

# HALAL FOODS LIST

SHORELINE SCHOOL DISTRICT FOOD AND NUTRITION SERVICES



Elementary Schools & Cascade K-8	Middle Schools	High Schools
<p><b>Breakfast Items:</b></p> <ul style="list-style-type: none"> <li>Berries &amp; Cream Stuffed Breadsticks</li> <li>Frosted Flakes</li> <li>Grape Yogurt Smoothie</li> <li>Hard Boiled Egg</li> <li>Mini Maple Pancakes</li> <li>Multigrain Cheerios</li> <li>String Cheese</li> </ul> <p><b>Lunch Items:</b></p> <ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito</li> <li>Brown Rice</li> <li>Harvest Muffin</li> <li>Honey Roasted Sunflower Seeds</li> <li>Mini Waffles</li> <li>Protein Pack</li> <li>Seasoned Curly Fries</li> <li>Sorbet Cup</li> <li>String Cheese</li> <li>Tater Tots</li> <li>Tostitos Tortilla Chips</li> <li>Vegetarian Southwest Salad</li> <li>Whole Grain Dinner Roll</li> </ul>	<p><b>Breakfast Items:</b></p> <ul style="list-style-type: none"> <li>Banana Bread</li> <li>Honey Scooters Cereal</li> <li>Yogurt Parfait with Blueberries &amp; Granola</li> </ul> <p><b>Lunch Items:</b></p> <ul style="list-style-type: none"> <li>Baked Potato (not all toppings)</li> <li>Bean &amp; Cheese Burrito</li> <li>Bean &amp; Cheese Enchilada</li> <li>Brown Rice</li> <li>Honey Roasted Sunflower Seeds</li> <li>Lemon Blueberry Fruit &amp; Yogurt Parfait</li> <li>Mini Cheese Calzones</li> <li>Sorbet Cup</li> <li>Strawberry &amp; Peach Vanilla Yogurt Parfait</li> <li>Tater Tots</li> <li>Tostitos Tortilla Chips</li> <li>Vegetarian Taco Salad (without Chipotle Ranch)</li> <li>Whole Grain Dinner Roll</li> </ul>	<p><b>Breakfast Items:</b></p> <ul style="list-style-type: none"> <li>Banana Bread</li> <li>Honey Scooters Cereal</li> <li>Yogurt Parfait with Blueberries &amp; Granola</li> </ul> <p><b>Lunch Items:</b></p> <ul style="list-style-type: none"> <li>Baked Potato (not all toppings)</li> <li>Bean &amp; Cheese Burrito</li> <li>Bean &amp; Cheese Enchilada</li> <li>Brown Rice</li> <li>French Fries</li> <li>Lemon Blueberry Fruit &amp; Yogurt Parfait</li> <li>Mini Cheese Calzones</li> <li>Seasoned Curly Fries</li> <li>Sorbet Cup</li> <li>Strawberry &amp; Peach Vanilla Yogurt Parfait</li> <li>Tater Tots</li> <li>Tostitos Tortilla Chips</li> <li>Vegetarian Chili</li> <li>Vegetarian Taco Salad (without Chipotle Ranch)</li> <li>Whole Grain Dinner Roll</li> </ul>

## Acceptable Fruit & Vegetable Offerings:

- |                   |                           |
|-------------------|---------------------------|
| ✓ Apple           | ✓ Garbanzo Beans          |
| ✓ Applesauce      | ✓ Grapes                  |
| ✓ Banana          | ✓ Kidney Beans            |
| ✓ Canned Peaches  | ✓ Orange                  |
| ✓ Canned Pears    | ✓ Pear                    |
| ✓ Cherry Craisins | ✓ Salad Bar (no croutons) |
| ✓ Edamame         | ✓ Sour Lemon Raisins      |

## Acceptable Beverages:

- ✓ Apple Juice
- ✓ Nonfat Chocolate Milk (lunch only)
- ✓ Nonfat White Milk
- ✓ 1% White Milk

