

Elementary Allergy Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
REGULAR	Mac & Cheese Garlic Bread	Beef Soft Taco Salsa/Sour Cream	Pizza Roasted Carrots	Fish n' Chips	Deli Sandwich Baked Beans
GF	GF Chicken Nuggets, Corn Chips (12)	Taco Meat, Corn Chips, Cheese	GF Pizza Pocket	GF Chicken Tenders, Fries	Deli and Cheese on GF Bread
GF-DF	'	Taco Meat, Corn Chips	Hamburger on GF Bun	GF Chicken Nuggets, Fries	Deli Meat on GF Bread
GF-DF-EF	'	Taco Meat, Corn Chips	Hamburger w/ Corn Chips (12)	GF Chicken Nuggets, Fries	Deli Meat with Chips
DAIRY FREE	Chicken Nuggets, Tostitos	No Cheese, Sour Cream	Hamburger	Hummus, Chips	No cheese
REGULAR	Pepperoni Ripper	Beef and Cheese Nachos Salsa/Sour Cream	Chicken Nuggets Rosemary Potatoes	French Toast Sausage Patty	Chicken Patty Sandwich
GF	GF Pizza Pocket	Regular	GF Chicken Nuggets, potatoes	GF Muffin, Sausage Patty	Unbreaded Chicken on GF Bun
GF-DF	Hamburger on GF Flatbread	No Cheese, Sour Cream	'	GF Cereal, Sausage Patty	Unbreaded Chicken w/ Corn Chips
GF-DF-EF	Hamburger on GF Flatbread	No Cheese, Sour Cream	'	GF Cereal, Sausage Patty	Unbreaded Chicken w/ Corn Chips
DAIRY FREE	Hamburger	No Cheese, Sour Cream	Regular	Regular	Regular
REGULAR	Cheeseburger	Pancakes Egg & Cheese Omelett	Ham and Cheese Melt	Chicken Noodle Soup w/ Ripper -OR- Corn Dog	Teriyaki Dippers Brown Rice
GF	On GF Bun	GF Muffin, Sausage Patty	On GF Sliced Bread	GF Chicken Nuggets, Corn Chips (12)	GF Teriyaki Chicken w/ Rice
GF-DF	No cheese, no bun, corn chips	GF Cereal, Sausage Patty	On GF Flatbread	'	'
GF-DF-EF	No cheese, no bun, corn chips	GF Cereal, Sausage Patty	On GF Flatbread	'	'
DAIRY FREE	No Cheese	French Toast, Sausage	Cold deli sand, no cheese	Soup, no ripper	Regular
REGULAR	BBQ Slugger Soft Pretzel w/ Cheese	Taco Salad w/ Corn Chips	Pizza Steamed Corn	Chicken Alfredo Breadstick	Ham and Cheese Ripper
GF	Deli on GF Bun	Regular	GF Pizza Pocket	Hamburger on GF Bun	GF Chicken Tenders, Chips
GF-DF	Deli Meat on GF Flatbread	No Cheese, Sour Cream	GF Chicken Nuggets, Chips	Hamburger on GF Flatbread	GF Chicken Nuggets, Chips
GF-DF-EF	'	No Cheese, Sour Cream	GF Chicken Nuggets, Chips	Hamburger on GF Flatbread	GF Chicken Nuggets, Chips
DAIRY FREE	No nacho cheese	No Cheese, Sour Cream	Chicken Nuggets, chips	PB&J	Hummus, Chips

GF= GLUTEN FREE

GF-DF= GLUTEN FREE, DAIRY FREE

GF-DF-EF= GLUTEN FREE, DAIRY FREE, EGG FREE

Elementary Allergy Cycle Menu

	Chicken Nuggets Rosemary Potatoes	Zesty Pizza Pasta Garlic Bread	Chicken Quesadilla Refried Beans	Grilled Cheese/Tomato Soup -OR- Orange Chicken w/ Brown Rice	Deli Sandwich Baked Beans
REGULAR					
GF	GF Chicken Nuggets, Corn Chips (12)	GF Pizza Pocket	Ubreaded Chix. Sand. On GF Bun	Grilled Cheese on GF Slcd Bread	on GF Bun
GF-DF	'	Humburger on GF Flatbread	Unbreaded Chix, Chips	GF Chicken Nuggets, Brown Rice	No cheese, on GF flatbread
GF-DF-EF	'	Humburger on GF Flatbread	Unbreaded Chix, Chips	GF Chicken Nuggets, Brown Rice	No cheese, on GF flatbread
DAIRY FREE	Regular	Chicken Patty Sandwich	Bean Quesadilla	Soup, tea rolls (no square!)	No Cheese
	Burrito	Teriyaki Dippers Brown Rice	Pizza Green Beans	Popcorn chicken w/ Potatoes and Gravy	Ravioli, Garlic Bread
REGULAR					
GF	GF Pizza Pocket	GF Teriyaki Chicken, Rice	GF Pizza Pocket	GF Tenders, Potatoes (no gravy)	Ubreaded Chix. Sand. On GF Bun
GF-DF	Flatbread and Hummus	'	Humburger on GF Flatbread	GF Nuggets, corn chips	Unbreaded Chix, Chips
GF-DF-EF	Flatbread and Hummus	'	Humburger on GF Flatbread	GF Nuggets, corn chips	Unbreaded Chix, Chips
DAIRY FREE	Hummus, Chips	Regular	Chicken Nuggets, Chips	PB&J	Chicken Patty Sandwich

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GF-DF= GLUTEN FREE, DAIRY FREE

GF-DF-EF= GLUTEN FREE, DAIRY FREE, EGG FREE