

## 2023-24 Elementary Lunch Cycle Common Allergens (Wheat/Milk/Soy/Egg)

Chicken Tender Bites & Roll	Milk Wheat/Wheat Milk Egg Soy	Hot Dog on Bun	Turkey/Wheat	Dutch Waffle & Sausage Links	Eggs Milk Soy Wheat	Chicken Nuggets & Roll	Soy Wheat/Wheat milk Egg Soy	Cheese Pizza	Milk Wheat Soy
Cheese Bosco with Marinara	Milk Wheat	Cheese Bosco w/Marinara	Milk Wheat	Mini Corn Dogs	Wheat Soy Milk Egg	Taco Salad	Soy/Wheat/Milk Soy (cheese)	Breaded Chicken Sandwich	Soy Wheat/Wheat Milk/Wheat Eggs Soy Milk
Yogurt Smoothie & Mini Waffle	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Muffin	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Mini Waffles	
Romaine Salad		Corn		Sliced Cucumber		Shredded Lettuce		Red Pepper Slices	
Green Beans		Baby Carrots		Pears		Diced Tomatoes		Applesauce	
Mandarin Oranges		Peaches		Pineapple		Black Beans		Wild Cherry Frozen Fruit Cup	
		Chocolate Pudding	Milk			Fruit Cocktail			
Chicken & Cheese Quesadilla	Wheat Milk Soy	Chicken Strips & Roll	Wheat/Milk Soy Wheat Egg	Fr. Toast Sticks & Sausage Links	Wheat Soy Egg	Stuffed Crust Pepperoni Pizza	Milk Soy Wheat	Cheeseburger on Bun	Soy/Milk Soy/Wheat
Mozzarella Cheese Sticks & Marinara	Milk Wheat	Italian Turkey Sandwich	Wheat/Milk Soy	Corn Dog	Wheat Soy Egg	Teriyaki w/Rice	Soy Wheat	Fish Sticks & Roll	Wheat Milk/ Wheat Milk Egg Soy
Yogurt Smoothie & Mini Waffles	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Muffin	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Mini Waffles	Milk/Wheat Soy Milk
Broccoli		Shredded Lettuce		Romaine Salad		Baked Beans		California Veggies	
Sunshine Carrots		Potato Triangles		Skillet Potatoes	Wheat	Fresh Veggies		Pineapple	
Mandarin Oranges		Fruit Cocktail		Strawberries & Peaches		Apple Slices		Pears	
Chicken Nuggets & Roll	Soy Wheat/Milk Soy Wheat Egg	Country Breaded Steak Sandwich	Wheat Soy/Wheat	Dutch Waffle & Sausage Links	Eggs Milk Soy Wheat/Chicken	Popcorn Chicken & Roll	Wheat Soy/Milk Soy Wheat	Cheese Pizza	Milk Wheat Soy
Yogurt Smoothie & Mini Waffles	Milk/Wheat Eggs Soy Milk	Cheese Bosco w/ Marinara	Milk Wheat	Mini Corn Dogs	Wheat Soy Milk Egg	Hot Dog	Wheat (Bun)	Breaded Chicken Sandwich	Soy Wheat/ Wheat Milk/Wheat Eggs Soy Milk
Baby Carrots		Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Muffin	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Mini Waffles	
Mashed Potatoes & Gravy	Milk/Milk Wheat Eggs Soy	Baked Beans		Grape Tomatoes		Corn		Peas & Carrots	
Mandarin Oranges		Romaine Salad		Broccoli		Apple Slices		Romaine & Spinach Salad	
		Pineapple		Peaches		Lemon Berry Fruit Swirl		Orange	
		Vanilla Pudding	Milk	Applesauce					
Mac & Cheese with Roll	Milk Egg Wheat/Milk Soy Wheat Egg	Chicken Strips & Roll	Wheat/Milk Soy Wheat Egg	Fr. Toast Sticks & Sausage Links	Wheat Soy	Stuffed Crust Pepperoni Pizza	Milk Soy Wheat	Cheeseburger on Bun	Soy/Milk Soy/Wheat
Southern Drumstick & Roll	Wheat/Milk Soy Wheat	Nacho Bites	Milk Soy Wheat	Corn Dog	Wheat Soy Egg	Beef or Bean Soft Taco	Soy Wheat/ Wheat /Milk	Mozzarella Sticks w/Marinara	Milk Wheat Milk/Wheat Eggs Soy Milk
Yogurt Smoothie & Mini Waffles	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Muffin	Milk/Wheat Eggs Soy Milk	Wow Butter Sandwich & String Cheese	Wheat Milk Soy/Milk	Yogurt Smoothie & Mini Waffles	
Romaine & Spinach Salad		Green Beans		Potato Triangles		Shredded Lettuce		Baked Beans	
Mandarin Oranges		BBQ Sidewinder Fries	Wheat	Baby Carrots		Black Beans		Grape Tomatoes	Wheat
Pineapple		Romaine Salad		Pears		Applesauce		Fruit Cocktail	
		Rosy Applesauce		Strawberries & Peaches		Banana			