

	Entrée 1	Entrée 2	Entrée 3	Entrée 4	Juice	Fruit	Cond.	Milk
Mon	Chicken, Sausage, Steak, Plain Biscuit	Cinni Mini	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Applesauce	Jelly	Milk
	28.5-50	40	38-39	24-46	13-19	14		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	Chicken, Sausage, Steak, Plain Biscuit	Breakfat Bun	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Apple Slices	Jelly	Milk
	28.5-50	39	38-39	24-46	13-19	6		18-20
	Dairy, Egg, Soy, Wheat	Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	Chicken, Sausage, Steak, Plain Biscuit	Breakfast Pizza	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Banana	Jelly	Milk
	28.5-50	22-25	38-39	24-46	13-19	27		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	Chicken, Sausage, Steak, Plain Biscuit	Uncrustable	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Orange Wedges	Jelly	Milk
	28.5-50	32	38-39	24-46	13-19	10		18-20
	Dairy, Egg, Soy, Wheat	Peanuts, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	Chicken, Sausage, Steak, Plain Biscuit	French Toast + Bacon	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Raisins	Jelly Syrup	Milk
	28.5-50	39	38-39	24-46	13-19	30		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Mon	Chicken, Sausage, Steak, Plain Biscuit	Frudel	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Frozen Peach Cup	Jelly	Milk
	28.5-50	36.5	38-39	24-46	13-19	19		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	Chicken, Sausage, Steak, Plain Biscuit	Breakfast D'Lites	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Orange Wedges	Jelly	Milk
	28.5-50	42	38-39	24-46	13-19	10		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	Chicken, Sausage, Steak, Plain Biscuit	Mini Pancake	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Banana	Jelly Syrup	Milk
	28.5-50	36-40	38-39	24-46	13-19	27		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	Chicken, Sausage, Steak, Plain Biscuit	Muffin + Yogurt	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Apple	Jelly	Milk
	28.5-50	39-44	38-39	24-46	13-19	25		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	Chicken, Sausage, Steak, Plain Biscuit	Sausage Gravy Biscuit	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Manager's Choice Fruit	Jelly	Milk
	28.5-50	34	38-39	24-46	13-19			18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free			Dairy, GF

Mon	Chicken, Sausage, Steak, Plain Biscuit	Cinni Mini	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Applesauce	Jelly	Milk
	28.5-50	40	38-39	24-46	13-19	14		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	Chicken, Sausage, Steak, Plain Biscuit	Breakfast Bun	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Apple Slices	Jelly	Milk
	28.5-50	39	38-39	24-46	13-19	6		18-20
	Dairy, Egg, Soy, Wheat	Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	Chicken, Sausage, Steak, Plain Biscuit	Breakfast Pizza	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Banana	Jelly	Milk
	28.5-50	22-25	38-39	24-46	13-19	27		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	Chicken, Sausage, Steak, Plain Biscuit	Uncrustable	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Orange Wedges	Jelly	Milk
	28.5-50	32	38-39	24-46	13-19	10		18-20
	Dairy, Egg, Soy, Wheat	Peanuts, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	Chicken, Sausage, Steak, Plain Biscuit	French Toast + Bacon	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Raisins	Jelly Syrup	Milk
	28.5-50	39	38-39	24-46	13-19	30		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Mon	Chicken, Sausage, Steak, Plain Biscuit	Frudel	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Frozen Peach Cup	Jelly	Milk
	28.5-50	36.5	38-39	24-46	13-19	19		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	Chicken, Sausage, Steak, Plain Biscuit	Breakfast D'Lites	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Orange Wedges	Jelly	Milk
	28.5-50	42	38-39	24-46	13-19	10		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	Chicken, Sausage, Steak, Plain Biscuit	Mini Pancake	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Banana	Jelly Syrup	Milk
	28.5-50	36-40	38-39	24-46	13-19	27		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	Chicken, Sausage, Steak, Plain Biscuit	Muffin + Yogurt	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Apple	Jelly	Milk
	28.5-50	39-44	38-39	24-46	13-19	25		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	Chicken, Sausage, Steak, Plain Biscuit	Sausage Gravy Biscuit	Poptart + Cheese Stick	Cereal + Optional Cheese Stick	100% Fruit Juice	Manager's Choice Fruit	Jelly	Milk
	28.5-50	34	38-39	24-46	13-19			18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free			Dairy, GF

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 item is gluten-free (GF) or 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/intolerance. Please contact 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), Hot Sauce (A/I Free), Parmesan (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), Taco Sauce (A/I, GF)

