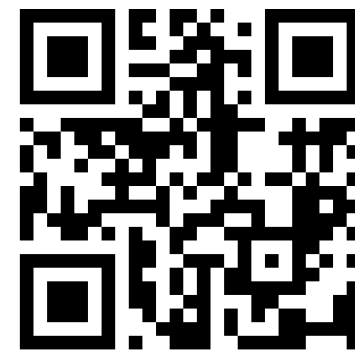


New Solutions for Special Diets

Thursday, 10/30/2025, 1:00pm-2:00pm
Melissa Manning RDN, My School RD



My School RD

Affiliations and Disclosures:

50+ School Districts

Academy of Nutrition and Dietetics

Chef Ann Foundation

LunchAssist

The LunchMaster

Institute of Child Nutrition (ICN)

By the end of the session, participants will:

1. Learn about six unique special diet menu approaches.
2. Discover how to implement Top 9 allergen-free meals using new product guides and recipes.
3. Harness the power of reports to identify errors in allergens and carb counts.
4. Create a special diet action plan to implement immediately.

Special Diet Menu Approach 1:

Special Orders

Student Name:
Classroom:
Date:
I will be eating lunch today and would like the following (choose 1):
Beef Tamale
Nada Burger and Fritos
Fiesta Fun Box (Bean Dip, Tortilla Chips, Salsa Cup)

Special Diet Menu Approach 2:

Great Crate Idea



Special Diet Menu Approach 3:

Ingredient Swap on the Fly

Hamburger Bun → GF Hamburger Bun

Special Diet Menu Approach 4:

Color-Coded Cycle Menus

ORANGE MENU FREE from: Meat Products + 9 Allergens					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Overnight Oats	GF Fig Bars	Chech Cereal	88 Acres Chocolate Sea Salt Bar	Cheerios Cereal
Lunch	GF Penne Marinara served with Green Beans	Amy's Meal: Black Bean Verde Tamale served with Corn	Chef's Salad	Quinoa Veggie Bowl	Roasted Veggie Medley with Rice
Supper	GF Cold Pasta Salad (GF Penne)	Roasted Veggie Medley with Rice	Amy's Meal: GF/DF Bean & Rice Burrito served with Baby Carrots	GF Spaghetti with Marinara served with Green Beans	Vegetable Chow Mein
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Cereal	GF Fig Bars	Vegan Bread Pudding	88 Acres Chocolate Sea Salt Bar	Cheerios Cereal
Lunch	GF Cold Pasta Salad (GF Penne)	Roasted Veggie Medley with Rice	Amy's Meal: Black Bean Verde Tamale served with Corn	GF Spaghetti with Marinara served with Green Beans	Vegetable Chow Mein
Supper	GF Penne Marinara served with Green Beans	Amy's Meal: GF/DF Bean & Rice Burrito served with Broccoli	Chef's Salad	Quinoa Veggie Bowl	Roasted Veggie Medley with Rice
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)

RED MENU & GF FREE from: Beef + 9 Allergens					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Overnight Oats (V)	GF Fig Bars (V)	Cheerios Cereal	88 Acres Chocolate Sea Salt Bar (V)	Cheerios Cereal (V)
Lunch	Chicken Katsu with Rice with Broccoli	Amy's Meal: Black Bean Verde Tamale served with Corn	BBQ Pulled Chicken Sandwich on Vegan Bun - Baby Carrots on the side	GF Spaghetti with Marinara served with Green Beans	Chicken Chow Mein (GF Spaghetti)
Supper	BBQ Pulled Chicken Sandwich on Vegan Bun	Chicken Tamale with Rice and Beans served with Corn	SS Snack Pack - chicken jerky bites, crunchy rollers, GF Fig Bar and Fruit Cup	Amy's Meal: GF/DF Bean & Rice Burrito served with Broccoli	Rosemary Dijon Pulled Chicken with Roasted Potatoes with Peas & Carrots
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Cereal (V)	GF Fig Bars (V)	Vegan Bread Pudding with Spiced Apples (V)	88 Acres Chocolate Sea Salt Bar (V)	Cheerios Cereal (V)
Lunch	Orange Chicken Rice Bowl served with Broccoli	Turkey Sandwich on Vegan Bun with Lettuce/Tomato on the Side	Chicken Tamale with Rice and Beans served with Corn	GF Spaghetti with Chicken and Marinara served with Green Beans	Chicken Chow Mein (GF Spaghetti)
Supper	GF Cold Pasta Salad (GF Penne) (V)	BBQ Pulled Chicken with Rice served with Peas and Carrots	SS Snack Pack - chicken jerky bites, crunchy rollers, GF Fig Bar and Fruit Cup	Amy's Meal: GF/DF Bean & Rice Burrito served with Broccoli	Rosemary Dijon Pulled Chicken with Roasted Potatoes with Peas & Carrots
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)

