



MANAGING A VEGAN 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 VEGAN DIET?

Vegans are similar to vegetarians in which they do not eat meat, fish, or poultry. In addition, they do not eat other animal products and by products such as eggs, dairy products, and honey

BREAKFAST OPTIONS

General Mills® Cereal
Peanut Butter & Jelly Bar

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

LUNCH OPTIONS

(Meat Alternate & Vegetable Meal Component)

Chef Salad w/ Black Beans

Chef Salad w/ Garbanzo Beans

(follow chef salad recipe but replace turkey, cheese, and egg with ½ cup beans)

Santa Fe Black Bean Totchos (no cheese)

(Bread/Grain Option & Meat Alternate)

Yellow Rice w/ Black Beans

(1 cup rice, ½ cup beans)

PB&J Uncrustable Sandwich

(1each)

Santa Fe Black Bean Tacos (no cheese)

Santa Fe Black Bean Burrito (no cheese)

(Bread/Grain Option)

Spaghetti w/ Marinara Sauce

Gourmet Hamburger Bun

SIDE CHOICES

Assorted 100% Fruit Juice

Hot Vegetables

Fresh Fruit

Seasoned Black Beans

Crisp Garden Salad

Baked Sweet Potato Fries

Crispy Tater Tots

Baked Sweet Plantains