

Monday	Tuesday	Wednesday	Thursday	Friday																				
<p>3 Spaghetti** Mozzarella Cheese Breadstick Mixed Veg Diced Pears</p> <p>Wheat Milk Soy, Wheat None None</p> <p>Spaghetti w/ Cheese Milk, Wheat</p>	<p>4 Roasted Chicken Lemon Rice Green Beans Watermelon</p> <p>Soy Soy None None</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk, Egg</p>	<p>5 Soft Taco Cheddar Cheese Salsa Corn Tropical Fruit</p> <p>Soy, Wheat Milk None None None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>6 Pasta** Roll Peas Strawberries</p> <p>Wheat, Milk Soy, Wheat None None</p>	<p>7 Turkey Meatballs Slippery Noodles Garden Salad Italian Vinaigrette Fruit Yogurt Meatless Meatballs *Carrots</p> <p>Soy, Wheat, Milk, Egg Soy, Wheat, Egg None None None Soy, Wheat, Milk, Egg None</p>	<p>10 Turkey Ziti** Mozzarella Cheese Breadstick Green Beans Diced Peaches</p> <p>Wheat Milk Soy, Wheat None None</p> <p>Vegetable Ziti Wheat, Milk</p>	<p>11 Chicken Nuggets Honey Mustard Mashed Potatoes Lima Beans Banana</p> <p>Milk, Egg, Wheat Soy, Egg Soy, Milk None None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>12 Cheeseburger Mac** Roll Garden Salad* Ranch Dressing Oranges</p> <p>Wheat, Milk Soy, Wheat None Soy, Milk, Egg None</p> <p>Cheesy Shells Wheat, Milk *Green Peas None</p>	<p>13 Waffle Sticks Syrup Turkey Sausage Applesauce Pineapple</p> <p>Soy, Wheat, Milk, Egg None None None None</p> <p>Vegetarian Sausage Soy, Wheat, Milk, Egg</p>	<p>14 Fish Nuggets Tartar Sauce Shells & Cheese** Vegetable Medley Applesauce</p> <p>Soy, Wheat, Fish Soy, Egg, Fish Soy, Wheat, Milk None None</p> <p>Veggie Sticks Soy, Wheat, Milk</p>	<p>17 Chicken Alfredo** Green Beans Yogurt Cup</p> <p>Milk, Wheat None Milk</p> <p>Alfredo Pasta Wheat, Milk</p>	<p>18 Chicken Strips BBQ Sauce Breadstick Baked Beans Melon Mania</p> <p>Soy Soy, Fish Soy, Wheat None None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>19 Turkey Meatball Bun Deli Cheese Green Peas Apples</p> <p>Soy, Wheat, Milk, Egg Soy, Wheat Soy, Milk None None</p> <p>Meatless Meatball Sub Soy, Wheat, Milk, Egg *Applesauce None</p>	<p>20 Chicken Quesadilla Salsa Rice Corn Peaches</p> <p>Soy, Milk, Wheat None None None None</p> <p>Bean & Cheese Quesadilla Wheat, Milk, Soy</p>	<p>21 Cheese Pizza Baby Carrots Applesauce</p> <p>Soy, Wheat, Milk None None</p> <p>*Diced Carrots None</p>	<p>24 Chicken Bun Honey Mustard Diced Carrots Peaches</p> <p>Soy, Wheat, Egg Soy, Wheat Soy, Egg None None</p> <p>Falafel Sandwich Soy, Wheat, Egg</p>	<p>25 Soft Taco Cheddar Cheese Lettuce Corn & Black Bean Pineapple</p> <p>Soy, Wheat Milk None None None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>26 Hamburger Bun Cheese Mashed Potatoes Apples</p> <p>Soy Soy, Wheat Milk Soy, Milk None</p> <p>Gardenburger Soy, Wheat, Milk *Applesauce None</p>	<p>27 Chicken Lo Mein** Green Beans Oranges</p> <p>Wheat, Soy None None</p> <p>Vegetable Lo Mein** Wheat, Soy</p>	<p>28 Pasta** Roll Peas Strawberries</p> <p>Wheat, Milk Soy, Wheat None None</p>	<p>31 Soft Taco Cheddar Cheese Salsa Corn Tropical Fruit</p> <p>Soy, Wheat Milk None None None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>1 Turkey Meatballs Slippery Noodles Garden Salad Italian Vinaigrette Fruit Yogurt Meatless Meatballs *Carrots</p> <p>Soy, Wheat, Milk, Egg Soy, Wheat, Egg None None Milk Soy, Wheat, Milk, Egg None</p>	<p>2 Chicken Strips BBQ Sauce Breadstick Baked Beans Strawberries</p> <p>Soy, Wheat, Milk Soy, Fish Soy, Wheat None None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>3 Roasted Chicken Lemon Rice Green Beans Watermelon</p> <p>Soy Soy None None</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk, Egg</p>	<p>4 Spaghetti** Mozzarella Cheese Breadstick Mixed Veg Diced Peaches</p> <p>Wheat Milk Soy, Wheat None None</p> <p>Spaghetti w/ Cheese Milk, Wheat</p>
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**** All Pasta Products are Processed in a Facility that Uses Egg****

This list is comprised of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

