

ALLERGEN INFORMATION SECONDARY SCHOOL MENUS
(revised 10-1-18)

	Eggs	Dairy
Breakfast		
Animal Crackers		
Bagels - Shirley's		
Cream Cheese		X
Cheese Stick (Boscós)		X
Cheese & Pepperoni Stick (Boscós)		X
Breakfast Burritos	X	X
Breakfast Pizza		X
Breakfast Sandwich - Biscuit or Croissant	X	X
Breakfast Sandwich - English Muffin	X	X
Breakfast Bar - Buttermilk	X	X
Biscuits-Honey Whole Wheat (Bridgeford)		X
Breakfast Wrap (Sunny Fresh)	X	X
Cereal		
Cinnamon Roll (Bridgeford)		X
Coffee Cake (NMUSD)	X	X
Croissant		X
English Muffin		
French Toast	X	X
Fruit & Yogurt Parfait		X
Graham Crackers		
Goldfish Crackers		X
Muffin Banana, Blueberry, Chocolate Chip	X	X
Pancakes	X	X
Pancake & Sausage Stick	X	
Potato Hash Brown		
Sausage (Pork) - No Allergens		
Waffles & Waffle Sticks	X	X
Milk		X
Juice & Fruit - No Allergens		
	Eggs	Dairy
Lunch		
BBQ Beef Rib on Sub Roll		

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BBQ Pork on Whole Grain Bun		
Bean, Beef, Cheese & Salsa Burritos (los Cabos)		X
Black Bean Burrito (Los Cabos)		X
Ultra Bean & Cheese Burrito		X
Cheese Burger on Bun		X
Chicken & Cheese Burrito (Los Cabos)		X
Chicken Rice & Cheese Burrito (Michael B's)		X
Chicken Breaded Breast Patty Whole Muscle (Tyson)		
Chicken Breaded Breast Patty on a Bun		
Chicken Drum Stick - Breaded		
Chicken Whole Muscle Boneless Wing/Nuggets (Tyson)		
Chicken Sliders on Buns (Tyson)		
Chicken & Waffles with Syrup	X	X
Chow Mein - Chef's Corner		
Corn Dog - Chicken/Whole Grain Coating	X	
Egg Roll - Chicken & Vegetable - Minh	X	X
Enchiladas		X
Fish Square (Fish)		X
Hamburger Bun - Galassos White Whole Wheat		
Fish Sticks (Fish)		X
Fortune Cookie		
Fruit & Yogurt Parfait -		X
Garlic Cheese Breadstick	X	X
Garlic Toast - Marzetti		X
General Tso Chicken - Chef's Corner		
Brown Rice - No Allergens		
Hamburger - Don Lee Beef Steak Burger - No allergens		
Hamburger Bun - Galassos White Whole Wheat		
Honey Fire Chicken - Cher's Corner	X	
Brown Rice No Allergens		
Hot Dog - Oscar Mayer All Beef - No Allergens		
Hot Dog Bun - Galassos - White Whole Wheat		
	Eggs	Dairy
Lunch To Go Peanut Butter		X
Macaroni & Cheese - Reduced Fat (Rose & Shore)	X	X
Mini Cheeseburgers		X
Mandarin Orange Chicken - Chef's Corner	X	
Brown Rice No Allergens		

