

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Monday 9-11, 10-2, 10-23, 11-13

Recipe #	Recipe Name	Allergen(s)
990086	Alaskan Pollock Fish Sandwich	Egg, Fish, Soy, Wheat
990055	Beans- Black/ ChickPea	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990096	Cobb Salad	Corn, Egg, Milk, TreeNut, Wheat
990040	Condiments	Egg
5066	Fiona's Baked Penne Pie	Milk, Soy, Wheat
245	Fresh Fruit	
990034	Ham and Bean Soup	Wheat
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
833	Soup and Salad Bar	
433	Steamed Mixed Vegetables	Corn
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Tuesday 8-22 First Day, 9-12, 10-3, 10-24, 11-14

Recipe #	Recipe Name	Allergen(s)
1025	Black Beans	
261	Carrots	
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
990095	Crispy Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
5061	Fajita Meat TB	
245	Fresh Fruit	
1272	Pizza	Milk, Wheat
5060	Pollock Sticks TB	Egg, Fish, Soy, Wheat
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
5064	Taco Bar	Corn, Milk, Wheat
5057	Taco Meat TB	Wheat
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Wednesday 8-23, 9-13, 10-4, 10-25, 11-15

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
864	Broccoli Cheddar Soup	Milk, Wheat
1099	Brown Rice	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
1341	General Tso's Chicken	Corn, Egg, Milk, Sesame, Soy, Wheat
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
833	Soup and Salad Bar	
424	Steamed Green Beans	
1262	Sweet Thai Chili Chicken	Corn, Soy, Wheat
990098	Tuna Salad	Corn, Egg, Fish, Milk, TreeNut, Wheat
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Thursday 8-24, 9-14, 10-5, 10-26, 11-16

Recipe #	Recipe Name	Allergen(s)
1025	Black Beans	
990099	Buffalo Blue Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
261	Carrots	
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
1067	Mashed Potatoes	Milk, Soy
499	Meatloaf	Corn, Egg, Milk, Sesame, Soy, Wheat
1272	Pizza	Milk, Wheat
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
1306	Turkey Pot Roast	Corn
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Friday 8-25, 9-15, 10-6, 10-27, 11-17

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
857	Chicken Noodle Soup	Egg, Soy, Wheat
990082	Chicken Wing Bar	Corn, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
307	Fresh Vegetables with Dip	Corn, Egg, Milk
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
990097	Salmon Caesar Salad	Corn, Fish, Milk, TreeNut, Wheat
833	Soup and Salad Bar	
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Monday 8-28, 9-18, 10-9, 10-30, 11-20

Recipe #	Recipe Name	Allergen(s)
1302	Baked Potato Soup	Milk, Wheat
990055	Beans- Black/ ChickPea	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990096	Cobb Salad	Corn, Egg, Milk, TreeNut, Wheat
990040	Condiments	Egg
245	Fresh Fruit	
1272	Pizza	Milk, Wheat
1276	Roasted Chicken Breast & Thigh	
1245	Salad Dressing	Corn, Egg, Milk
1385	Smoked BBQ Brisket Sandwich	Corn, Soy, Wheat
833	Soup and Salad Bar	
439	Steamed Peas & Carrots	
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Tuesday 8-29, 9-19, 10-10, 10-31, 11-21

Recipe #	Recipe Name	Allergen(s)
1025	Black Beans	
261	Carrots	
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
5054	Chicken MP	Soy
1294	Chocolate Milk	Milk
990040	Condiments	Egg
990095	Crispy Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
245	Fresh Fruit	
1364	Mashed Potato Bar	Corn, Egg, Milk, Soy, Wheat
5052	Meatballs MP	Milk, Soy, Wheat
1272	Pizza	Milk, Wheat
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
5053	Turkey Pot Roast MP	Corn
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Wednesday 8-30, 9-20, 10-11, 11-1, 11-22 HOLIDAY

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
755	Broccoli	
1328	Carolina Chicken Chili	Corn, Soy, Wheat
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
382	Chicken Pot Pie	Corn, Egg, Milk, Sesame, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
833	Soup and Salad Bar	
856	Tomato Basil Soup	Milk
990098	Tuna Salad	Corn, Egg, Fish, Milk, TreeNut, Wheat
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Thursday 8-31, 9-21, 10-12, 11-2, 11-23 HOLIDAY