BLUE MENU FREE from: Top 9 Allergens (Gluten, Egg, Dairy, Soy, Peanut, Tree Nut, Fish, Shellfish, Seafood)					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Overnight Oats (V)	GF Fig Bars (V)	Cheerios Cereal (V)	88 Acres Chocolate Sea Salt Bar (V)	Cheerios Cereal (V)
Lunch	Chicken Katsu with Rice with Broccoli	Amy's Meal: Black Bean Verde Tamale served with Corn	BBQ Pulled Chicken Sandwich on Vegan Bun - Baby Carrots on the side	GF Penne with Chicken and Marinara served with Green Beans	Chicken Chow Mein (GF Spaghetti)
Supper	Hamburger on Vegan Bun - Lettuce & Tomatoes on the side	Chicken Tamale with Rice and Beans served with Corn	SS Snack Pack - chicken jerky bites, crunchy rollers, GF Fig Bar and Fruit Cup	Turkey Sandwich on Vegan Bun with Lettuce/Tomato on the Side	Rosemary Dijon Pulled Chicken with Roasted Potatoes with Peas & Carrots
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Cereal (V)	GF Fig Bars (V)	Vegan Bread Pudding with Spiced Apples (V)	88 Acres Chocolate Sea Salt Bar (V)	Cheerios Cereal (V)
Lunch	Orange Chicken Rice Bowl served with Broccoli	Hamburger on Vegan Bun - Lettuce & Tomatoes on the side	Chicken Tamale with Rice and Beans served with Corn	GF Spaghetti with Chicken and Marinara served with Green Beans	Chicken Chow Mein (GF Spaghetti)
Supper	GF Cold Pasta Salad (GF Penne) (V)	BBQ Pulled Chicken with Rice served with Peas and Carrots	SS Snack Pack - chicken jerky bites, crunchy rollers, GF Fig Bar and Fruit Cup	Amy's Meal: GF/DF Bean & Rice Burrito served with Broccoli	Rosemary Dijon Pulled Chicken with Roasted Potatoes with Peas & Carrots
Snack	Veggie Chips (V)	Made Good Granola Minis Variety Flavors (V)	Chocolate Chip Crispy Treats (V)	Crunchy Rollers (V)	Hippeas Chickpea Puffs Vegan White Cheddar (V)

Special Diet Menu Approach 5:

Mirror the Monthly Menu *Strawberry Allergy*

Strawberry Pancakes → Maple Pancakes

Special Diet Menu Approach 6: NSLP-Compliant Inclusive Menus

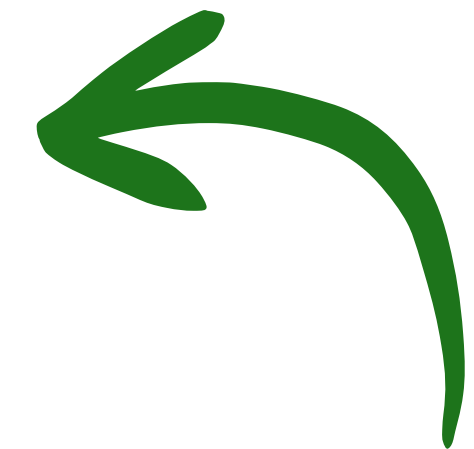
Top 9 Allergen Free Inclusive Meals:

