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.

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 4	Juice	Fruit	Cond.	Milk
Mon	**Chicken, Sausage, Steak, Plain Biscuit**	**Cinni Mini**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Applesauce	Jelly	Choc: 30g White: 12g
	28.5-50	40	24-46	13-19	14		
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Pancakes**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Apple Slices	Jelly	Choc: 30g White: 12g
	28.5-50	36-40	24-46	13-19	6		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini French Toast**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Banana	Jelly	Choc: 30g White: 12g
	28.5-50	37	24-46	13-19	27		
	Dairy, Egg, Soy, Wheat	Egg, soy, wheat, dairy	GF options available	AI Free	AI Free		Dairy, GF
Thur	**Chicken, Sausage, Steak, Plain Biscuit**	**Poptart + Cheese Stick**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Orange Wedges	Jelly	Choc: 30g White: 12g
	28.5-50	38-39	24-46	13-19	10		
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	**Chicken, Sausage, Steak, Plain Biscuit**	**Breakfast Bun**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Raisins	Jelly Syrup	Choc: 30g White: 12g
	28.5-50	39	24-46	13-19	30		
	Dairy, Egg, Soy, Wheat	Wheat	GF options available	AI Free	AI Free		Dairy, GF
Mon	**Chicken, Sausage, Steak, Plain Biscuit**	**Frudel**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Frozen Peach Cup	Jelly	Choc: 30g White: 12g
	28.5-50	36.5	24-46	13-19	19		
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Pancakes**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Orange Wedges	Jelly	Choc: 30g White: 12g
	28.5-50	36-40	24-46	13-19	10		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	**Chicken, Sausage, Steak, Plain Biscuit**	**Poptart + Cheese Stick**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Banana	Jelly Syrup	Choc: 30g White: 12g
	28.5-50	38-39	24-46	13-19	27		
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Waffles**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Apple	Jelly	Choc: 30g White: 12g
	28.5-50	36	24-46	13-19	25		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	**Chicken, Sausage, Steak, Plain Biscuit**	**Breakfast D'Lites**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Applesauce	Jelly	Choc: 30g White: 12g
	28.5-50	42	24-46	13-19	14		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF

Mon	**Chicken, Sausage, Steak, Plain Biscuit**	**Cinni Mini**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Applesauce	Jelly	Choc: 30g White: 12g
	28.5-50	40	24-46	13-19	14		
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Pancakes**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Apple Slices	Jelly	Choc: 30g White: 12g
	28.5-50	36-40	24-46	13-19	6		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini French Toast**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Banana	Jelly	Choc: 30g White: 12g
	28.5-50	37	24-46	13-19	27		
	Dairy, Egg, Soy, Wheat	Egg, soy, wheat, dairy	GF options available	AI Free	AI Free		Dairy, GF
Thur	**Chicken, Sausage, Steak, Plain Biscuit**	**Poptart + Cheese Stick**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Orange Wedges	Jelly	Choc: 30g White: 12g
	28.5-50	38-39	24-46	13-19	10		
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	**Chicken, Sausage, Steak, Plain Biscuit**	**Breakfast Bun**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Raisins	Jelly Syrup	Choc: 30g White: 12g
	28.5-50	39	24-46	13-19	30		
	Dairy, Egg, Soy, Wheat	Wheat	GF options available	AI Free	AI Free		Dairy, GF
Mon	**Chicken, Sausage, Steak, Plain Biscuit**	**Frudel**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Frozen Peach Cup	Jelly	Choc: 30g White: 12g
	28.5-50	36.5	24-46	13-19	19		
	Dairy, Egg, Soy, Wheat	Dairy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Tues	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Pancakes**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Orange Wedges	Jelly	Choc: 30g White: 12g
	28.5-50	36-40	24-46	13-19	10		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Wed	**Chicken, Sausage, Steak, Plain Biscuit**	**Poptart + Cheese Stick**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Banana	Jelly Syrup	Choc: 30g White: 12g
	28.5-50	38-39	24-46	13-19	27		
	Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Thur	**Chicken, Sausage, Steak, Plain Biscuit**	**Mini Waffles**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Apple	Jelly	Choc: 30g White: 12g
	28.5-50	36	24-46	13-19	25		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF
Fri	**Chicken, Sausage, Steak, Plain Biscuit**	**Breakfast D'Lites**	**Cereal + Optional Cheese Stick**	100% Fruit Juice	Applesauce	Jelly	Choc: 30g White: 12g
	28.5-50	42	24-46	13-19	14		
	Dairy, Egg, Soy, Wheat	Dairy, Egg, Soy, Wheat	GF options available	AI Free	AI Free		Dairy, GF

