

2011-12 ALLERGEN INFORMATION* FOR ELEMENTARY (Head Start, Pre-K) LUNCH MENUS																		
NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY USE PRODUCT ON HAND FROM PREVIOUS YEAR														Updated 12/01/11				
INGREDIENT CODES:		X = YES								(X) = Present in some versions may contain								
		FS = Non-specific Food Starch								M = Used in manufacturing plant								
Item	Portion	Wheat	Dairy	Eggs	Peanuts	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	Red #40	MSG	Rice	Mustard	Cottonseed Oil	Sunflower
		ENTREES																
BBQ Beef Grill Bites w/ sauce	4 bites	X					X	X										
Beef and Broccoli over rice	1 each	X					X	X						X				
Beef Patty w/ Gravy & Mashed Pot	1 each	X	X				X	X	X							X		X
Black Bean Burger (No Bun)	1 each	X	X	X			X	OIL						X				
Cheese Dippers	4 sticks	X	X				oil	X								X		
Marinara Sauce	1/2c						X	OIL										
Cheese Slice, American (1/2 oz)	1 slice		X															
Chicken, Bites	10 each	X	X				X	X						x				
Chicken Drumstick	1 each	X					X											
Chicken Drumstick w/ Seas Pot	1 each	X					X	OIL								X		X
Chicken, Mandarin Orange	4 oz	X		X			X	X										
Chicken Nuggets, breaded	5 each	X	X				X	X										
Chicken Parmesan, no bun	1 each	X	X	X			X											
Chicken Patty, breaded no bun	1 each	X	X				X	FS										
French Toast Sticks(3) w/ Sausage	1 each	X	X	X			X	X										
Wrapped WG Grill Cheese Sand	1 each	X	X				oil	cs										X
Grilled Cheese Pocket (3rd choice in s	1 each	X	X				X	X			X							
Grilled Cheese Sandwich Sandwich only	1 each	X	X				X			X								
Café Burger (no bun)	1 each						X	X										
Hot Dog, turkey, (no bun)	1 each							X										
Mac & Cheese (entree)	1 c serving	X	X				X	X								X		
Max Wrap	1 each	X	X				X											
Meatballs w/ Penne & Sauce	1 serving	X	X	X			X	X										
Pancakes (3) w/ Sausage links	1 each	X	X	X			X	X										
Peanut Butter & Jelly Pocket w/soy	1 each	X			X		X	X		X						X		
Penne/Meat Sc/Breadstick	1 each	X	X	X			X	X										
1A of 4A																		
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		ENTREES cont'd																
PIZZA Individual 5" Cheese	1 each	X	X			X	X				X							
PIZZA Individual 5" Pepperoni	1 each	X	X			X	X				X							
PIZZA Triangle Wedge Cheese	1 each	X	X			X	X				X							
PIZZA Triangle Pepperoni	1 slice	X	X			X	X				X							
PIZZA RECTANGLE Cheese	1 slice	X	X			X	X				X							
PIZZA RECTANGLE Pepperoni	1 slice	X	X			X	X				X							
Pork Sausage Links	2 links					X												
Pork BBQ w/ Tater Tots	1 each	X				X	X	X							X	X		
Slider, Mega no bun	1 each						(X)											
Spicy Chicken Patty	1 each	X		X		X	X											
Taco Meat w/ WG Tortilla pieces (Chick)	1 serving					X	X											
Taco Meat w/ Corn (No Tortilla)	1 serving						X											
Turkey w/Gravy	1 serving	X	X			X	X											
Morningstar Soy Nuggets	5 each	X	X	X		X	X											"Morningstar Chik'n Nuggets"
Turkey Burger	1 each																	
BREADS																		
Fruit/Spice Bread, assorted	1 serving	X		X		oil												
Crackers (2 per pack)	2 packs	X				oil				X						X		
Cornbread	1 serving	X	X	X		oil	X											
Dinner Roll, Whole Grain	1 roll	X				X	X											
French Bread	1 slice	X				X	X			X	X							X
Hamburger Bun	1 bun	X				X	X			X								
Mini Bun for slider	1 bun	X				X	CS			X								
Hot Dog Bun, WG	1 bun	X		X		X	X											