Product Guides → Recipes
→ Menus

By popular request... seven pages of Top 9 allergen-free NSLP-compliant products WITH Goldstar codes

Top 9 Allergen Friendly Products - My School RD

Meal Component	B/L	GOLDSTAR ITEM #	Description	Brand	Mfg Item No.	Item Category	UOM
G	Lunch	253138	SHELL TACO HARD 6" WG	MEXICAN ORIGINAL	10248500621	HISPANIC	200CT
G	Lunch	203795	TACO SHELL 6" YELLOW	MISSION FOODS	10115	HISPANIC	8/25CT
G	Lunch	300304	TACO SHELL 7" LG YELLOW	MISSION FOODS	10112	HISPANIC	200CT
G	Lunch	248603	TOP N GO RF	TOSTITOS	20510	CHIPS	44/1.4OZ
G	Lunch	305803	TORTILLA 6" CORN WG	ROMEROS	160120	FRESH BRD	CS
G	Lunch	600168	TORTILLA 6" FRESH CORN WG	ROMEROS	160120	FRESH BRD	PK
G	Lunch	203549	TORTILLA 6" WHITE CORN	MISSION FOODS	10630	HISPANIC	6/60CT
G	Lunch	303505	TORTILLAS 4.5" CORN WHITE WG	ROMEROS	145060	HISPANIC	CS
GM	Lunch	141104	TACO BEEF 2CT IW	MICHAEL B'S BESTW	TBC35W	HISPANIC	50/4.52OZ
GM	Lunch	141309	TACO BEEF BULK	MICHAEL B'S BESTW	TBC35	HISPANIC	100/2.2OZ
GM	Lunch	306320	TAMALE BEEF RED SAUCE	DEL REAL	123	HISPANIC	12/4CT
GM	Lunch	138025	TAMALE CHIC RED SAUCE GF WG	DEL REAL	767	HISPANIC	48/5OZ
GM	Lunch	138967	TAMALE CHICKEN GREEN GF WG	DEL REAL	783	HISPANIC	48/6OZ
GM	Lunch	134584	TAMALES CHIC IN GREEN SAUCE GF	DEL REAL	124	HISPANIC	48/5OZ
GM	Lunch	140397	TAQUITOS BEEF	MICHAEL B'S BESTW	BTB61	HISPANIC	100/2.2OZ
GM	Lunch	139759	TAQUITOS BEEF	MICHAEL B'S BESTW	BTB61W	HISPANIC	50/4.4OZ
GM	Lunch	138805	TAQUITOS CHICKEN BULK WG	MICHAEL B'S BESTW	CTB43	HISPANIC	100/2.2OZ
GM	Lunch	113678	TAQUITOS CHICKEN WG IW	MICHAEL B'S BESTW	CTB43W	HISPANIC	50/4.4OZ
M/MA	Lunch	409711	3 BEAN CHILI BOWL	JTM	5385	BEANS	30/8OZ
M/MA	Lunch	403993	3 BEAN VEGETABLE CHILI	JTM	5383	SOUPS	6/5LB
M/MA	Lunch	141056	AL PASTOR GF	DEL REAL	121	PROC PORK	4/5LB
M/MA	Lunch	406495	ALL NATURAL SMOKED TRKY BREAST	JENNIE O	257412	PROC TKY	6/2LB



Download at:
www.MySchoolRD.com

MY SCHOOL RD

ALLERGEN-SAFE CERTIFICATE OF APPRECIATION

AWARDED TO

ZEE ZEES

in recognition of your commitment to transparent, compliant,
allergen-conscious products for school nutrition programs
Your dedication supports schools in serving every student safely

Date



Melissa Manning
My School RD



Top 9 Allergen Free Products Thank You, Manufacturers!

CSNA Annual Conference - 2025



A note of thanks: Your commitment matters

Thank you for your commitment to developing top 9 allergen-free products.



Your dedication to creating safe, allergen-free foods lower liability risks, reduce stress for school nutrition teams, and expand menu options for students with special dietary needs.