	Entrée 1	Entrée 2	Entrée 3	Entrée 4	Grain or Dessert	Starch	Vegetable	Salad or Dipper	Fruit	Fruit	Cond.	Milk
Monday	Ravioli + Garlic Toast	Regular, Spicy, or Dill Chicken Sandwich	Taco Salad	Unrustable Kit		Potato Wedges	Green Beans	Side Salad	Mandarin Oranges	Apple	Parm Cheese Mayo Ketchup Lettuce + Tomato Honey Mustard Ranch	Milk
	54	33-40	48	53		15	4	3	20	25		18-20
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, GF	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	Corndog	Supreme Nachos	Crispy Chicken Wrap	Unrustable Kit		Sweet Potato Fries	Pinto Beans	Cucumber Dipper	Sliced Peaches	Applesauce	Ketchup Mustard Honey Mustard Sour Cream Salsa Jalapeños	Milk
	30	40	38	53		22	22	1	13	14		18-20
	Egg, Soy, Wheat	Dairy, GF	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat		GF, AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	Burrito	Buffalo Chicken Bites	Club Sandwich	Unrustable Kit	Churro Donut Holes	Spiral Fries	Steamed Carrots	Celery Dipper	Banana	Orange Wedge	Salsa Sour Cream Jalapeños Ketchup Ranch	Milk
	38	23	35	53	23	17	6	1	27	10		18-20
	Dairy, Soy, Wheat	Dairy, Soy, Wheat	Soy, Wheat	Dairy, Peanuts, Wheat	Dairy, Soy, Wheat	AI Free	Dairy	AI Free	AI Free	AI Free		Dairy, GF
Thursday	French Toast + Sausage	Stir Fry + Egg Roll	BBQ Chicken Wrap	Unrustable Kit		Tri Tater	Steamed Broccoli	Carrot Dipper	Frozen Strawberry Cup	Pear Halves	Syrup Yum Yum Sauce BBQ Sauce Ketchup Ranch	Milk
	54	50	42	53		24	4	6	22	15		18-20
	Dairy, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Friday	Chicken Quesadilla	Personal Pan Pizza	Manager's Choice Sandwich or Wrap	Unrustable Kit	Scooby Snacks	Corn	Refried Beans	Side Salad	100% Fruit Juice	Apple	Salsa Sour Cream Jalapeños Mustard Mayo Ketchup	Milk
	36	30-31		53	21	16	30	3	13-19	25		18-20
	Dairy, Wheat	Dairy, Wheat		Dairy, Peanuts, Wheat	Soy, Wheat	Dairy	GF, Dairy	AI Free	AI Free	AI Free		Dairy, GF

Monday	Mozzarella Sticks w/ Marinara	BBQ Sandwich	Fiery Chicken Wrap	Unrustable Kit	Chocolate Pudding	Tater Tots	Coleslaw	Carrot Dipper	Pineapple Tidbits	Orange Wedges	BBQ Sauce Ketchup Ranch	Milk
	39	38	39	53		19	6	6	19	10		18-20
	Dairy, Soy, Wheat	Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	Egg, Soy	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	Buffalo Chicken Nachos	Hamburger	Club Sandwich	Unrustable Kit		Straight Fries	Baked Beans	Celery Dipper	Applesauce	Pear Halves	Ketchup Mustard Mayo Lettuce + Tomato Ranch	Milk
	8	23-24	35	53		20	40	1	14	15		18-20
	Dairy, GF	Dairy, Wheat	Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	Lasagna Roll Ups	Chicken Tenders	Cuban Sandwich	Unrustable Kit	Garlic Toast	Baked Potato	Steamed Carrots	Side Salad	Banana	Mandarin Oranges	Parm Cheese Ketchup Honey Mustard Mayo Mustard Sour Cream	Milk
	49	18	27	53	11	31	6	3	27	20		18-20
	Dairy, Egg, Wheat	Egg, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy, Soy, Wheat	AI Free	Dairy	AI Free	AI Free	AI Free		Dairy, GF
Thursday	Chicken Drumstick + Biscuit	Sausage Gravy Biscuit	BLT Sandwich + Cheese Stick	Unrustable Kit	Mac n' Cheese	Mashed Potatoes	Green Beans	Manager's Choice Dipper/Side Salad	Frozen Strawberry Cup	Apple Slices	Parm Cheese Ketchup Honey Mustard Mayo Mustard	Milk
	39	34	35	53	26	17	4		22	6		18-20
	Dairy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy, Wheat	Dairy	AI Free		AI Free	AI Free		Dairy, GF
Friday	Chinese Takeout Chicken w/ Stir Fry Rice	Schoolmade Pizza	Manager's Choice Sandwich or Wrap	Unrustable Kit	Cookie	Sweet Potato Tots	Steamed Broccoli	Cucumber Dipper	100% Fruit Juice	Apple	Yum Yum Sauce Ketchup Mayo Mustard Ranch	Milk
	39	31-71		53	23-24	17	4	1	13-19	25		18-20
	Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat		Dairy, Peanuts, Wheat	Egg, Wheat	AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF

