

Week 1

Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens
Chicken Teriyaki	S, W, Sesame	Srumbled Eggs w/ Bacon	E,M	Pasta and Meatballs	W, M, E	Pulled Chicken	M,W,S
Cold Entree		Cold Entree		Cold Entree		Cold Entree	
Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W
Vegetable		Vegetable		Vegetable		Vegetable	
Steamed Green Beans	None	Fresh Baby Carrots	None	Garden Salad	None	Baked Beans	None
						Coleslaw	E
Fruit		Fruit		Fruit		Fruit	
Mandarin Orange	None	Chilled Pears	None	Assorted Whole Fruits	None	Cinnamon Applesauce	None
Grain/Bread		Grain/Bread		Grain/Bread		Grain/Bread	
Brown Rice	M,W,S	Cinnamon Roll	W,M,E	Garlic Breadstick	E,M,S,W	WG Bun	W, Sesame
Condiments		Condiments		Condiments		Condiments	
		Ranch Dressing	E,M	Ranch Dressing	E,M	BBQ Sauce	None
				Dessert			
				Chocolate Chip Cookie	E, M, S, W		

Week 2

Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens
Grilled Chicken	None	Mac and Cheese	W, M, E	Saucy D BBQ Meat	None	Eagle Bread	M,W
Cold Entree		Cold Entree		Cold Entree		Cold Entree	
Chef Salad	M, E, W	Chef Salad	M, E, W	Chef Salad	M, E, W	Chef Salad	M, E, W
Vegetable		Vegetable		Vegetable		Vegetable	
Sweet Potato Fries	None	Steamed Broccoli	None	Baked Potato	None	Winter Bland Veggies	None
Garden Salad	None	Sliced Cucumbers	None	Buttered Corn	S, M	Citrus Lettuce Salad	S
Fruit		Fruit		Fruit		Fruit	
Tropical Fruit Salad	None	Strawberry Applesauce	None	Banana	None	Pineapple	None
Grain/Bread		Grain/Bread		Grain/Bread		Grain/Bread	
WG Bun	W, Sesame			WG Dinner Roll	E, M, W		
Condiments		Condiments		Condiments		Condiments	
Ranch Dressing	E,M	Ranch Dressing	E,M	Shredded Cheese	M	Marinara	None
BBQ Sauce	None			BBQ Sauce	None		
Ornery Sauce	E,M			Dessert			
Buffalo Sauce	M, S			Funfetti Cake	M, S, E, W		

Week 3

Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens	Hot Entree	Allergens
Taco Meat	W, S	Chicken Alfredo	W, M, E	Chicken Tenders	W,S	French Casserole	W, Sesame, E,M
Cold Entree		Cold Entree		Cold Entree		Cold Entree	
Yogurt Parfait	M	Yogurt Parfait	M	Yogurt Parfait	M	Yogurt Parfait	M
Vegetable		Vegetable		Vegetable		Vegetable	
Shredded Lettuce	None	Caesar Salad	S,E, M	Ranch Potato Wedges	M, S	Mixed Fresh Veggies	None
Diced Tomatoes	None						
Fruit		Fruit		Fruit		Fruit	
Orange Slices	None	Wango Mango Juice	None	Diced Peached	None	Fruit Cocktail	None
Grain/Bread		Grain/Bread		Grain/Bread		Other	
Dortito	M, W, S	Garlic Bread	E,M,S,W	Pasta Salad	W, E	Little Smokies	None
Spanish Rice	None						
Condiments		Condiments		Condiments		Condiments	
Salsa	None			Ranch Dressing	E,M	Ranch Dressing	E,M
Sour Cream	M			Ornery Sauce	E,M	Maple Syrup	None
Shredded Cheese	M			Dessert			
				Brownies	W, E, M		

Milk (M), Eggs (E), Wheat (W), Soybeans (S), Peanuts (P), Tree Nuts (T), Fish (F), Shellfish (SF), Sesame (Sesame)

Please be aware that our kitchen uses ingredients that may contain allergens, including but not limited to nuts, milk, wheat, eggs, soy, shellfish and sesame. We take every precaution to minimize cross-contamination; however, we cannot guarantee that any dish is completely free of allergens.