These innovations make it easier for schools to offer inclusive, nutritious meals that families can trust and students can enjoy with confidence.

Call to Action:

- 🔍 We're expanding our allergen-free product database, and we need your help!
- 📄 Scan the QR Code to submit your complete list of top 9 allergen-free products with specification sheets. Please ensure your spec sheets clearly include an allergen statement, such as "Top 9 Allergens: None."
- 🗣️ Help us spread the word to other manufacturers by sharing the QR code. Together, we can make school meals safer, simpler, and more inclusive for all students.



<https://bit.ly/MyRDAllergenFree>

These manufacturers stood out as providers of Top 9 allergen-free products

Brookwood Farms BBQ

Butterball

Comida Vida (IFS)

Del Real Foods

Don Lee Farms

Frito Lay & Tostitos (PepsiCo)

General Mills

Jennie-O / Hormel

JTM Food Group

JTM Food Group

Michael B's Foods

Mission Foods

Quaker (PepsiCo)

Red Gold

Rockin'ola

The Amazing Chickpea

Tyson & Advance Pierre

Zee Zees (National FG)



<https://bit.ly/MyRDAllergenFree>

 We're expanding our allergen-free product database, and we need your help!

 **Manufacturers:** Scan the QR Code to submit your complete list of top 9 allergen-free products with specification sheets.

Hummus cup w/ T. Chips and veggies

Sweet and Sour Chicken over Veggie Fried Rice

Fall Apple Cranberry Turkey Salad with Strawberry Granola and Dried Apple Crisps

Italian Antipasto Salad (Jennie O Italian meats with Balsamic Dressing) and Chips

Taco Salad (Turkey Taco Meat, Black Beans, Diablo Corn Crunchers, Salsa)

Chef Salad (Turkey, Ham, Garbanzo Beans, Cucumber Slices, Shredded Carrots)

with Fritos

Taco Top & Go Nachos with Salsa and Guacamole

BBQ Beef, Seasoned Rice

Pork Carnitas Street Tacos with fresh pico de gallo

Chicken Tinga Tacos

NSLP-Compliant Inclusive Menus

COOL COMBOS FOR KIDS:

**These ideas were created from the Allergen-Free Products List*

Shelf-Stable:

- **Greek Gods Mediterranean Meal:** Hummus, Tostitos Scoops, Dried Peaches
- **Protein Picnic Kit:** Beef Bites, Fritos Chips, Flavored Fun Applesauce Cup
- **Fiesta Fun Box:** Refried Bean Dip, Tortilla Chips, Salsa Cup
- **Bam Zam Bento Box:** Roasted Chickpeas, Dried Cherries, Half-popped Popcorn
- **Buncha Sunshine Kit:** Sunflower Seeds, Half-Popped Popcorn, Veggie Juice
- **Snack Attack! Kit:** Flavored Fava Bean Crisps, Flavored Corn Kernels, Dried Fruit Mix
- **Take it for Later Treat Box:** Tortilla Chips & Chocolate Pea Protein Dip, Dried Fruit Mix
- **Home Run Fun Box:** “Batter Up” Beef Sticks, Multi-grain Team Cheerios Cereal, Ripple Vanilla Milk
- **Charcuterie Box:** Salami, Tostitos Scoops, Marinara Sauce Cup
- **Breakfast for Lunch Break:** Honey Roasted Sunflower Seeds, Blueberry Chex Cereal, Ripple Vanilla Milk, Strawberry Applesauce Cup

2-WEEK BREAKFAST
CYCLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Rice Krispies Cereal	Brown Sugar Oatmeal	Honey Cheerios	Cinnamon Horchata Overnight Oats	Blueberry Chex
Frosted Flakes Cereal	Cinnamon Sugar Oatmeal	Original Cheerios with Honey Drizzle Packet	Granola Crunch Overnight Oats	Cinnamon Chex



