

## Lunch Lady Food Allergens

<b>Menu - Cycle 4 - November 25 to December 20 2024</b>	
Entrée Choice	Allergens
Burger - Chicken Patties Only	Egg, Gluten, Legume, Milk, Soy, Wheat
Burger - Veggie Hamburger Patties Only (VEGGIE)	Gluten, Legume, Mustard, Soy, Wheat
Butter Chicken	Milk
Butter Chickpeas (VEGGIE)	Legume, Milk
Cheese"burg'r" VEGGIE Pasta	Gluten, Legume, Milk, Mustard, Soy, Wheat
Cheeseburger Pasta	Gluten, Milk, Mustard, Soy, Wheat
Chicken Drumsticks - BBQ	Legume, Mustard
Chicken Nuggets	Egg, Gluten, Legume, Milk, Soy, Wheat
French Toast (1) - syrup	Egg, Gluten, Legume, Milk, Soy, Sulphite, Wheat
Fried Rice (VEGGIE) - Egg	Egg, Gluten, Legume, Milk, Soy, Wheat
Fried Rice Chicken - no Egg	Gluten, Legume, Soy, Wheat
Hot Dog - Turkey - weiner only	None
Hot Dog - Veggie - weiner only	Gluten, Legume, Mustard, Soy, Wheat
Macaroni and Cheese	Gluten, Milk, Mustard, Soy, Wheat
Meat Sauce (ground beef)	Soy
Meatballs (Beef ) (6)-tomato sauce [for pasta]	Gluten, Legume, Soy, Wheat

Meatballs (VEGGIE) (6) - tomato sauce [for pasta]	Gluten, Legume, Mustard, Soy, Wheat
Omelette Cheese	Egg, Legume, Milk, Soy
Pancakes (2) - syrup	Egg, Gluten, Legume, Milk, Soy, Sulphite, Wheat
Scoobi-Doo Pasta - tomato sauce - homemade	Gluten, Soy, Wheat
Sweet and Sour Chicken	None
Sweet and Sour Tofu (VEGGIE)	Soy
Taco Mix [BEEF] - mixture only	Soy
Taco Mix [VEGGIE] - mixture only	Gluten, Legume, Mustard, Soy, Wheat
Turkey - Gravy	Legume, Sesame, Soy
Veggie "Chick'n" (VEGGIE) - brown gravy	Gluten, Legume, Soy, Wheat
Veggie Chick'n - teriyaki	Gluten, Legume, Soy, Wheat
Veggie Chick'n Nuggets (Tenders) (VEGGIE)	Gluten, Legume, Sesame, Soy, Wheat
Veggie Chick'n Nuggets (Tenders) VEGGIE - BBQ	Gluten, Legume, Mustard, Sesame, Soy, Wheat
Veggie Meat Sauce (VEGGIE ground round)	Gluten, Legume, Mustard, Soy, Wheat
<b>Starch, Buns and Sides</b>	
Buns - Burger	Gluten, Legume, Soy, Wheat
Buns - Hot Dog	Gluten, Legume, Soy, Wheat
Chow Mein Noodles	Gluten, Legume, Soy, Sulphite, Wheat
Hash Brown Triangles	Soy

Penne - tomato sauce (to go with Meatballs or Meat Sauce)	Gluten, Soy, Wheat
Rice	None
Spaghetti - tomato sauce (to go with Meatballs or Meat Sauce)	Gluten, Soy, Wheat
Stuffing	Gluten, Legume, Milk, Soy, Wheat
Tator Tots	Soy
Tortilla Chips	None
Mashed potatoes	Milk, Soy, Sulphite
Parmesan Cheese - grated	Milk
Salsa	None
Yogurt Tube	Legume, Milk
Candy Canes	None
Mozzarella Cheese - shredded	Milk
Spring Roll	Egg, Gluten, Legume, Sesame, Wheat