

## 2023 July Middle & High School Menu: List of Allergens & Total Carbohydrates



### WEEK 1

Item/Recipe Name	Code	Allergens	CHO (g)
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#### MONDAY

BREAKFAST			
Pancakes & Sausage with Syrup		Dairy, Eggs, Soy, Wheat	60

LUNCH			
Chicken Caesar Salad w/ Roll		Dairy, Eggs, Fish, Soy, Wheat	41
Cheeseburger	144047	Dairy, Soy, Soybean Oil, Wheat	32
Vegan Tamale	73952	No Known Allergens	56

#### TUESDAY

BREAKFAST			
Breakfast Sausage Pizza		Dairy, Soy, Wheat	27

LUNCH			
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
Chicken Alfredo Bowl		Dairy, Wheat	74
Falafel Wrap	201450	Soy, Soybean Oil, Sesame, Wheat	61

#### WEDNESDAY

BREAKFAST			
Chorizo & Egg Burrito	134536	Dairy, Eggs, Soy, Wheat	32

LUNCH			
Garlic Toast with Marinara		Dairy, Soy, Wheat	38
Chicken Sandwich		Dairy, Soy, Wheat	47
Vegan Falafel Bistro Box	179208	Sesame, Soybean Oil, Wheat	72

#### THURSDAY

BREAKFAST			
Waffles & Sausage with Syrup (Bakecrafters waffle)		Dairy, Eggs, Soy, Wheat	43
Waffles & Sausage with Syrup (Fun n' Fruitti)		Dairy, Eggs, Soybean Oil, Wheat	66

LUNCH			
Domino's Pizza (Pepperoni or Cheese)		Dairy, Soy, Wheat	38
Chicken Sandwich		Soy, Wheat	47
Pretzel & Hummus Dipper Box	169802	Sesame, Soybean Oil, Wheat	57

#### FRIDAY

BREAKFAST			
Cinnamon Crumble	2460612	Dairy, Eggs, Soybean Oil, Wheat	53

LUNCH			
Chicken Caesar Salad w/ Roll		Dairy, Eggs, Fish, Soy, Wheat	41
Bosco Sticks with Marinara		Dairy, Soy, Wheat	43
Vegan Tamale	73952	No Known Allergens	56