

2009-10 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																		
INGREDIENT CODES: X = YES (X) = Present in some versions contain																		
FS = Non-specific Food Starch M = Used in manufacturing plant																		
Item	Portion	Wheat	Dairy	Eggs	Peanuts	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Fye	Fed #40	MSG	Rice	Mustard	Cottonseed Oil	Sunflower
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							
Pork Sausage Links	2 links					X												
Shrimp Poppers (about 21 pieces per serving)	1 serving	X	X	X		X	X									X		
Spicy Chicken Patty	1 each	X		X		X	X											
Taco Meat w/ WG Tortilla pieces (Chi)	1 serving	X			oil	X	X											
Turkey w/Gravy	1 serving	X	X			X	X											
Veggie Soy Nuggets	5 each	X	X	X		X	X											"Morningstar Chik'n Nuggets"
Veggie Soy Black Bean Burger	1 each	X	X	X		X	X											
BREADS																		
Fruit 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							
Hamburger Bun, Whole Grain	1 bun	X				X	X											
Hot Dog Bun,	1 bun	X				X	X											
Tortilla Chips, Whole Grain	1 oz				oil	X	X											
FRUITS/JUICES																		
Apple Juice Box, 6.75oz	1 carton																	
Orange Juice, 4oz	1 carton																	
Applesauce, canned, unsweetened	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											
Fruit, Fresh, assort'd, average	1 piece																	
Fruit Fresh, grapes, 1 bunch	2 oz																	
2A of 4A																		
*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée																		

