

Breakfast Menu Items With Allergies Listed

1. Assorted Cereal:
 - a. Wheat
 - b. Except for Cornflakes, Chex Mix, or Rice Krispies
2. Biscuit w/ Butter:
 - a. Biscuit: Milk, Wheat
 - b. Butter: Milk
3. Blueberry Muffin:
 - a. Eggs, Soy, Wheat
4. Chicken Biscuit:
 - a. Chicken: Wheat, Meat
 - b. Biscuit: Wheat, Milk
5. Cinnamon Raisin Bagel w/ Strawberry Cream Cheese
 - a. Cinnamon Raisin Bagel: Wheat
 - b. Strawberry Cream Cheese: Strawberry, Milk
6. Cinnamon Rolls w/ Icing:
 - a. Milk, Wheat, Eggs, Soy
7. Fiesta Egg and Cheese Sandwich
 - a. Wheat, Egg, Milk, Soy
8. Granola Bar and Cheese:
 - a. Granola Bar: Milk, Soy, Tree Nuts, Peanuts, Wheat
 - b. Cheese: Milk, Dairy
9. Grits w/ Butter:
 - a. Grits: Corn
 - b. Butter: Milk
10. Sausage Patty/Link:
 - a. Meat
11. Scrambled Eggs:
 - a. Egg
12. Turkey Sausage Sandwich
 - a. Wheat, Turkey

Lunch & Hot Supper Menu Items With Allergies Listed

Entrees:

1. Baked Ziti:
 - a. Wheat, Beef, Dairy, Tomato
2. BBQ Chicken Sandwich:
 - a. BBQ Chicken: BBQ Sauce, Meat (Chicken)
 - b. Bun: Wheat
3. BBQ Chicken Thigh
 - a. BBQ, Meat (Chicken)
4. Calzone w/ Marinara:
 - a. Calzone: Dairy, Milk, Tomato, Wheat
 - b. Marinara: Tomato
5. Calzonettes w/ Marinara:
 - a. Calzonette: Dairy, Milk, Tomato, Wheat
 - b. Marinara: Tomato
6. Cheeseburger Mac:
 - a. Meat, Wheat, Dairy, Soy, Milk
7. Cheese Pizza:
 - a. Wheat, Soy, Dairy, Tomato
8. Chicken Parmesan:
 - a. Wheat, Meat, Tomato, Soy, Milk, Dairy
9. Chicken, Sausage, & Okra Gumbo:
 - a. Chicken: Meat
 - b. Sausage: Meat, Soy
 - c. Roux: Wheat, Soy, Milk
 - d. Pepper & Onion
10. Chicken Stewed Thigh with Gravy:
 - a. Chicken: Meat (Chicken)
 - b. Gravy: Wheat, Soy, Dairy
11. Chicken Tenders:
 - a. Soy, Wheat, Meat
12. Chili Beef Baked Potato:
 - a. Chili: Turkey, Tomato, Bean, Onion, Pepper
 - b. Cheese: Dairy
 - c. Baked Potato: None
13. Chili and Rice Bowl:
 - a. Chili: Meat (Turkey), Tomato, Bean, Onion, Pepper
 - b. Rice: None

14. Egg Rolls:
 - a. Wheat, Meat (Chicken), Soy, Milk, Egg
15. Fish Sticks:
 - a. Wheat, Meat (Fish)
16. Fish Taco on Tortilla Wraps:
 - a. Fish Sticks: Meat (Fish), Wheat
 - b. Tortilla Wraps: Wheat
17. Frito Pie – Frito Chips, Chili, Cheese, Sour Cream, Shredded Lettuce, Diced Tomatoes
 - a. Frito Chips: Corn
 - b. Chili: Meat (Turkey), Tomato, Bean, Onion, Pepper
 - c. Cheese: Dairy
 - d. Sour Cream: Dairy
 - e. Shredded Lettuce: None
 - f. Diced Tomatoes: Tomatoes
18. Grilled Chicken Breast Sandwich:
 - a. Chicken Breast: Meat (Chicken)
 - b. Bun: Wheat
19. Hamburger:
 - a. Hamburger: Meat (Beef), Soy
 - b. Bun: Wheat
20. Honey Mustard Chicken Sandwich:
 - a. Honey Mustard Chicken: Mustard, Meat (Chicken)
 - b. Bun: Wheat
21. Hot Dog w/ Mayo, Mustard:
 - a. Hot Dog: Meat (Turkey), Soy
 - b. Bun: Wheat
 - c. Mayo: Egg
 - d. Mustard: Mustard
22. Jambalaya:
 - a. Meat (Chicken & Turkey), Soy, Tomato, Wheat
23. Lasagna:
 - a. Wheat, Dairy, Tomato, Meat (Beef)
24. Pizza Pasta:
 - a. Pizza Pasta Mix: Meat (Pork & Chicken), Dairy, Onion, Peppers
 - b. Pasta: Wheat
25. Pepperoni Pizza
 - a. Wheat, Soy, Dairy, Meat (Pork), Tomato
26. Pulled Pork Sandwich:
 - a. Pork: Meat (Pork), BBQ Sauce
 - b. Bun: Wheat

