

City School Allergy Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
REGULAR	Ham and Chz Ripper	Cheeseburger	Asian Noodle Bowl	Chili, Baked Potato//Hot Dog	Beef and Cheese Nachos
GF	GF Flatbread and Hummus	Cheeseburger on GF Bun	BBQ Chicken Sandwich on GF Bun	Regular	Regular
GF-DF	GF Flatbread and Hummus	Hamburger on GF flatbread	BBQ Chicken no bun	No Sour Cream	No Cheese, Sour Cream
GF-DF-EF	GF Flatbread and Hummus	Hamburger on GF flatbread	BBQ Chicken no bun	No Sour Cream	No Cheese, Sour Cream
DAIRY FREE	GF Flatbread and Hummus	Hamburger	Regular	No Sour Cream	No Cheese, Sour Cream
REGULAR	Chicken Nuggets, Baked Beans	Chicken Alfredo, Garlic Bread	Buffalo Chix Flatbread	Pizza	Walking Taco
GF	GF Chicken Nuggets, beans	GF Pasta with Tomato Sauce	Salad Option	GF Pizza Pocket	Regular
GF-DF	GF Chicken Nuggets, beans	GF Pasta with Tomato Sauce	Salad Option	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
GF-DF-EF	GF Chicken Nuggets, beans	GF Pasta with Tomato Sauce	Salad Option	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
DAIRY FREE	Regular	GF Pasta with Tomato Sauce	Salad Option	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
REGULAR	French Toast Sticks, Sausage	Grilled Cheese and Tom Soup// BBQ Pork	Chicken Patty Sandwich	Mac and Cheese, Pretzel	Beef and Cheese Nachos
GF	GF Muffin, Sausage Patty	Grilled Cheese on GF Bread	Salad Option	GF Flatbread and Hummus	Regular
GF-DF	GF Cereal, Sausage Patty	Deli Meat on GF Flatbread	Salad Option	GF Flatbread and Hummus	No Cheese, Sour Cream
GF-DF-EF	GF Cereal, Sausage Patty	Deli Meat on GF Flatbread	Salad Option	GF Flatbread and Hummus	No Cheese, Sour Cream
DAIRY FREE	French Toast, Sausage	Deli Sandwich, No Cheese	Salad Option	GF Flatbread and Hummus	No Cheese, Sour Cream
REGULAR	Pepperoni Calzone	Cheeseburger, Cookie	Chicken Quesadilla, Black Beans	Chicken Noodle Soup, Ripper//Meatball Sub	Chicken Nuggets, Baked Beans
GF	GF Pizza Pocket	Cheeseburger on GF Bun	Chicken Quesadilla on GF Tortilla, black beans	Chicken and Rice Soup	GF Chicken Nuggets, beans
GF-DF	Daiya Pizza- FSA 522306	Hamburger on GF flatbread	Chicken,beans and GF Tortilla, black beans	Chicken and Rice Soup	GF Chicken Nuggets, beans
GF-DF-EF	Daiya Pizza- FSA 522306	Hamburger on GF flatbread	Chicken,beans and GF Tortilla, black beans	Chicken and Rice Soup	GF Chicken Nuggets, beans
DAIRY FREE	Daiya Pizza- FSA 522306	Hamburger	Chicken,beans and GF Tortilla, black beans	Chicken and Rice Soup	Regular

GF= GLUTEN FREE

GF-DF= GLUTEN FREE, DAIRY FREE

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

19-20

City School Allergy Cycle Menu

REGULAR	Homemade Burrito	Popcorn Chicken Bowl	Orange Chicken, Chow Mein	Pizza	Beef and Cheese Nachos
GF	Burrito on GF Tortilla	GF Tenders, Potatoes (no gravy)	BBQ Chicken Sandwich on GF Bun	GF Pizza Pocket	Regular
GF-DF	Burrito on GF Tortilla, no cheese	GF Nuggets, Corn Chips	BBQ Chicken no bun	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
GF-DF-EF	Burrito on GF Tortilla, no cheese	GF Nuggets, Corn Chips	BBQ Chicken no bun	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
DAIRY FREE	Burrito no cheese	Chicken Tenders, Corn Chips	Regular	Daiya Pizza- FSA 522306	No Cheese, Sour Cream
REGULAR	Chicken Strip Basket	Ravioli and Marinara, Roll	BYO Burrito Bowl	Chicken Patty Sandwich, Cookie	Teriyaki Dippers, Rice
GF	GF Chicken Tenders, Fries	GF Pasta with Tomato Sauce	Regular	Salad Option	BBQ Chicken Sandwich on GF Bun
GF-DF	GF Chicken Nuggets, Fries	GF Pasta with Tomato Sauce	no cheese, no salsa ranch	Salad Option	BBQ Chicken no bun
GF-DF-EF	GF Chicken Nuggets, Fries	GF Pasta with Tomato Sauce	no cheese, no salsa ranch	Salad Option	BBQ Chicken no bun
DAIRY FREE	Chicken Tenders, Fries	GF Pasta with Tomato Sauce	no cheese, no salsa ranch	Salad Option	Regular