Monday	Cheesy Nacho	Regular, Spicy, or Dill Chicken Sandwich	Club Sandwich	Uncrustable Kit		Wedge Fries	Parmesan Roasted Cauliflower	Carrot Dipper	Pineapple Tidbits	Orange Wedges	Salsa Sour Cream Jalapenos Lettuce + Tomato Mayo Honey Mustard	Milk
	39	33-40	35	53		15	6	6	19	10		18-20
	GF, Dairy	Dairy, Egg, Soy, Wheat	Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	Dairy, Soy	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	Mexican Taco	Buffalo Chicken Bites	Honey Mustard Chicken Wrap	Uncrustable Kit	Rice	Tater Tots	Black Beans	Celery Dipper	Apple	Pear Halves	Salsa Sour Cream Jalapenos Lettuce + Tomato Ranch	Milk
	27	23	46	53	26	19	20	1	25	15		18-20
	Dairy, GF	Dairy, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy	AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	Chicken + Rice Casserole	Manager's Choice	Taco Salad	Uncrustable Kit	Rice Krispy Treat	Sweet Potato Fries	Green Beans	Side Salad	Banana	Orange	Salsa Sour Cream Jalapenos Lettuce + Tomato Ranch	Milk
	22		48	53	30	22	4	3	27	21		18-20
	Dairy, Egg, Soy, Wheat		Dairy, Egg, Soy, GF	Dairy, Peanuts, Wheat	Dairy, Soy, GF	AI Free	Soy	AI Free	AI Free	AI Free		Dairy, GF
Thursday	Chicken Tenders	Spaghetti	Chef Salad	Uncrustable Kit	Roll	Mashed Potatoes	Squash Casserole	Side Salad	Sliced Peaches	Apple Slices	Ketchup Honey Mustard Parm Cheese Ranch	Milk
	18-20	45	8	53	28	17	8	3	13	6		18-20
	Egg, Soy, Wheat	Dairy, Wheat	Dairy, GF	Dairy, Peanuts, Wheat	Dairy, Egg, Soy	Dairy	Dairy, Soy, Wheat	AI Free	AI Free	AI Free		Dairy, GF
Friday	Fish Sandwich	Mozzarella Bread Bites w/ Marinara	Manager's Choice Sandwich or Wrap	Uncrustable Kit		Baked Potato	Cheesy Broccoli	Carrot Dipper	100% Fruit Juice	Mandarin Oranges	Tartar Sauce Ketchup Mayo Mustard Sour Cream	Milk
	44	34		53		31	7	6	13-19	20		18-20
	Dairy, Fish, Wheat	Dairy, Soy, Wheat		Dairy, Peanuts, Wheat		AI Free	Dairy, GF	AI Free	AI Free	AI Free		Dairy, GF

Monday	Chicken + Waffles	Hot Dog	Club Sandwich	Unrustable Kit		Spiral Fries	Baked Beans	Side Salad	Applesauce	Pear	Syrup Ketchup Mustard Mayo Ranch	Milk
	43	29	35	53		17	40	3	14	27		18-20
	Dairy, Egg, Soy, Wheat	Wheat	Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	Asian Chicken Bites	Cheesy French Boat w/ Marinara	Crispy Chicken Salad	Unrustable Kit	Rice	Sweet Potato Fries	Steamed Broccoli	Cucumber Dipper	Orange Wedges	Frozen Peach Cup	Ketchup Ranch	Milk
	24	30	34	53	26	22	4	1	10	19		18-20
	Dairy, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Egg, Soy, Tree nuts, Wheat	Dairy, Peanuts, Wheat	Dairy	GF, AI Free	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	Chicken Tenders	CF Steak + Gravy	Chef Salad	Unrustable Kit	Roll	Mashed Potatoes	Peas	Celery Dipper	Banana	Apple Slices	Ranch	Milk
	18-20	22	8	53	28	17	11	1	27	6		18-20
	Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, GF	Dairy, Peanuts, Wheat	Dairy, Egg, Soy	Dairy	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Thursday	Chicken Fajita Nachos	Smokey Rib Sandwich	Manager's Choice Sandwich or Wrap	Unrustable Kit		Tater Tots	Corn	Carrot Dipper	Diced Peaches	Manager's Choice Fruit	Salsa Sour Cream Jalapenos Lettuce + Tomato Mayo Mustard Ketchup	Milk
	52	33		53		19	16	6	14			18-20
	Dairy, GF	Dairy, Soy, Wheat		Dairy, Peanuts, Wheat		AI Free	Dairy	AI Free	AI Free			Dairy, GF
Friday	Teriyaki Chicken w/ Stir Fry Rice	4x6 Pizza	Buffalo Chicken Salad	Unrustable Kit	Scooby Snacks	Straight Fries	Glazed Carrots	Side Salad	100% Fruit Juice	Apple	Yum Yum Sauce Ketchup Ranch	Milk
	36	26-30	24	53	21	20	11	3	13-19	25		18-20
	Soy, Wheat	Dairy, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat	Soy, Wheat	AI Free	GF, Dairy	AI Free	AI Free	AI Free		Dairy, GF