Dates		Entrée 1	Entrée 2	Uncrustable	Grain or Dessert	Vegetable	Vegetable	Fruit (MS/HS)	Fruit (HS Only)	Condiments	Milk
	Monday	**Regular, Spicy, Dill, Grilled Chicken Sandwich**	**Chicken Alfredo w/ Garlic Toast or Ravioli w/ GT**	**Uncrustable + Grain Chip + Cheese Stick**		Wedge Fries	Green Beans	Mandarin Oranges	Apple	Ketchup Honey Mustard Mayonnaise	Choc: 30g White: 12g
		33-40	50/54	53		15	4	20	25		
		Dairy, Egg, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
	Tuesday	**Corndog**	**Supreme Nachos**	**Uncrustable + Grain Chip + Cheese Stick**		Sweet Potato Fries	Pinto Beans	Sliced Peaches	Applesauce	Ketchup Salsa Taco Sauce Jalapenos Sour Cream	Choc: 30g White: 12g
		30	40	53		22	22	13	14		
		Egg, Soy, Wheat	Dairy, GF	Dairy, Peanuts, Wheat		GF, AI Free	AI Free	AI Free	AI Free		Dairy, GF
	Wednesday	**Buffalo Chicken Boneless Wings**	**Grilled Cheese**	**Uncrustable + Grain Chip + Cheese Stick**	Cookie	Spiral Fries	Glazed Carrots	Banana	Orange Wedges	Ketchup	Choc: 30g White: 12g
		23	33	53	23-24	17	11	27	10		
		Dairy, Soy, Wheat	Dairy, Wheat	Dairy, Peanuts, Wheat	Egg, Wheat	AI Free	GF, Dairy	AI Free	AI Free		Dairy, GF
	Thursday	**French Toast + Sausage**	**Mgr's Choice Chicken Wrap or Sandwich**	**Uncrustable + Grain Chip + Cheese Stick**		Tater Tots	Steamed Broccoli	Frozen Fruit Cup	Pear Halves	Ketchup Mustard Ranch	Choc: 30g White: 12g
		54		53		19	4	19	15		
		Dairy, Soy, Wheat		Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
	Friday	**Personal Pan Pizza**	**Carnitas or Chicken Quesadilla**	**Uncrustable + Grain Chip + Cheese Stick**		Corn	Carrot Dipper	100% Fruit Juice	Apple	Ranch	Choc: 30g White: 12g
		30-31	36	53		16	6	13-19	25		
		Dairy, Wheat	Dairy, Wheat	Dairy, Peanuts, Wheat		Dairy	AI Free	AI Free	AI Free		Dairy, GF

Monday	**Cheesy Nachos**	**Fish Sandwich**	**Uncrustable + Grain Chip + Cheese Stick**	Mac n Cheese	Carrot Dipper	Steamed Broccoli	Froot Jooce Italian Ice Cup	Apple	BBQ Sauce Ranch	Choc: 30g White: 12g
	15	44	53	26	6	4	35	25		
	Soy, Wheat, Dairy	Dairy, Fish, Wheat	Dairy, Peanuts, Wheat	Dairy, Wheat	AI Free	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	**Breaded Mozzarella Sticks**	**Chicken Tacos**	**Uncrustable + Grain Chip + Cheese Stick**		Baked Potato	Glazed Carrots	Applesauce	Pear Halves	Parmesan Cheese Butter Sour Cream Ranch	Choc: 30g White: 12g
	34	29	53		31	11	14	15		
	Dairy, Soy, Wheat	Dairy, Wheat	Dairy, Peanuts, Wheat		AI Free	GF, Dairy	AI Free	AI Free		Dairy, GF
Wednesday	**Chicken Tenders**	**Lasagna Roll Ups**	**Uncrustable + Grain Chip + Cheese Stick**	Garlic Toast	Mashed Potatoes	Green Beans	Banana	Mandarin Oranges	Ketchup Honey Mustard BBQ Sauce	Choc: 30g White: 12g
	18	49	53	11	17	4	27	20		
	Egg, Soy, Wheat	Dairy, Egg, Wheat	Dairy, Peanuts, Wheat	Wheat	Dairy	AI Free	AI Free	AI Free		Dairy, GF
Thursday	**Hamburger**	**Cheesy French Bread**	**Uncrustable + Grain Chip + Cheese Stick**		Wedge Fries	Baked Beans	Frozen Fruit Cup	Sliced Peaches	Ketchup Mustard Mayonnaise Pickles Ranch	Choc: 30g White: 12g
	23-24	30	53		15	40	27	19		
	Dairy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
Friday	**4x6 Pizza**	**Chinese Takeout Chicken w/ Rice**	**Uncrustable + Grain Chip + Cheese Stick**	Cookie	Sweet Potato Fries	Cucumber Dipper	100% Fruit Juice	Orange Wedges	Ketchup Ranch	Choc: 30g White: 12g
	26-30	39	53	23-24	22	1	13-19	10		
	Dairy, Soy, Wheat	Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Egg, Wheat	GF, AI Free	AI Free	AI Free	AI Free		Dairy, GF

