

This document denotes which menu items contain the "Big 8" allergens (peanuts, tree nuts, soy, wheat, dairy, fish, shellfish, eggs). It also denotes if an allergen/intolerance-free (AI Free). Many of our entrees can have ingredients removed or replaced to make it suitable for a student with a particular allergy. Sara Sheridan for questions about specific entree items. Allergens are in green, carb counts are in orange.

Condiments: Ketchup (A/I Free), Mustard (A/I Free), Mayo (Egg, Soy), Ranch Dressing (Egg, Soy, Dairy, GF), Italian Dressing (A/I Free), Tartar Sauce (Egg, Soy), Pickle Relish (Dairy), Honey Mustard (A/I Free), Pickles (A/I Free), Jalepenos (A/I Free), Chipotle Ranch (Egg, Soy, Dairy, GF), BBQ Ranch (Egg, Soy, Dairy, GF), Teriyaki Sauce (Soy, GF)

	Entrée 1	Entrée 2	Entrée 3	Grain or Dessert	Starch	Vegetable	Salad or Dipper	Fruit
Monday	Chicken Sandwich	Muffin + Yogurt + Cheese Stick	Turkey + Cheese Sandwich		Crinkle Cut French Fries	Cheesy Broccoli	Cucumber Dipper	Diced Peaches
	38	39	34		20	7	1	13
	Egg, soy, wheat	Wheat, dairy	Dairy, soy, wheat		AI Free	Dairy	AI Free	AI Free
Tuesday	Mexican Tacos	Fish Nuggets	Crispy Chicken Salad	Cookie	Corn	Refried Beans	Carrot Dipper	Banana
	27	22	22	24	16	30	6	27
	Dairy, GF	Wheat, fish	Egg, soy, wheat, dairy	Egg, wheat	Dairy	Dairy	AI Free	AI Free
Wednesday	Lasagna Roll Up	Chicken Nuggets	Ham + Cheese Sandwich	Garlic Toast	Mashed Potatoes	Breaded Baked Yellow Squash	Side Salad	Orange Slices
	31	16	36	11	15	8	3	15
	Dairy, egg, wheat, soy	Wheat, soy, dairy	Dairy, soy, wheat	Dairy, wheat, soy	Dairy	Wheat, soy, dairy	AI Free	AI Free

Thursday	Grilled Cheese	Country Fried Steak + Gravy	Chef Salad	Rice	Tater Tots	Tomato Soup	Celery Dipper	Pineapple Chunks
	36	21	8	20	19	11	2	19
	Wheat, dairy, soy	Wheat	Dairy	Dairy	AI Free	Dairy, wheat	AI Free	AI Free
Friday	Hot Dog	Personal Pan Pizza	Manager's Choice Sandwich		Baked Sweet Potato	Baked Beans	Side Salad	100% Fruit Juice
	29	31	34-36		13	20	3	13-19
	Wheat	Wheat, dairy, soy	Dairy, soy, wheat		AI Free	AI Free	AI Free	AI Free



Frida

30	31	34-36	Cups: 20, Sandwich : 26	16	20	3	13-19
Egg, soy, wheat	Dairy, wheat	Dairy, soy, wheat	Cups: Dairy, GF Sandwich: Dairy, wheat, soy	Dairy	AI Free	AI Free	AI Free

Monday	Grilled Cheese	BBQ Sandwich	Turkey + Cheese Sandwich		Wedge Fries	Tomato Soup	Cucumber Dipper	Frozen Peach Cup
	36	38	34		20	11	1	20
	Dairy, wheat, soy	Wheat, soy	Dairy, soy, wheat		AI Free	Dairy, wheat	AI Free	AI Free
Tuesday	Mozzarella Bread Bites	Hot Dog	Crispy Chicken Salad	Cookie	Baked Potato	Baked Beans	Coleslaw	Banana
	33	29	22	24	20	20	6	27
	Dairy, soy, wheat	Wheat	Egg, soy, dairy, wheat	Egg, wheat	AI Free	AI Free	Egg, soy, GF	AI Free
Wednesday	Chicken Nuggets	Chicken Alfredo	Chef Salad	Garlic Toast	Mashed Potatoes	Green Beans	Carrot Dipper	Applesauce
	16	24	8	11	15	2	6	14
	Wheat, soy, dairy	Dairy, wheat	Dairy	Dairy, soy, wheat	Dairy	AI Free	AI Free	AI Free
Thursday	Cheesy Nachos	Chicken + Waffles	Ham + Cheese Sandwich		Tater Tots	Pinto Beans	Side Salad	Mandarin Oranges
	50	43	36		19	13	3	20
	Dairy, GF	Soy, wheat, dairy, egg	Dairy, wheat, soy		AI Free	AI Free	AI Free	AI Free