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Elementary Allergy Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Mac & Cheese	Walking Taco	Pizza,	Chicken Tenders	Deli Sandwich
REGULAR	Soft Pretzel	Salsa/Sour Cream	Vegetable	Biscuit	Baked Beans
GF	GF Flatbread and Hummus	Regular	GF Pizza Pocket	GF Chicken Tenders, Fries	Meat and Cheese on GF Flatbread, baked beans
GF-DF	GF Flatbread and Hummus	No Cheese, Sour Cream	Daiya Pizza- FSA 522306	GF Chicken Nuggets, Fries	Deli Meat on GF Flatbread, baked beans
GF-DF-EF	GF Flatbread and Hummus	No Cheese, Sour Cream	Daiya Pizza- FSA 522306	GF Chicken Nuggets, Fries	Deli Meat on GF Flatbread, baked beans
DAIRY FREE	GF Flatbread and Hummus	No Cheese, Sour Cream	Daiya Pizza- FSA 522306	Chicken Tenders, Fries	Deli Sandwich, No Cheese
REGULAR	Baked Ziti, Tea Roll	Chicken Nuggets	Beef and Cheese Nachos,	Chicken Patty Sandwich,	French Toast
		Roasted Potatoes	Refried beans	cookie	Sausage Patty
			Salsa/Sour Cream		
GF	GF Pasta with Tomato Sauce	GF Chicken Nuggets, potatoes	Regular	Chicken Breast on GF Bun, Tater Kickers	GF Muffin, Sausage Patty
GF-DF	GF Pasta with Tomato Sauce	GF Chicken Nuggets, potatoes	No Cheese, Sour Cream	Chicken Breast, Tater Kickers	GF Cereal, Sausage Patty
GF-DF-EF	GF Pasta with Tomato Sauce	GF Chicken Nuggets, potatoes	No Cheese, Sour Cream	Chicken Breast, Tater Kickers	GF Cereal, Sausage Patty
DAIRY FREE	GF Pasta with Tomato Sauce	Regular	No Cheese, Sour Cream	Regular	Regular
REGULAR	Cheeseburger, Green Beans	Chicken Noodle Soup w/ Ripper	Pizza, Vegetable	Teriyaki Dippers	Pancakes
		-OR- Hot Dog		Brown Rice	Egg & Cheese Omelett
GF	Cheeseburger on GF Bun	Chicken and Rice Soup	GF Pizza Pocket	BBQ Chicken Sandwich on GF Bun	GF Muffin, Sausage Patty
GF-DF	Hamburger on GF flatbread	Chicken and Rice Soup	Daiya Pizza- FSA 522306	BBQ Chicken no bun	GF Cereal, Sausage Patty
GF-DF-EF	Hamburger on GF flatbread	Chicken and Rice Soup	Daiya Pizza- FSA 522306	BBQ Chicken no bun	GF Cereal, Sausage Patty
DAIRY FREE	No Cheese	Chicken and Rice Soup	Daiya Pizza- FSA 522306	Regular	French Toast, Sausage
REGULAR	Ham and Cheese Ripper	Chicken Alfredo	Taco Salad w/ Corn Chips	Burrito	Mini Corn Dogs, Green Beans
		Garlic Bread			
GF	GF Flatbread and Hummus	GF Pasta with Tomato Sauce	Regular	Burrito on GF Tortilla	GF Chicken Tenders, Chips
GF-DF	GF Flatbread and Hummus	GF Pasta with Tomato Sauce	No Cheese, Sour Cream	Burrito on GF Tortilla, no cheese	GF Chicken Nuggets, Chips
GF-DF-EF	GF Flatbread and Hummus	GF Pasta with Tomato Sauce	No Cheese, Sour Cream	Burrito on GF Tortilla, no cheese	GF Chicken Nuggets, Chips
DAIRY FREE	GF Flatbread and Hummus	GF Pasta with Tomato Sauce	No Cheese, Sour Cream	Burrito no cheese	Mini Corn Dogs, Green Beans