## Acceptable Condiments:

- ✓ Barbecue Sauce
- ✓ Cream Cheese
- ✓ Ketchup
- ✓ Maple Syrup
- ✓ Marinara Sauce
- ✓ Mayo
- ✓ Mustard
- ✓ Salsa

# CAUTION:

## VEGETARIAN FOODS WITH HARAM INGREDIENTS

Apple Cinnamon Bear Paw	Whey & Mono-Diglycerides	Mashed Potatoes	Monoglycerides & Calcium Stearoyl Lactylate
Buttermilk Biscuit	DATEM & Whey	MS/HS Protein Pack	Whey (in BeneFit Bar)
Cheese Rippers	L-Cysteine	Muffins (Banana Chocolate & Blueberry)	Vanilla Extract
Cheesy Breadstick	Whey & DATEM	Orange Smoothie	Yellow 5 & 6 (without Halal certification)
Chipotle Ranch (Taco Salad)	Whey	Pickles	Yellow 5 (without Halal certification)
Cocoa Puffs	Alcohol Ingredients	Pirate Cake	Vanilla Extract (in frosting)
Cookies (All Types)	Vanilla Extract	Pizza (Elementary/MS)	DATEM
Corn Muffin	Whey	Pizza (HS)	DATEM
Croutons (Salad Bar)	Sodium Stearoyl Lactylate	Potato Smiles	Mono-Diglycerides
Dutch Waffle	Mono-Diglycerides	Ranch Dressing	Whey
Egg & Cheese English Muffin	Mono-Diglycerides & Whey	Scrambled Eggs	Whey
French Toast Sticks	Mono-Diglycerides & DATEM	Sour Cream	Whey, Sodium Stearoyl Lactylate, & Carrageenan
Frosted Cinnamon Roll	Whey, Mono-Diglycerides, DATEM, Sodium Stearoyl Lactylate, & Vanilla Extract	Southwest Egg & Cheese Breakfast Burrito	Mono-Diglycerides, DATEM, Sodium Stearoyl Lactylate, & Whey
Garden Burger	Mono-Diglycerides & Sodium Stearoyl Lactylate (in bun – patty alone is OK)	Soy Milk	No Halal Certification (unclear if alcohol was used for flavoring or processing Carrageenan)
Garden Vegetable Lasagna	Whey, Sodium Caseinate, & Rennet	Strawberry Waffle Graham	Glycerin
Garlic Bread/Garlic Toast	Whey, DATEM, & Mono-Diglycerides	Sunbutter & Jelly Sandwich	Sodium Stearoyl Lactylate (in bread)
Garlic Breadstick	Monoglycerides	Sunchips	Whey
Grab & Go Breakfast Bars (All Flavors)	Whey	Tofu & Edamame Noodle Bowl	Balsamic Vinegar & Soy Sauce
Grilled Cheese	Sodium Stearoyl Lactylate (in bread)	Vegetarian Black Bean Burger	Mono-Diglycerides & Sodium Stearoyl Lactylate (in bun – patty alone is OK)
Hand Iced Donut Bars	Whey, Mono-Diglycerides, Sodium Stearoyl Lactylate, & Vanilla Extract	Whole Wheat Blueberry Bagel	Mono-Diglycerides
Italian Dressing	Yellow 6 (without Halal Certification)	Whole Wheat Hamburger/Hotdog Buns	Mono-Diglycerides & Sodium Stearoyl Lactylate
Lasagna Roll-Up	Whey	Whole Wheat White Bread	Sodium Stearoyl Lactylate
Macaroni & Trees	Whey, Sodium Caseinate, Mono-Diglycerides, Yellow 5, & Yellow 6	Yogurts (Individual Cups)	Whey & Carrageenan
Marshmallow Mateys Cereal	Gelatin, Yellow 5, & Yellow 6		