Week 1

Hot Entree	Allergens	K-4th	5th-12th
Chicken Teriyaki	S, W, Sesame	2 oz wt	3 oz wt
Cold Entree			
Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	2 oz Smoked Turkey, 1 oz Cheese, 1 oz (10-12) WG Crackers, 1/2 C Fruit	
Vegetable			
Steamed Green Beans	None	1/4 C	1/2 C
Fruit			
Mandarin Orange	None	1/2 C	1/2 C
Grain/Bread			
Brown Rice	M,W,S	1/4 C	1/2 C
Condiments			

Hot Entree	Allergens	K-4th	5th-12th
Srambled Eggs w/ Bacon	E,M	1/2 C	3/4 C
Cold Entree			
Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	2 oz Smoked Turkey, 1 oz Cheese, 1 oz (10-12) WG Crackers, 1/2 C Fruit	
Vegetable			
Fresh Baby Carrots	None	1/4 C	1/2 C
Fruit			
Chilled Pears	None	1/2 C	1/2 C
Grain/Bread			
Cinnamon Roll	W,M,E	1 each	1 each
Condiments			
Ranch Dressing	E,M	1 oz	1 oz

Hot Entree	Allergens	K-4th	5th-12th
Pasta with Red Sauce	W, M, E	3/4 C	1 1/4 C
Meatballs	W, M, E	2	3
Cold Entree			
Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	2 oz Smoked Turkey, 1 oz Cheese, 1 oz (10-12) WG Crackers, 1/2 C Fruit	
Vegetable			
Garden Salad	None	1/2 C	1 C
Fruit			
Assorted Whole Fruits	None	1 each	1 each
Grain/Bread			
Garlic Breadstick	E,M,S,W	1 each	1 each
Condiments			
Ranch Dressing	E,M	1 oz	1 oz
Dessert			
Chocolate Chip Cookie	E, M, S, W	1 each	1 each

Hot Entree	Allergens	K-4th	5th-12th
Pulled Chicken	M,W,S	2 oz wt	3 oz wt
Cold Entree			
Lunchable: Smoked Turkey, Cheddar Cheese, WG Crackers, Fruit Cup	M, W	2 oz Smoked Turkey, 1 oz Cheese, 1 oz (10-12) WG Crackers, 1/2 C Fruit	
Vegetable			
Baked Beans	None	1/4 C	1/2 C
Coleslaw	E	1/4 C	1/2 C
Fruit			
Cinnamon Applesauce	None	1/2 C	1/2 C
Grain/Bread			
WG Bun	W, Sesame	1 each	1 each
Condiments			
BBQ Sauce	None	1 oz	1 oz

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Week 2

Hot Entree	Allergens	K-4th	5th-12th
Grilled Chicken	None	1 each	1 each
Cold Entree			
Chef Salad	M, E, W	1 1/2 C Lettuce 1 oz Turkey, 1 oz Ham, .5 oz Cheese, 1/2 C other veg	
Vegetable			
Sweet Potato Fries	None	1.5 oz-wt (about 4)	3 oz- wt (about 8)
Garden Salad	None	1/2 C	1 C
Fruit			
Tropical Fruit Salad	None	1/2 C	1/2 C
Grain/Bread			
WG Bun	W, Sesame	1 each	1 each
Condiments			
Ranch Dressing	E,M	1 oz	1 oz
BBQ Sauce	None	1 oz	1 oz
Omery Sauce	E,M	1 oz	1 oz
Buffalo Sauce	M, S	1 oz	1 oz

Hot Entree	Allergens	K-4th	5th-12th
Mac and Cheese	W, M, E	3/4 C	1 1/4 C
Cold Entree			
Chef Salad	M, E, W	1 1/2 C Lettuce 1 oz Turkey, 1 oz Ham, .5 oz Cheese, 1/2 C other veg	
Vegetable			
Steamed Broccoli	None	1/4 C	1/2 C
Sliced Cucumbers	None	1/4 C	1/2 C
Fruit			
Strawberry Applesauce	None	1/2 C	1/2 C
Grain/Bread			
Condiments			
Ranch Dressing	E,M	1 oz	1 oz