Monday	**Regular, Spicy, Dill, Grilled Chicken Sandwich**	**Manager's Choice Nachos**	**Uncrustable + Grain Chip + Cheese Stick**		Wedge Fries	Carrot Dipper	Pineapple Chunks	Applesauce	Ketchup Mayonnaise Honey Mustard Ranch	Choc: 30g White: 12g
	33-40		53		15	6	19	14		
	Dairy, Egg, Soy, Wheat		Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
Tuesday	**Hot Dog**	**Mexican Tacos**	**Uncrustable + Grain Chip + Cheese Stick**	Fiesta Rice	Tater Tots	Baked Beans	Apple	Pear Halves	Ketchup Mustard	Choc: 30g White: 12g
	29	27	53		19	40	25	15		
	Wheat	Dairy, GF	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	**Boneless Buffalo Chicken Wings**	**Chicken and Rice Casserole**	**Uncrustable + Grain Chip + Cheese Stick**	Cookie	Sweet Potato Fries or Sweet Potato Tots	Cali Blend Vegetables	Banana	Orange Wedges	Ketchup	Choc: 30g White: 12g
	23	22	53	23-24	22/17	4	27	10		
	Dairy, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Egg, Wheat	GF, AI Free	AI Free	AI Free	AI Free		Dairy, GF
Thursday	**Spaghetti**	**Dill Nuggets or Chicken Tenders**	**Uncrustable + Grain Chip + Cheese Stick**	Roll	Carrot Dipper	Parmesan Roasted Cauliflower	Sliced Peaches	Apple Slices	Parmesan Cheese Butter Ranch	Choc: 30g White: 12g
	45	20-Dec	53	28	6	6	19	6		
	Dairy, Wheat	Dairy, Egg, Soy, Wheat/Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy, Egg, Soy	AI Free	Dairy, Soy	AI Free	AI Free		Dairy, GF
Friday	**16" Pizza**	**Chicken and Cheese or Bean and Cheese Burrito**	**Uncrustable + Grain Chip + Cheese Stick**		Corn	Cheesy Broccoli	100% Fruit Juice	Mandarin Oranges	Ranch	Choc: 30g White: 12g
	34	38/40	53		16	7	13-19	20		
	Dairy, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat		Dairy	Dairy, GF	AI Free	AI Free		Dairy, GF

Monday	**Asian Chicken Bites**	**CF Steak + Gravy**	**Uncrustable + Grain Chip + Cheese Stick**	Rice	Peas	Baked and Breaded Squash	Orange Wedges	Frozen Fruit Cup		Choc: 30g White: 12g
	24	22	53	26	11	8	10	19		
	Dairy, Soy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy	AI Free	Dairy, Soy, Wheat	AI Free	AI Free		Dairy, GF
Tuesday	**BBQ Sandwich**	**Chicken Fajita Nachos**	**Uncrustable + Grain Chip + Cheese Stick**		Sweet Potato Fries/Tots	Baked Beans	Applesauce	Pear	Ketchup Mustard Mayonnaise Pickles Ranch	Choc: 30g White: 12g
	23-24	52	53		22/17	40	14	27		
	Dairy, Wheat	Dairy, GF	Dairy, Peanuts, Wheat		AI Free	AI Free	AI Free	AI Free		Dairy, GF
Wednesday	**Manager's Choice**	**Chicken Tenders**	**Uncrustable + Grain Chip + Cheese Stick**	Emoji Crackers	Straight Fries	Glazed Carrots	Banana	Apple Slices	Ketchup Ranch	Choc: 30g White: 12g
		18	53	21	20	11	27	6		
		Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Wheat	AI Free	GF, Dairy	AI Free	AI Free		Dairy, GF
Thursday	**Chicken Drumstick + Biscuit**	**Sausage Biscuit + Gravy**	**Uncrustable + Grain Chip + Cheese Stick**	Mac n Cheese	Mashed Potatoes	Green Beans	Sliced Peaches	Manager's Choice Fruit		Choc: 30g White: 12g
	39	34	53	26	17	4	25			
	Dairy, Wheat	Dairy, Egg, Soy, Wheat	Dairy, Peanuts, Wheat	Dairy, Wheat	Dairy	AI Free	AI Free			Dairy, GF
Friday	**Mozzarella Bread Bites**	**Smokey Rib Sandwich**	**Uncrustable + Grain Chip + Cheese Stick**		Spiral Fries	Steamed Broccoli	100% Fruit Juice	Apple	Ketchup	Choc: 30g White: 12g
	34	33	53		17	4	13-19	25		
	Dairy, Soy, Wheat	Dairy, Soy, Wheat	Dairy, Peanuts, Wheat		GF, AI Free	AI Free	AI Free	AI Free		Dairy, GF