Dippers w/ Brown Rice

Hamburger Patty, 2.6 oz. – King's Command

**Bread:**

Pullman Bread, whole wheat (Gai's variety)

Multigrain Hamburger Bun (Gai's variety)

Hot Dog Bun (Gai's variety)

Flour Tortilla (6in. or 8 in.)

**Cheese Breadsticks:**

(ok for a EGG free diet only – product contains cheese):

**Deli Meats:**

Turkey Ham, deli sliced

Turkey, deli sliced

Roast Beef, deli sliced

**Chicken/Turkey Products:**

Chicken Drumsticks                      Grilled Chicken Breast  
Chicken Teriyaki Bites                      Hot Dog, chicken variety

**Fish:**

Fish Nuggets (ok for a EGG free diet only – product contains dairy)  
Breaded Fish Square (ok for a EGG free diet only – product contains dairy)

**Pasta:**

Spaghetti w/ Meat Sauce (central kitchen prepared w/o cheese)  
Penne Pasta w/ Meat Sauce (central kitchen prepared w/o cheese)  
Somali Spaghetti w/ Meat Sauce (central kitchen prepared w/o cheese)

**Potatoes:**

Oven Baked Potato Wedges (99% Lamb Wesson potato wedges only)

**Vegetarian Entrees:**

Classic Veggie Patty (ok for a EGG free diet only – product contains dairy)  
Honey BBQ Veggie Rib Patty

**Sandwiches:**

All varieties of deli meat sandwiches (meat and Pullman Bread or Multigrain Bun only)

**Fresh Fruits & Vegetables:**

All varieties acceptable without Ranch Dressing or other condiments

**Canned Fruits & Vegetables:**

All varieties acceptable

**Condiments:**

Ketchup    Mustard  
Sweet n Sour Sauce                              Barbecue Sauce  
Teriyaki Sauce

Updated 3-11-08 ww