Friday

<b>Chinese Takeout Chicken</b>	<b>Personal Pan Pizza</b>	<b>Manager's Choice Sandwich</b>		Corn	Steamed Broccoli	Carrot Dipper	100% Fruit Juice
<b>39</b>	<b>31</b>	<b>34-36</b>		16	4	6	13-19
Egg, soy, wheat	Wheat, dairy, soy	Dairy, wheat, soy		Dairy	AI Free	AI Free	AI Free

Monday	Hamburger	Burrito	Turkey + Cheese Sandwich		Spiral Fries	Glazed Carrots	Cucumber Dipper	Apple Slices
	24	38	34		17	11	1	25
	Wheat	Dairy, soy, wheat	Dairy, wheat, soy		AI Free	Dairy	AI Free	AI Free
Tuesday	Chicken Tacos	Corndog	Crispy Chicken Salad	Rice	Corn Cobette	Refried Beans	Side Salad	Diced Peaches
	33	30	22	20	36	30	3	13
	Wheat, dairy	Egg, soy, wheat	Egg, soy, dairy, wheat	Dairy	AI Free	Dairy	AI Free	AI Free
Wednesday	Chicken Nuggets	Manager's Choice	Ham + Cheese Sandwich	Cookie	Crinkle Cut French Fries	Steamed Broccoli	Celery Dipper	Manager's Choice Fruit
	16		36	24	20	4	2	15
	Wheat, dairy, soy		Dairy, wheat, soy	Egg, wheat	AI Free	AI Free	AI Free	
Thursday	Chicken Drumstick	Cereal + Cheese Stick	Chef Salad	Mac n' Cheese	Mashed Potatoes	Green Beans	Carrot Dipper	Diced Pears
	10	30	8	11	15	4	6	13
	Wheat, dairy	Dairy, wheat, soy	Dairy	Dairy, wheat	Dairy	AI Free	AI Free	AI Free
Friday	Smokey Rib Sandwich	Schoolmade Pizza	Manager's Choice Sandwich		Diced Sweet Potatoes	Manager's Choice Vegetable	Side Salad	100% Fruit Juice
	33	31	34-36		23		3	13-19

Wheat, dairy, soy

Dairy, wheat

Dairy, wheat, soy

AI Free

AI Free

AI Free



item is gluten-free (GF) or /intolerance. Please contact

Hot Sauce (A/I Free), Parmesan  
Sauce (A/I, GF)

Cond.	Milk
Ketchup Mustard Mayonnaise Ranch	Milk
	18-20
	Dairy, GF
Lettuce + Tomato Salsa Sour Cream Tartar Sauce Ranch	Milk
	18-20
	Dairy, GF
Ketchup Honey Mustard Mustard Mayonnaise Ranch	Milk
	18-20
	Dairy, GF

Ketchup Ranch	Milk
	18-20
	Dairy, GF
Ketchup Mustard Butter Tub Ranch	Milk
	18-20
	Dairy, GF

Ketchup Mustard Pickles Mayonnaise Ranch	Milk
	18-20
	GF, Dairy
Parm Cheese Butter Tub Ranch	Milk
	18-20
	Dairy, GF
Ketchup Honey Mustard Mustard Maoynnaise Ranch	Milk
	18-20
	Dairy, GF
Syrup Ketchup Ranch	Milk
	18-20
	Dairy, GF
Ketchup Mustard Ranch	Milk

	18-20
	Dairy, GF

Ketchup BBQ Sauce	Milk
	18-20
	Dairy, GF
Ketchup Mustard Butter Tub Ranch	Milk
	18-20
	Dairy, GF
Ketchup Honey Mustard Mustard Maoyonnaise Ranch	Milk
	18-20
	Dairy, GF
Sour Cream Salsa Jalapenos Syrup Ketchup Ranch	Milk
	18-20
	Dairy, GF

Ranch Mayonnaise Mustard	Milk
	18-20
	Dairy, GF

Ketchup Mustard Pickles Mayonnaise Sour Cream	Milk
	18-20
	Dairy, GF
Ketchup Mustard Sour Cream Salsa Ranch	Milk
	18-20
	Dairy, GF
Ketchup Honey Mustard Mustard Maoynnaise Ranch	Milk
	18-20
	Dairy, GF
Ranch	Milk
	18-20
	Dairy, GF
Ranch	Milk
	18-20

