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
  - (1 each)
- 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

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