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.

Vegetarian Menu

Possible Allergens

February 1-3, 2012

Menu Item	Possible Allergen
Wednesday	
Tortilla	Soy, Wheat
Cheddar Cheese	Milk
Thursday	
Cheesy Tofu and Rice	Soy, Milk
Wheat Crackers	Soy, Wheat
Friday	
Gardenburger	Soy, Wheat, Milk
Bun	Soy, Wheat
Cheese	Soy, Milk
Ranch Dip*	Soy, Milk, Eggs

Possible Allergens
February 6-10, 2012

Menu Item	Possible Allergen
Monday	
Alfredo Pasta	Soy, Wheat, Milk
Bread Rounds	Soy, Wheat, Milk
Tuesday	
Pancakes	Soy, Wheat, Milk, Eggs
Vegetarian Sausage	Soy, Wheat, Milk, Eggs
Wednesday	
Veggie Patty	Soy, Wheat, Milk, Eggs
Bun	Soy, Wheat
BBQ Sauce	Soy
Mashed Potatoes	Soy, Milk
Thursday	
Spaghetti	Soy, Wheat
Cheese	Milk
Breadstick	Soy, Wheat, Milk
Friday	
Veggie 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	
Eggplant Patty	Soy, Wheat, Milk
Lemon Herb Rice	Soy
Tuesday	
Bean Macaroni	Soy, Wheat
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	
Veggie Patty	Soy, Wheat, Milk, Eggs
Pup Rolls	Soy, Wheat
Sliced Cheese	Soy, Milk

Possible Allergens
February 20-24, 2012

Menu Item	Possible Allergen
Monday	
Tofu Tetrazzini	Soy, Wheat, Milk, Eggs
Bread Round	Soy, Wheat, Milk
Tuesday	
Vegetable Sticks	Soy, Wheat, Milk
Seashells and Cheese	Soy, Wheat, Milk
Wednesday	
Ziti	Soy, Wheat
Cheese Shreds	Milk
Breadstick	Soy, Wheat, Milk
Italian Dressing*	Soy
Thursday	
Veggie Patty	Soy, Wheat, Milk, Eggs
Bun	Soy, Wheat
Honey Mustard Sauce	Soy, Milk, Eggs
Mashed Potatoes	Soy, Milk
Friday	
Cheesy Tofu and Rice	Soy, Milk
Wheat Crackers	Soy, Wheat

Possible Allergens
February 27-29, 2012

Menu Item	Possible Allergen
Monday	
Vegetarian Egg Rolls	Soy, Wheat, Eggs
Sweet and Sour Sauce	Soy, Wheat
Rice	Soy
Tuesday	
Spaghetti	Soy, Wheat
Cheese	Milk
Breadstick	Soy, Wheat, Milk
Wednesday	
Pancakes	Soy, Wheat, Milk, Eggs
Vegetarian Sausage	Soy, Wheat, Milk, Eggs