2-WEEK SHELF-STABLE LUNCH CYCLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Buncha Sunchine Kit	Greek Gods Mediterranean Meal	Protein Picnic Kit	Fiesta Fun Box	Bam Zam Bento Box
Home Run Fun Box	Take it For Later Treat Box	Charcuterie Box	Breakfast for Lunch Break	Snack Attack! Kit

3-WEEK HOT/COLD LUNCH CYCLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Taquitos	Roasted Chicken & Rice Pilaf	Southwest Chicken Salad & Tortilla Chips	Shredded Beef Bowl (over Spanish rice)	Nada Burger and Fritos
Chicken Tamale	BBQ Chicken Drummies & Seasoned Rice	Black Bean and Corn Salsa & Tortilla Chips	MYO Chicken Tacos or MYO Black Bean Tacos	Farmer's Market Salad & Fritos
Chili Dip & Tortilla Chips	Orange Chicken Rice Bowl	Chicken Tostada Bowl or Vegan Pico Pinto Tostada Bowl	Chicken or Chickpea Curry over Rice	Crunchy Carnitas Tacos with Curtido

Rockin' Reports



Export Your Data Regularly

How?
Watch this

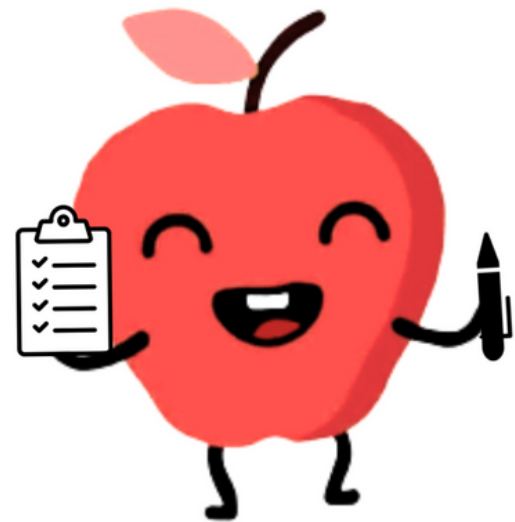
Meeting 10/4	Action Items:			
Check housemade choc muffin - 256 cal vs 186 for blueberry but only				
CR -155: Blueberry Muffin				
CR -154: Chocolate Chip Muffin				
CR -260: Lemon Blueberry Muffin				
CR -217: Pumpkin Muffin				
Update chicken patty with new specs: F-G404679: Chicken, Patty Tys				
Updated milk with new specs: R-1213: DBeverage, Milk 1% White 8oz				
Create Cooked recipe for Pasta, Rotini 100% WG Barilla (20LB)				
11/5 Action items:				
Pasta and Mashed potatoes were reviewed				
Training video here				
Muffins still look out of sorts				
Pinto beans look a little high on calories bu				

	247.6338 *	(D-GS208261) Honey Roasted Sunflower Seeds	
		Pack	
(CR -61) Hot Corn & Carrot		Seeds, Sunflower Honey Roasted 1.2 oz SUB	189.9998
	1/2 Cup		189.9998
Vegetables, Corn Canned USDA, 6/#10	25.4167		Double Checked - these look ok
Vegetable, Carrots Diced No Salt Frz USDA, 12/2lb	27.2155	(CR -131) Overnight Oats	
Butter, Case Solid, Unsalted Driftwood, 30LB	26.9995		2-#8 Scoops (grey)
	79.6318	Water, Tap, Recipe Use	0 *
		Sugar, Brown	32.3185 *
(R-1293) Blueberry Muffin w/ String Cheese		Baking Vanilla Extract	1.6584 *
	Muffin + String Cheese	DBeverage, Milk 1% White Gallon Driftwood	30 *
Blueberry Muffin	186.1617	Spices, Cinnamon Sticks, Jar, 1.5lb	0 *
Cheese, String Lite SUB	60.001	Chocolate chips	16.1146 *
	246.1627	Yogurt, Vanilla LF, Driftwood, 32lb/cs	5.5 *
		Quick Buckeyed Rolled Oats	161.167 *
(CR -181) Chocolate Muffin w/ String Cheese		Spices, Cinnamon Ground	0.8753 *
	Chocolate Muffin + String Cheese		247.6338 *
Chocolate Chip Muffin	256.4171		
		(CR -61) Hot Corn & Carrot	
Cheese, String Lite SUB	60.001		1/2 Cup
	316.4181		

Export Your Data

Super SOP: Sort Your Data

Calorie/
Carb Export



Allergen
Export





Not a Nutritionist?