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Elementary Allergy Cycle Menu

REGULAR	Chicken Nuggets Roasted Potatoes	BBQ Slugger Mashed Potatoes, Gravy	Pizza, Veg	Grilled Cheese/Tomato Soup -OR- Grilled Cheese	Fish n'Chips, Cookie
GF	Chicken breast with Roasted Potatoes	Cheeseburger on GF Bun	GF Pizza Pocket	Grilled Cheese on GF Bread	Pollock Burger on GF Bun
GF-DF	Chicken breast with Roasted Potatoes	Hamburger on GF flatbread	Daiya Pizza- FSA 522306	Deli Meat on GF Flatbread	Pollock Buger on GF Bun
GF-DF-EF	Chicken breast with Roasted Potatoes	Hamburger on GF flatbread	Daiya Pizza- FSA 522306	Deli Meat on GF Flatbread	Pollock Burger Patty, no bun
DAIRY FREE	Regular	Hamburger	Daiya Pizza- FSA 522306	Deli Sandwich, No Cheese	Fish n'Chips, Cookie
REGULAR	Max Sticks, Marinara	Ravioli, Garlic Bread	Chicken Quesadilla Black Beans	Popcorn chicken w/ Potatoes and Gravy, Roll	Orange Chicken, Brown Rice
GF	Meat and Cheese on GF Flatbread, baked beans	GF Pasta with Tomato Sauce	Chicken Quesadilla on GF Tortilla, black beans	GF Tenders, Potatoes (no gravy)	BBQ Chicken Sandwich on GF Bun
GF-DF	Deli Meat on GF Flatbread, baked beans	GF Pasta with Tomato Sauce	Chicken,beans and GF Tortilla, black beans	GF Nuggets, Corn Chips	BBQ Chicken no bun
GF-DF-EF	Deli Meat on GF Flatbread, baked beans	GF Pasta with Tomato Sauce	Chicken,beans and GF Tortilla, black beans	GF Nuggets, Corn Chips	BBQ Chicken no bun
DAIRY FREE	Deli Sandwich, No Cheese	GF Pasta with Tomato Sauce	Chicken,beans and GF Tortilla, black beans	Chicken Tenders, Corn Chips	Regular

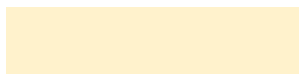
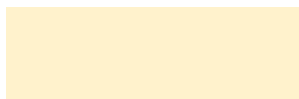
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19-20

Elementary Allergy Cycle Menu



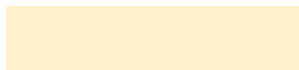
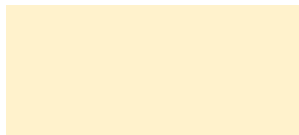
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19-20

Elementary Allergy Cycle Menu



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GF-DF= GLUTEN FREE, DAIRY FREE