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Pick Up Stix House Chicken w/Brown Rice & Veggies	X	
PBJ - Smuckers Uncrustable - Peanut Butter		
Philly Cheesesteak Sub		X
Pizza Pepperoni (Pork) - Pizza Hut		X
Pizza Cheese - Pizza Hut		X
Pizza Veggie - Pizza Hut)		X
Pizza Sausage (Pork) - Pizza Hut)		X
Rotini with Meat Sauce		
Meatballs - Chicken (Tyson)		
Subway Ham & Cheese Sub		X
Subway Turkey & Cheese Sub		X
Subway Veggie Sub		X
Sunflower Butter & Jelly Sandwich		
Tamale, Chicken & Cheese (Michal B's)		X
Taquito, Chicken (Jose Ole)		X
Taquito, Chicken (Michael B's) - No Allergens		X
Teriyaki Chicken - Chef's Corner		
Teriyaki Beef Dippers		
Brown Rice - No Allergens		
WaBa Grill Chicken Bowl (rice & carrots)		
Taco Meat - Beef (Don Lee Farms)		
Taco Shell, 5" No Allergens		
Tortillas 6" Whole Grain		
Tortillas 10# Whole Grain		
Nacho Cheese Cup		X
Chili for Nachos No Allergens		
Chips for Nachos		
	Eggs	Dairy
ENTRÉE SALADS & SANDWICHES		
Asian Chciken Salad w/Noodles, Dressing, Fortune Cookie		
Chicken Ceasar Salad		X
Fresh Fruit Salad W/ Yogurt, String Cheese		X
Southwest Chicken Salad with Baked Tostitos		X
Vegan Pasta Salad		
Whole Grain Roll	X	X
Whole Grain Crackers		

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Goldfish Crackers		X
Vegetarian Sandwich		X
Turkey & Cheese Croissant with Mustard & Mayo		X
Turkey & Cheese on Wheat with Mustard & Mayo		X
Tuna Salad Sandwich on Wheat		
Ham & Cheese Croissant with Mustard & Mayo		X
Ham & Cheese on Wheat with Mustard & Mayo		X
Lite Ranch Dressing	X	X
Fruits, Fruit Juice & Vegetables BBQ Beans, Black Beans, Refried Beans - No Allergens		
Edamame		
Baked Fries - No Allergens		
Baked Potato Wedges, Spiral Cut Fries, Sweet Potato Fries		
Mashed Potatoes		X
Milk		X
	Eggs	Dairy
SNACKS		
Animal Crackers	X	X
Cheez Its		X
Chex Mix - Simply Cheddar		X
Chex Mix - Extreme Habenero Lime		
Chex Mix - Hot & Spicy		X
Goldfish Crackers		X
Indiana Kettle Corn - Produced in facility that uses milk, soy, peanuts and tree nuts		

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Lay's Baked Cheetos		X
Lay's Baked Chips - Plain		
Lay's Baked Chips - BBQ		X
Lay's Baked Chips - Sour Cream & Onion		X
Lay's Baked Ruffles - Cheddar Sour Cream		X
Lay's Baked Doritos - Sweet Chili		
Lay's Baked Doritos - All Other Flavors		X
Lay's Baked Fantastix Hot		X
Lay's Baked Funyons		X
Lay's Munchies Kid Mix - no allergens		
Lay's Pretzels - Hartzels		
Lays Smart Food Popcorn - White Cheddar		X
Lay's Baked Tostitos & Scoops - No allergens		
Sunflower Seeds - Blazin Hot		
Sunflower Seeds - Roasted & Honey Roasted - No Allergens		
Trail Mix - Contains Peanuts		
BEVERAGES		
IZZE & SWITCH Sparkling 100% Fruit Juice - No Allergens		
Slush Puppie - 100% Juice - No Allergens		
Smoothie - Naked Juice - No Allergens		
V-8 Fusion - No Allegens		

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	X
X	X
X	X
X	X
	X
X	X
X	X
X	X
X	X
X	X
X	X
X	X
X	X
X	X
X	X
X	X
X	
X	X
X-oil	X
X	X
	X
X	X
X	X
	X
X	X
X-oil	X
X	X
X-oil	X
Soy	Wheat
X	X
	X
X	X
X	X

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X	X
	X
	X
	X
	X
	X
	X
	X
X	X
	X
	X
	X
X	X
X	X
X	
X	X
X	X
X	X
X	
	X
	X
X-oil	
Soy	Wheat
X	X
	X
	X
	X
X	X
X	X
	X

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X-oil	X
	X
X	X
	X
	X
X	X
	X
X-oil	
X	
	X
X	
Soy	Wheat
X	X
X	X
X	
X	X
X	
X-oil	X

