

Managing a Vegan Diet at School

What is a vegan diet?

Similar to vegetarians, a vegan diet consist of omitting all animal products and by products such as dairy, eggs and honey.

For special diet modifications, please visit:

[Allergy and Special Nutrition Needs](#)



Lunch Options

Three Bean Chili
Black Beans Nachos (no cheese)
Refried Beans Nachos (no cheese)
Peanut Butter and Jelly Sandwich
Made to Order Subs and Wraps (HS only)

Lentil Pasta

Pasta with Marinara Sauce

Peanut Butter Pack

Hummus w/ Veggies (no flatbread, no cheese stick)

Vegetarian Caesar Salad (no cheese)

Taco Salad w/Black Beans (no cheese)

Southwest Salad w/Corn and Black Bean Salsa (no cheese)

Made to Order Salads w/Corn and Edamame or Roasted Chickpeas (HS only)

Includes choice of fresh fruit, vegetables and 100% juice.

Breakfast Options

PopTart

PB&J Uncrustables

Grits

Cereal Choice

Cereal Bars

Animal Crackers

Scooby Grahams

Peanut Butter

Goldfish Graham

Includes choice of fresh fruit, and 100% juice.

Side Choices

Fresh Fruit

Veggie Dippers

Crinkle Cut Sweet Potato Fries

Seasoned Black Beans

Garden Side Salad

Crispy Tater Tots

Baby Carrots w/Dip

BBQ Baked Beans

Hot Vegetables*

**our hot vegetables are made with vegetable base and/or margarine, free from animal products*

Check out our website for additional A la Carte options

[Menus—Nutritional Information](#)



FUELING STUDENT SUCCESS