Tortilla Chips, Whole Grain	1 oz					M	X											
Tostitos, Baked Scoops	1 bag	GF				oil	X											X
Tortilla Whole Grain	1.5	X					X											
FRUITS/JUICES																		
Apple Juice Box, 4 oz	1 carton																	
Orange Juice, 4oz	1 carton																	
Apples, sliced fresh	1 bag																	
Applesauce, canned, unsweetened	1/2 cup						X											
Apricots, canned	1/2 cup						X											
Mixed Fruit (Fruit Cup), cnd	1/2 cup						X											
Peaches, canned	1/2 cup						X											
Pears, canned	1/2 cup						X											
Pineapple, canned	1/2 cup						X											
2A of 4A																		
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SOUPS																		
Broccoli Cheese	1 cup	X	X			X	X										X	
Chili Soup	1 cup	X					X											
Tomato & Macaroni	1 cup	X				X	X										X	
Turkey Rice	1 cup						X							X				
Vegetable	1 cup	X				X	X											
VEGETABLES/SIDES																		
Baby Carrots, fresh	1.6oz pkg																	
Baked Beans	1/2 cup						X											
Bread (Corn) Stuffing	1/4 cup	X	X			X	X											
Broccoli, fresh	1/2 cup																	
Carrots, cooked	1/2 cup																	
Corn	1/2 cup																	
Green Beans	1/2 cup																	
Macaroni & Cheese (side)	1/2 c serv	X	X			X	FS											
Mixed Veggies: Carrots & Corn	1/2 cup						X											
Potatoes, mashed	1/2 cup		X			oil										X	X	
Potatoes, fries, 3.5oz	1 serving					oil	X							X				
Potatoes, rounds (tater tots), 3.5oz	1 serving					oil	X											
Potatoes, seasoned cubes 3.0 oz.	1 serving	X				oil	oil									oil	oil	
Potato, sweet mashed	1/2 c					oil												
Potatoes, sweet potato fries, 3.5oz	1 serving	X				X	X			X				X				
Rice, Brown	1/2 cup													X				
Side Salad (no dressing)	1 cup																	
Fruit, Fresh, assort'd, average	1 piece																	
Cranberry Sauce	2 tblsp																	
3A of 4A																		
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Ala Carte Items	0	X	X	X														
Brownies	1 each	X	X	M		oil	X											
Cookies, asst'd, baked, wrapped	1 each	X	X	X			X						X					
Fruited Gelatin (Apricot) w/topping	1/2 cup						X						X					
Fruit Juice Bar Whole Fruit	1 each																	
Fruit Snacks	1 pkg		X				X						(X)					
Sherbet Cup, ass'td	1 each		X				cs						X					(grape, raspberry)
Granola	1 oz.	X					X		X					X		X		
CONDIMENTS/OTHER																		
BBQ Sauce	1 Fl oz.	NS				X	NS									X		
Catsup	1 packet						X											
Cream Cheese	1 packet		X															
French Dressing	1 packet					oil	X											
Italian Dressing, fat free	1 packet						X											
Ranch Dressing	1 packet		X	X		oil	X											
Mayonnaise, reduced calorie	1 packet			X			X											
Marinara Sauce	1/2 cup																	
Salsa	1/2 cup						X											
Syrup (1.5 fl. oz.)	1 packet						X											
Taco Sauce	1 packet						X											
Tarter Sauce	1 packet			X		oil	X											
MILK																		
Chocolate, Fat Free	1/2 pint		X				X											
Strawberry, Fat Free	1/2 pint		X				X											
White, 1%	1/2 pint		X															
White, non-fat	1/2 pint		X															
Soy Milk	8.25 oz					X												
Yogurt Parfait, SMALL	1 serving	X	X				X	X					X			X		
Yogurt Parfait, LARGE	1 serving	X	X				X	X					X			X		
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