MANAGING A VEGETARIAN DIET AT SCHOOL

Student Nutrition Services (SNS) will accommodate students that have special dietary needs. In order for a manager to make any changes, we must have a signed Meal Preference For Special Meals form. Please contact the SNS Manager at your school site to obtain a copy, or visit our SNS website (www.sdhc.k12.fl.us/sns)

WHAT IS A VEGETARIAN DIET?
Vegetarians do not eat meat, fish, or poultry. There are different types of vegetarians such as vegan and ovo-vegetarian that have stricter restrictions on what animal products they omit from their diet.

LUNCH OPTIONS
(Meat Alternate & Vegetable Meal Component)
The GREENHOUSE Salad
Chef Salad w/ Black Beans
Cheese Chef Salad
Taco Salad w/ Black Beans
Santa Fe Black Bean Totchos

(Bread/Grain Option & Meat Alternate)
Cheesy Tortellini w/ Tomato Cream Sauce
Cheesy Calzone w/ Marinara Sauce
Chipotle Macaroni & Cheese (Lean & Green)
Four Cheese Primo Pizza
Black Beans Tacos
Yellow Rice w/ Black Beans
(1 cup rice, ½ cup beans)
PB&J Uncrustable Sandwich
Yogurt Munchable
Pumpkin Loaf & Yogurt

(Bread/Grain Option)
Spaghetti w/ Homemade Marinara Sauce
(1/2 cup)

BREAKFAST OPTIONS
Cuban Toast w/ Scrambled Eggs & Grits
Yogurt w/ Granola
Fruit & Yogurt Parfait
General Mills Cereal w/ Graham Bear
Mini Breakfast Protein Bar w/ Cheese Stick
Whole Grain Breakfast Loaf w/ Cheese Stick
Eggo® Mini Cinnamon Waffles
Peanut Butter & Jelly Bar
Eggo® Mini Blueberry Pancakes
French Toast Sticks w/ Syrup
Cheese & Crackers
Egg & Cheese Biscuit
Egg & Cheese Breakfast Taco

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Includes choice of 100% Fruit Juice & 8oz Milk
Vanilla Soy Milk available for purchase

SIDE CHOICES
Assorted 8oz Milk
100% Fruit Juice
Crisp Garden Salad
Fresh Baked Roll
Hot Vegetables
Sweet Potato Bake
Fresh Fruit
Canned Fruit
Seasoned Black Beans
BBQ Baked Beans
Crispy Tater Tots
Baked Sweet Potato Fries
Cheesy Parmesan Roll
Veggie Dippers
Baked Sweet Plantains

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