Dairy, GF



	Entrée 1	Entrée 2	Entrée 3	Juice	Fruit	Cond.	Milk
Mon	Chicken, Sausage, or Plain Biscuit	Cinni Mini	Cereal + optional cheese stick	100% Fruit Juice	Applesauce	Milk	Jelly
	34	40		13-19	14	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Tues	Cheesy Eggs + Toast	Poptart + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Apple Slices	Milk	
	15	54		13-19	25	18-20	
	Egg, dairy, wheat	Dairy, soy, wheat		AI Free	AI Free	Dairy, GF	
Wed	Chicken, Sausage, or Plain Biscuit	Frudel	Cereal + optional cheese stick	100% Fruit Juice	Bananas	Milk	Jelly
	34	36		13-19	27	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Thur	Mini Pancakes	Muffin + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Raisins	Milk	
	40	39		13-19	30	18-20	
	Dairy, soy, egg, wheat	Dairy, egg, soy, wheat		AI Free	AI Free	Dairy, GF	
Fri	Chicken, Sausage, or Plain Biscuit	Breakfast Bun	Cereal + optional cheese stick	100% Fruit Juice	Orange Wedges	Milk	
	34	39		13-19	15	18-20	
	Dairy, soy, wheat	Wheat		AI Free	AI Free	Dairy, GF	
Mon	Chicken, Sausage, or Plain Biscuit	Cinni Mini	Cereal + optional cheese stick	100% Fruit Juice	Frozen Fruit Cup	Milk	
	34	40		13-19	20	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Tues	French Toast + Bacon	Poptart + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Orange Wedges	Milk	Syrup
	39	54		13-19	15	18-20	
	Dairy, soy, wheat	Dairy, soy, wheat		AI Free	AI Free	Dairy, GF	
Wed	Chicken, Sausage, or Plain Biscuit	Frudel	Cereal + optional cheese stick	100% Fruit Juice	Bananas	Milk	Jelly
	34	36		13-19	27	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Thur	Mini Pancakes	Crescent Stick	Cereal + optional cheese stick	100% Fruit Juice	Apple	Milk	
	40	35		13-19	25	18-20	

	Dairy, soy, egg, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
11	Chicken, Sausage, or Plain Biscuit	Breakfast D'lites	Cereal + optional cheese stick	100% Fruit Juice	Applesauce	Milk	Jelly
	34	42		13-19	14	18-20	
	Dairy, soy, wheat	Dairy, egg, soy, wheat		AI Free	AI Free	Dairy, GF	

Mon	Chicken, Sausage, or Plain Biscuit	Cinni Mini	Cereal + optional cheese stick	100% Fruit Juice	Orange Wedges	Milk	Jelly
	34	40		13-19	15	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Tues	Cheesy Eggs + Toast	Poptart + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Apple Slices	Milk	
	15	54		13-19	25	18-20	
	Egg, dairy, wheat	Dairy, soy, wheat		AI Free	AI Free	Dairy, GF	
Wed	Chicken, Sausage, or Plain Biscuit	Frudel	Cereal + optional cheese stick	100% Fruit Juice	Banana	Milk	Jelly
	34	36		13-19	27	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Thur	Mini Pancakes	Muffin + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Raisins	Milk	
	40	39		13-19	30	18-20	
	Dairy, soy, egg, wheat	Dairy, egg, soy, wheat		AI Free	AI Free	Dairy, GF	
Fri	Chicken, Sausage, or Plain Biscuit	Breakfast Bun	Cereal + optional cheese stick	100% Fruit Juice	Applesauce	Milk	Jelly
	34	39		13-19	14	18-20	
	Dairy, soy, wheat	Wheat		AI Free	AI Free	Dairy, GF	
Mon	Chicken, Sausage, or Plain Biscuit	Cinni Mini	Cereal + optional cheese stick	100% Fruit Juice	Frozen Fruit Cup	Milk	Jelly
	34	40		13-19	20	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Tues	French Toast + Bacon	Poptart + Yogurt	Cereal + optional cheese stick	100% Fruit Juice	Orange Wedges	Milk	Syrup
	39	54		13-19	15	18-20	
	Dairy, soy, wheat	Dairy, soy, wheat		AI Free	AI Free	Dairy, GF	
Wed	Chicken, Sausage, or Plain Biscuit	Frudel	Cereal + optional cheese stick	100% Fruit Juice	Banana	Milk	Jelly
	34	36		13-19	27	18-20	
	Dairy, soy, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	
Thur	Mini Pancakes	Crescent Stick	Cereal + optional cheese stick	100% Fruit Juice	Apple Slices	Milk	
	40	35		13-19	25	18-20	
	Dairy, soy, egg, wheat	Dairy, wheat		AI Free	AI Free	Dairy, GF	

EI	Chicken, Sausage, or Plain Biscuit	Breakfast D'lites	Cereal + optional cheese stick	100% Fruit Juice	Applesauce	Milk	Jelly
	34	42		13-19	14	18-20	
	Dairy, soy, wheat	Dairy, soy, egg, wheat		AI Free	AI	Dairy, GF	