Recipe #	Recipe Name	Allergen(s)
1025	Black Beans	
1125	Breadstick, Whole Grain	Wheat
990099	Buffalo Blue Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
990094	Carbonara Sauce	Egg, Fish, Milk, Peanut, Soy, TreeNut, Wheat
261	Carrots	
185	Cheese Grits	Corn, Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
990084	Mahi Mahi Fish & Grits	Fish
1272	Pizza	Milk, Wheat
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
1215	Stuffed Shells	Egg, Milk, Wheat
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Friday 9-1, 9-22, 10-13, 11-3, 11-24 HOLIDAY

Recipe #	Recipe Name	Allergen(s)
509	BBQ Pork Sandwich	Soy, Wheat
990055	Beans- Black/ ChickPea	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
859	Chicken & Brown Rice Soup	Soy
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
990087	Italian Sausage Sub	Corn, Milk, Wheat
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
990097	Salmon Caesar Salad	Corn, Fish, Milk, TreeNut, Wheat
833	Soup and Salad Bar	
271	Steamed Corn	Corn
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu

Allergen List Cycle 1 2017-2018 School Year

Monday 9-4 HOLIDAY, 9-25, 10-16, 11-6, 11-27

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
1099	Brown Rice	
261	Carrots	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990096	Cobb Salad	Corn, Egg, Milk, TreeNut, Wheat
990040	Condiments	Egg
1287	Corn Chowder Soup	Corn, Milk, Wheat
245	Fresh Fruit	
990077	Korean BBQ Grain Bowl	Soy, Wheat
990079	Mahi Mahi Grain Bowl	Fish
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
833	Soup and Salad Bar	
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Tuesday 9-5, 9-26, 10-17, 11-7, 11-28

Recipe #	Recipe Name	Allergen(s)
1098	Beef & Cheese Nachos	Corn, Milk, Wheat
1025	Black Beans	
1099	Brown Rice	
261	Carrots	
1274	Cheeseburger	Milk, Soy, Wheat
990071	Chicken Enchilada	Corn, Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
990095	Crispy Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
245	Fresh Fruit	
1272	Pizza	Milk, Wheat
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
1297	White Milk	Milk

Middle Lunch Menu
Allergen List Cycle 1 2017-2018 School Year

Wednesday 9-6, 9-27, 10-18, 11-8, 11-29

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
5048	Diced Chicken MC	Soy
245	Fresh Fruit	
5049	Ham MC	
5047	Mac and Cheese Bar	Corn, Egg, Milk, Soy, Wheat
5051	Meatballs MC	Milk, Soy, Wheat
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
833	Soup and Salad Bar	
433	Steamed Mixed Vegetables	Corn
5050	Taco Meat MC	Wheat
990098	Tuna Salad	Corn, Egg, Fish, Milk, TreeNut, Wheat
1043	Vegetable Beef Soup	Corn, Soy
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Thursday 9-7, 9-28, 10-19 No School, 11-9, 11-30

Recipe #	Recipe Name	Allergen(s)
1025	Black Beans	
990099	Buffalo Blue Chicken Salad	Corn, Egg, Milk, Soy, TreeNut, Wheat
261	Carrots	
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
1184	Cole Slaw	Egg
990040	Condiments	Egg
245	Fresh Fruit	
390	Mac & Cheese	Corn, Egg, Milk, Soy, Wheat
507	Meatball Sub	Milk, Soy, Wheat
1272	Pizza	Milk, Wheat
1360	St. Louis Style BBQ Ribs	
271	Steamed Corn	Corn
433	Steamed Mixed Vegetables	Corn
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat

Middle Lunch Menu
Allergen List Cycle 1 2017-2018 School Year

Friday 9-8, 9-29, 10-20 No School,11-10

Recipe #	Recipe Name	Allergen(s)
990055	Beans- Black/ ChickPea	
1361	Boneless Chicken Wings	Corn, Wheat
755	Broccoli	
1310	Cheese Stick/ Cheese	Milk
1274	Cheeseburger	Milk, Soy, Wheat
539	Chicken Filet Sandwich	Milk, Soy, Wheat
1294	Chocolate Milk	Milk
990040	Condiments	Egg
245	Fresh Fruit	
1272	Pizza	Milk, Wheat
1245	Salad Dressing	Corn, Egg, Milk
990097	Salmon Caesar Salad	Corn, Fish, Milk, TreeNut, Wheat
658	Shepherd's Pie	Corn, Milk, Soy, Wheat
833	Soup and Salad Bar	
1273	Southwestern Chicken Soup	Soy
1297	White Milk	Milk
1124	Whole Grain Roll	Egg, Milk, Sesame, Soy, Wheat