Calorie Guidelines:

Category	Typical Calorie Range
Green, Red, and Other Vegetables	10–50 calories
Fruit	25–80 calories
Starchy Vegetables & Beans	75–150 calories
2G Breakfast Breads and Cereals	150–350 calories
Lunch Entrées	300–550 calories
Uncrustables and Parfaits	550–650 calories
NF Unflavored Milk	90 calories
1% and Flavored Milk	120 calories

Calorie Export

Water, Tap, Drinking	0
Spice, Crushed Red Pepper Flakes	0
Italian Seasoning	0
Broccoli, Florets, Frozen, 24 lbs (Sysco)	0
Baked Drumstick, M. Potatoes, Corn Star	0
Vinegar, Distilled	1
Egg & Sausage Breakfast Sandwich	2
Broccoli, Frozen, 24 lbs (Inn Foods)	24
Carrots, Baby, 10 lb	30
Crouton, Seasoned, Cubed, Packet, .25 oz (Monarch)	30
Pears, Diced, #10 can (Del Monte)	30
Breadstick, Honey, 180/1 oz (Shannon's)	35
Cheese, American, Sliced, RS RF (Land O Lakes)	35
Rice, Brown, Long Grain, 25 lb (USDA)	36
Applesauce, Unsweetened, Original, 4.5 oz (Zee Zee)	50
Orange, Choice, 38 lb	50
Juice, Apple, 4oz (Suncup)	60
Juice, Orange, 4oz (Producers)	60
Juice, Orange, 4oz (Suncup)	60
Corn, Whole Kernel, #10 Can (USDA)	76
Beans, Refried, Smooth (Santiago)	85
Banana, Petite	89
Apple, Honeycrisp	95
Rice, Brown, Long Grain, 25 lb (Riceland)	96
Pasta, Spaghetti, 2/10 lb (USDA)	98

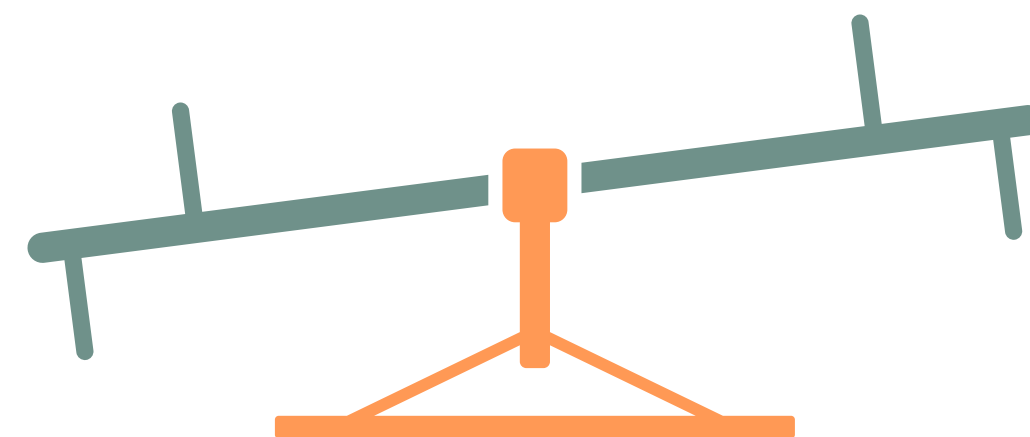
Pancake on a Stick (Don Lee)	173
Pasta, Spaghetti, 10 inch (Barilla)	187
Biscuit, Baked, 2 oz (Pillsbury)	188
Waffle, Mini (Kellogg's)	190
Cinnamon Roll, Dough, 2.5 oz (Richs)	190
Roll, Hoagie, Hinged, 6 inch (Shannon's)	190
Pizza, Breakfast, Sausage, 3.31 oz (Tony's)	200
Biscuit, Baked, 2.25 oz (Pillsbury)	200
Texas Toast, Garlic Bread	200
Concha, Variety Pack	201
Chip, Tortilla, No Salt, Yellow Round, IW, 1.5 oz (Ara)	207
Tortilla, Flour 10 inch (Mi Rancho)	210
Buttermilk Bar (Sky Blue)	270
Scone, Dough, Strawberry (FatCat)	276
Chip, Tortilla, Salt, Yellow Round, 2 oz (Aranda's)	277
BeneFIT Bars, Banana Chocolate Chip, 48/2.5oz	280
Chip, Tortilla, No Salt, Yellow Round, 2 oz (Aranda's)	280
Scone, Dough, Chocolate Chip (FatCat)	282
BeneFIT Bars, Oatmeal Chocolate Chip 48/2.5 oz	290
BeneFIT Bars, Apple Cinnamon, 48/2.5oz	290
Pizza, Pepperoni Primo (Big Daddy's)	320
Western Cheeseburger	420
Pasta, Rollups, Lasagna, Cheese, WG, 3.5oz (Marze)	380
Chicken Caesar Salad	571
Hot Wings	612
Turkey and Cheese Sandwich	19293