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

CMS Allergy Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
REGULAR	Chicken Nuggets, Rose Pot.	Beef and Cheese Nachos	Asian Noodle Bowl	Ham and Chz Ripper, Baked Beans	Chicken Strip Basket
GF	GF Chicken Nuggets, potatoes	Regular	BBQ Chicken Sandwich on GF Bun	GF Flatbread and Hummus	GF Chicken Tenders, Fries
GF-DF	GF Chicken Nuggets, potatoes	No Cheese, Sour Cream	BBQ Chicken no bun	GF Flatbread and Hummus	GF Chicken Nuggets, Fries
GF-DF-EF	GF Chicken Nuggets, potatoes	No Cheese, Sour Cream	BBQ Chicken no bun	GF Flatbread and Hummus	GF Chicken Nuggets, Fries
DAIRY FREE	Regular	No Cheese, Sour Cream	Regular	GF Flatbread and Hummus	Chicken Tenders, Fries
REGULAR	BBQ Slugger, Mashed Pot&Gravy, Roll	Pancake, omelette	Buffalo Chix Flatbread//Grilled Cheese & Tom. Soup	Chicken Alfredo, Gar. Bread	Pepperoni Calzone, Garlic Fries
GF	Cheeseburger on GF Bun	GF Muffin, Sausage Patty	Grilled Cheese on GF Bread	GF Pasta with Tomato Sauce	GF Pizza Pocket
GF-DF	Hamburger on GF flatbread	GF Cereal, Sausage Patty	Deli Meat on GF Flatbread	GF Pasta with Tomato Sauce	Daiya Pizza- FSA 522306
GF-DF-EF	Hamburger on GF flatbread	GF Cereal, Sausage Patty	Deli Meat on GF Flatbread	GF Pasta with Tomato Sauce	Daiya Pizza- FSA 522306
DAIRY FREE	Hamburger	French Toast, Sausage	Deli Sandwich, No Cheese	GF Pasta with Tomato Sauce	Daiya Pizza- FSA 522306
REGULAR	Corn Dog, Sunchips	Chicken Caesar Wrap, Cookie	Homemade Burrito, Chips	Popcorn chix bowl	Dippers, Rice, Broccoli
GF	GF Flatbread + Hummus box	on GF Tortilla	Burrito on GF Tortilla	GF Tenders, Potatoes (no gravy)	BBQ Chicken Sandwich on GF Bun
GF-DF	GF Flatbread + Hummus box	Salad option	Burrito on GF Tortilla, no cheese	GF Nuggets, Corn Chips	BBQ Chicken no bun
GF-DF-EF	GF Flatbread + Hummus box	Salad option	Burrito on GF Tortilla, no cheese	GF Nuggets, Corn Chips	BBQ Chicken no bun
DAIRY FREE	GF Flatbread + Hummus box	Salad option	Burrito no cheese	Chicken Tenders, Corn Chips	Regular
REGULAR	Chicken Nuggets, Rose Pot.	Mac and Cheese, Pretzel	Fish N Chips	Pork Carnitas Tacos, Chips	Taco Salad
GF	GF Chicken Nuggets, potatoes	GF Pasta with Tomato Sauce	Pollock Burger on GF Bun	on GF Flatbread	Regular
GF-DF	GF Chicken Nuggets, potatoes	GF Pasta with Tomato Sauce	Pollock Buger on GF Bun	on GF Flatbread, no cheese	No Cheese, Sour Cream
GF-DF-EF	GF Chicken Nuggets, potatoes	GF Pasta with Tomato Sauce	Pollock Burger Patty, no bun	on GF Flatbread, no cheese	No Cheese, Sour Cream
DAIRY FREE	Regular	GF Pasta with Tomato Sauce	Regular	on GF Flatbread	No Cheese, Sour Cream

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CMS Allergy Cycle Menu

REGULAR	French Toast, sausage	Beef and Cheese Nachos	Orange Chicken, Not Fried Rice	Popcorn Chix Bowl	Meatball Sub//Chix Noodle&Ripper
GF	GF Muffin, Sausage Patty	Regular	BBQ Chicken Sandwich on GF Bun	GF Tenders, Potatoes (no gravy)	GF Flatbread + Hummus box
GF-DF	GF Cereal, Sausage Patty	No Cheese, Sour Cream	BBQ Chicken no bun	GF Nuggets, Corn Chips	GF Flatbread + Hummus box
GF-DF-EF	GF Cereal, Sausage Patty	No Cheese, Sour Cream	BBQ Chicken no bun	GF Nuggets, Corn Chips	GF Flatbread + Hummus box
DAIRY FREE	Regular	No Cheese, Sour Cream	Regular	Chicken Tenders, Corn Chips	GF Flatbread + Hummus box
REGULAR	Ravioli, garlic bread	Chix Fried Steak Meal	BBQ Pork// Chili, Chips	Walking Taco	Ham and Chz Chibatta Roll, Cookie
GF	GF Pasta with Tomato Sauce	GF Tenders, Potatoes (no gravy)	Cheeseburger on GF Bun	Regular	Meat and Cheese on GF Flatbread, baked beans
GF-DF	GF Pasta with Tomato Sauce	GF Nuggets, Corn Chips	Hamburger on GF flatbread	No Cheese, Sour Cream	Deli Meat on GF Flatbread, baked beans
GF-DF-EF	GF Pasta with Tomato Sauce	GF Nuggets, Corn Chips	Hamburger on GF flatbread	No Cheese, Sour Cream	Deli Meat on GF Flatbread, baked beans
DAIRY FREE	GF Pasta with Tomato Sauce	Chicken Tenders, Corn Chips	Hamburger	No Cheese, Sour Cream	Deli Sandwich, No Cheese

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