27. Red Beans w/ Sausage:
 - a. Red Beans: Beans
 - b. Sausage: Soy, Meat (Turkey)

28. Roasted Turkey w/ Gravy:
 - a. Turkey: Meat (Turkey)
 - b. Gravy: Wheat, Soy, Milk

29. Shepherd's Pie:
 - a. Wheat, Dairy, Soy, Meat (Beef & Turkey), Tomato, Onion, Pepper

30. Sloppy Joe:
 - a. Sloppy Joe Meat: Tomato, Meat (Beef), Onion, Pepper
 - b. Bun: Wheat

31. Spaghetti and Meatballs:
 - a. Spaghetti: Wheat
 - b. Meatballs: Milk, Wheat, Egg, Soy, Meat (Beef), Onion, Pepper

32. Spaghetti & Meat Sauce:
 - a. Spaghetti: Wheat
 - b. Meat Sauce: Meat (Beef), Tomato, Onion, Pepper

33. Stromboli:
 - a. Wheat, Milk, Soy, Egg, Meat (Pork)

34. Turkey Nachos with Corn Chips:
 - a. Nacho Meat: Meat (Turkey), Onion
 - b. Nacho Chips: Corn

35. Turkey Tacos on hard shells:
 - a. Taco Meat: Meat (Turkey), Onion
 - b. Hard Shells: Corn

Grains:

1. Biscuit:
 - a. Milk, Wheat

1. Brown Rice:
 - a. None

2. Cornbread:
 - a. Egg, Milk, Wheat, Soy, Corn

3. Crackers:
 - a. Wheat, Soy

4. Garlic Breadstick:
 - a. Dairy, Wheat

5. Mac & Cheese:
 - a. Dairy, Milk, Wheat

6. Mexican Rice:
 - a. Tomato

7. Oatmeal Raisin Cookie:
 - a. Egg, Milk, Wheat

8. Pasta:
 - a. Wheat

9. Spanish Rice:
 - a. Tomato

10. Wheat Roll:
 - a. Wheat

11. Sliced Bread:
 - a. Wheat
 - b. Soy

Vegetables:

1. Baked Beans:
 - a. Beans, Tomato, BBQ Sauce, Onion, Mustard

2. Broccoli Slaw w/ Baja Dressing:
 - a. Egg

3. Carrot Soufflé:
 - a. Milk, Egg, Wheat

4. Green Beans:
 - a. Green Beans

5. Green Peas:
 - a. Peas
6. French Fries:
 - a. Potato
7. Loaded Potato Soup:
 - a. Potato, Dairy
8. Mashed Potatoes:
 - a. Potato
9. Pinto Beans:
 - a. Beans, Onion
10. Salad w/ Carrots:
 - a. Carrots
11. Salad w/ Tomatoes:
 - a. Tomatoes
12. Salsa:
 - a. Tomato, Onion
13. Shredded Lettuce:
 - a. None
14. Steamed Broccoli:
 - a. None
15. Steamed Corn:
 - a. Corn
16. Tator Tots:
 - a. Potato

Condiments:

1. Grated Cheese:
 - a. Dairy
2. Ketchup:
 - a. Tomato
3. Ranch Dressing:
 - a. Egg, Milk
4. Sour Cream:
 - a. Dairy
5. Sweet and Sour Sauce:
 - a. Cornstarch, Tomato

Cold Supper Menu Items With Allergies Listed

1. Mild Cheddar Packet, WW Crackers, Baby Carrots w/ Ranch Dressing
 - a. Mild Cheddar Packet: Milk
 - b. WW Crackers: Wheat, Soy, Sesame Seeds
 - c. Baby Carrots: None
 - d. Ranch Dressing: Egg & Milk

2. Turkey & Cheese on Bun, Broccoli w/ Ranch Dressing
 - a. Turkey: Meat
 - b. Cheese: Milk
 - c. Bun: Wheat
 - d. Broccoli: None
 - e. Ranch Dressing: Egg & Milk

3. Cheese String, Goldfish Pretzels, Celery Stick w/ Sunbutter
 - a. Cheese String: Milk
 - b. Goldfish Pretzels: Wheat
 - c. Celery Stick: None
 - d. Sunbutter: None

4. Ham and Cheese Sub, Baby Carrots w/ Ranch Dressing
 - a. Ham: Meat
 - b. Cheese: Milk
 - c. Sub: Wheat
 - d. Carrots: None
 - e. Ranch Dressing: Egg & Milk

5. Cheese Cubes, Herb Crackers, Broccoli w/ Ranch Dressing
 - a. Cheese Cubes: Milk
 - b. Herb Crackers: Wheat
 - c. Broccoli: None
 - d. Ranch Dressing: Egg & Milk