Export Your Data

Not a Nutritionist? Allergen Warning Signs

- Are obvious allergens incorrect?
- Tracking too many allergens?
- Not tracking missing allergens?
- Impossible to track allergens (corn)?
- Are your list of allergens a mess?
- Old Spec Sheets



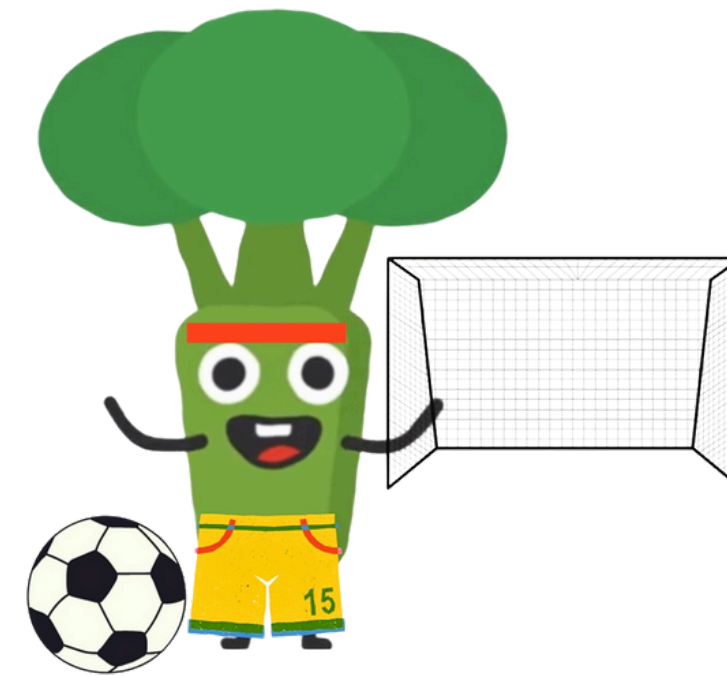


A Special Note about UPFs

What do you need to know?

- New formulations
- New allergens introduced - watch for soy (soy lecithin)
- Same product codes and vendor codes
- Supply Chain lag - Don't know when the new products will get to students

Special Diet Action Plan



- Export and Check Calories and Carbs
 - Sort low to high
 - Use Melissa's Math
- Export and Check Allergens
 - Sort by allergen
 - Keyword Search for obvious clues ie "strawberry"
- Clean up Allergen Types
- Add "Allergens Missing" option
- File Fresh Specs
- "Over-haul" = Over the Holidays
- Try a new SD Menu approach
- Menu Inclusive Top 9 Allergen Friendly entrees
- Thank manufacturers for providing great allergen friendly options!

Thank you for attending!

Got questions?

