The following is a list of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

Lunch Menu
Possible Allergens
February 1-3, 2012

Menu Item	Possible Allergen
Wednesday	
Beef Taco Meat	Soy, Wheat, Milk
Tortilla	Soy, Wheat
Cheddar Cheese	Milk
Thursday	
Cheesy Chicken and Rice	Soy, Milk
Wheat Crackers	Soy, Wheat
Friday	
Hamburger	Soy
Bun	Soy, Wheat
Cheese	Soy, Milk
Ranch Dip*	Soy, Milk, Eggs

Possible Allergens
February 6-10, 2012

Menu Item	Possible Allergen
Monday	
Chicken Alfredo	Soy, Wheat, Milk
Bread Rounds	Soy, Wheat, Milk
Tuesday	
Pancakes	Soy, Wheat, Milk, Eggs
Wednesday	
Breaded Chicken	Soy, Wheat, Milk
Bun	Soy, Wheat
BBQ Sauce	Soy
Mashed Potatoes	Soy, Milk
Thursday	
Spaghetti	Soy, Wheat, Milk
Cheese	Milk
Breadstick	Soy, Wheat, Milk
Friday	
Chicken Nuggets	Soy, Wheat, Milk, Eggs
Honey Mustard	Soy, Milk, Eggs
Shells and Cheese	Soy, Wheat, Milk

Possible Allergens
February 13-17, 2012

Menu Item	Possible Allergen
Monday	
Chicken Breast	Soy
Lemon Herb Rice	Soy
Tuesday	
Beefy Macaroni	Soy, Wheat, Milk
Cheese Sprinkles	Milk
Sugar Cookie	Soy, Wheat, Milk, Eggs
Wednesday	
Cheese Pizza	Soy, Wheat, Milk
Ranch Dip*	Soy, Milk, Eggs
Graham Cracker	Soy, Wheat
Thursday	
Tortilla	Soy, Wheat
Cheese	Milk
Friday	
Turkey Meatballs	Soy, Wheat, Milk, Eggs
Pup Rolls	Soy, Wheat
Sliced Cheese	Soy, Milk

Possible Allergens
February 20-24, 2012

Menu Item	Possible Allergen
Monday	
Chicken Tetrazzini	Soy, Wheat, Milk, Eggs
Bread Rounds	Soy, Wheat, Milk
Tuesday	
Fish Sticks	Soy, Wheat, Eggs
Tartar Sauce	Soy, Milk, Eggs
Seashells and Cheese	Soy, Wheat, Milk
Wednesday	
Ziti	Soy, Wheat, Milk
Cheese Shreds	Milk
Breadstick	Soy, Wheat, Milk
Italian Dressing*	Soy
Thursday	
Grilled Chicken	Soy
Bun	Soy, Wheat
Honey Mustard Sauce	Soy, Milk, Eggs
Mashed Potatoes	Soy, Milk
Friday	
Cheesy Chicken and Rice	Soy, Milk
Wheat Crackers	Soy, Wheat

Possible Allergens
February 27-29, 2012

Menu Item	Possible Allergen
Monday	
Chicken Strips	Soy, Wheat
Sweet and Sour Sauce	Soy, Wheat
Rice	Soy
Tuesday	
Spaghetti	Soy, Wheat, Milk
Cheese	Milk
Breadstick	Soy, Wheat, Milk
Wednesday	
Pancakes	Soy, Wheat, Milk, Eggs