Hot Entree	Allergens	K-4th	5th-12th
Saucy D BBQ Meat	None	2 oz wt	3 oz wt
Cold Entree			
Chef Salad	M, E, W	1 1/2 C Lettuce 1 oz Turkey, 1 oz Ham, .5 oz Cheese, 1/2 C other veg	
Vegetable			
Baked Potato	None	1 each	1 each
Buttered Corn	S, M	1/4 C	1/2 C
Fruit			
Banana	None	1 each	1 each
Grain/Bread			
WG Dinner Roll	E, M, W	1 each	1 each
Condiments			
Shredded Cheese	M	.5 oz	.5 oz
BBQ Sauce	None	1 oz	1 oz
Dessert			
Funfetti Cake	M, S, E, W	1 each	1 each

Hot Entree	Allergens	K-4th	5th-12th
Eagle Bread	M,W	1 each	1 each
Cold Entree			
Chef Salad	M, E, W	1 1/2 C Lettuce 1 oz Turkey, 1 oz Ham, .5 oz Cheese, 1/2 C other veg	
Vegetable			
Winter Bland Veggies	None	1/4 C	1/2 C
Citrus Lettuce Salad	S	1/2 C	1 C
Fruit			
Pineapple	None	1/2 C	1/2 C
Grain/Bread			
Condiments			
Marinara	None	2 oz	2 oz

Milk (M), Eggs (E), Wheat (W), Soybeans (S), Peanuts (P), Tree Nuts (T), Fish (F), Shellfish (SF), Sesame (Sesame)

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Week 3

Hot Entree	Allergens	K-4th	5th-12th
Taco Meat	W, S	2 oz wt	3 oz wt
Cold Entree			
Yogurt Parfait	M	8 oz yogurt, 2 oz fruit, 1 oz granola	
Vegetable			
Shredded Lettuce	None	1/4 C	1/4 C
Diced Tomatoes	None	1/4 C	1/4 C
Fruit			
Orange Slices	None	4 slices	4 slices
Grain/Bread			
Doritos	M, W, S	1 oz wt	1.75 oz wt
Spanish Rice	None	1/4 C	1/2 C
Condiments			
Salsa	None	2 oz	2 oz
Sour Cream	M	1 oz	1 oz
Shredded Cheese	M	.5 oz	.5 oz

Hot Entree	Allergens	K-4th	5th-12th
Chicken Tenders	W, S	2 each	3 each
Cold Entree			
Yogurt Parfait	M	8 oz yogurt, 2 oz fruit, 1 oz granola	
Vegetable			
Ranch Potato Wedges	M, S	2 oz wt (about 4)	3 oz wt (about 5)
Fruit			
Diced Peached	None	1/2 C	1/2 C
Grain/Bread			
Pasta Salad	W, E	1/4 C	1/2 C
Condiments			
Ranch Dressing	E, M	1 oz	1 oz
Onion Sauce	E, M	1 oz	1 oz
Dessert			
Brownies	W, E, M	1 each	1 each

Milk (M), Eggs (E), Wheat (W), Soybeans (S), Peanuts (P), Tree Nuts (T), Fish (F), Shellfish (SF), Sesame (Sesame)

Hot Entree	Allergens	K-4th	5th-12th
Chicken Alfredo	W, M, E	3/4 C	1 1/4 C
Cold Entree			
Yogurt Parfait	M	8 oz yogurt, 2 oz fruit, 1 oz granola	
Vegetable			
Caesar Salad	S, E, M	1/2 C	1 C
Fruit			
Wango Mango Juice	None	1 each	1 each
Grain/Bread			
Garlic Bread	E, M, S, W	1 each	1 each
Condiments			

Hot Entree	Allergens	K-4th	5th-12th
French Casserole	W, Sesame, E, M		
Cold Entree			
Yogurt Parfait	M	8 oz yogurt, 2 oz fruit, 1 oz granola	
Vegetable			
Mixed Fresh Veggies	None	1/4 C	1/2 C
Fruit			
Fruit Cocktail	None	1/2 C	1/2 C
Other			
Little Smokies	None		
Condiments			
Ranch Dressing	E, M	1 oz	1 oz
Maple Syrup	None	1 oz	1 oz

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