



August Lunch: Allergens & Carbohydrates

Menu subject to change*

NOTE: **Red font** indicates updates from originally planned menu

Date Menued	Menued Items -Entrée(s) + Vegetable-	Breakdown of Menued Item(s)	Portion Size	Common Allergens and Other Ingredients of Concern	Carbohydrates
August 16	Cheese Pizza Lunchable	Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
		Shredded Mozzarella Cheese	1/2 cup (2 oz)	milk	2 g
		Marinara Cup	1 each	none noted	3 g
	Carrots	Baby Carrots	1 pack	NA	3 g
August 17	Turkey and Cheese Sandwich	Turkey slices	4 slices (2 oz)	none noted	0
		Cheese Slice	2 slices	milk	4 g
		Diamond Jim roll	1 each (57 g)	wheat, gluten, soybean oil	26 g
	Broccoli	Broccoli	1/2 cup (2.04 oz)	NA	3.3 g
August 18	Popcorn Chicken Salad	Popcorn Chicken	13 each	Wheat, gluten soy	12g
		Shredded Cheese	1 oz	milk/dairy	1 g
		Romaine Lettuce	1 cup	NA	
		Ranch Dressing	1 each	egg, milk/dairy	2g
	Grape Tomatoes	Grape Tomatoes	1 pack- 1/2 cup	NA	6 g
August 19	Cheeseburger	Hamburger patty	1 each (3 oz. patty)	none	0 g
		Cheese Slice	1 slice (1/2 oz.)	milk/dairy, soy	1 g

		Hamburger bun	1 each	wheat, gluten, soybean oil	25 g
	Potato Smiles	Potato Smiles	4 each	may contain soybean oil	20 g
August 20	Tony's Cheese Pizza	Tony's Cheese Pizza	1 each	wheat, gluten, milk,	26 g
	Corn	Corn	1/2 cup (3oz)	none noted	16 g
August 23	Cheese Quesadilla	Cheese Quesadilla	3 each	wheat, gluten, milk, soy	31 g
	OR				
	Pretzels & Cheese Cup w/ Cheese Stick	Pretzel Nuggets	6 each	wheat, gluten	42 g
		Cheese Cup	1 each	milk	14 g
		String Cheese Stick	1 each	milk	
	Potato Wedges	Potato Wedges	1/2 cup (2.89 oz)	may contain soybean oil	20 g
August 24	Mozzarella Sticks with Marinara Sauce	Mozzarella Sticks	6 each	wheat, gluten, milk, soybean oil	33 g
	OR	Marinara Sauce Cup	1 each	none noted	3 g
	Sun Jammer Sandwich w/ Cheese Stick	Sun Jammer Sandwich	1 each (2.8 oz. sandwich)	soy, wheat, gluten	33 g
		String Cheese Stick	1 each (1oz stick)	milk	1 g
	Garden Salad	Romaine lettuce	1 cup	none noted	1.5 g
		Grape Tomatoes	3 each (~1/2 cup)	none noted	4 g

August 25	Cheese Ravioli with Marinara Sauce	Cheese Ravioli	3 each	wheat, gluten, milk	24 g
	OR	Marinara Sauce	1/3 cup	none	2 g
	Cheese Pizza Lunchable	Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
		Shredded Mozzarella Cheese	1/2 cup (2 oz)	milk	2 g
		Marinara Cup	1 each	none noted	3 g
	Green Peas	Green Peas			
August 26	Zesty Turkey Nachos	Turkey taco meat	3.01 oz	none	2 g
	OR	Corn Tortilla chips	1 each (2 oz bag)	none	40 g
	Egg, Cheese & Goldfish Power Pack	Hardboiled Egg	1 each	egg	1 g
		Cheese Stick	1 each (1oz stick)	milk	1 g
		Goldfish pretzels	1 each	wheat, gluten, milk	16 g
	Bean Dip	Bean Dip Cup	1 each	Color from fruit & vegetable juice	
August 27	Grilled Cheese Sandwich	Grilled Cheese Sandwich	1 each	wheat, gluten, milk/dairy, soy	31 g
	OR				
	Turkey & Cheese Pasta Salad	Diced Turkey Ham	1.5 oz	NA	0 g
		Shredded Cheese	1 oz	milk	0 g

		Bowtie Pasta	1 cup	wheat, gluten, egg	78 g
		Ranch Dressing	1 each	egg, milk/dairy	2g
	Carrots	Baby Carrots	1 pack	NA	3 g
August 30	Mini Chicken Corndogs	Mini Chicken Corndogs	6 each	wheat, gluten, soy, egg, may contain cinnamon	30 g
	OR				
	BYO Egg Salad Sandwich	Diced Hardboiled Egg			
		Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
		Mayonnaise packet	1 each	egg, soybean oil	2 g
	Mixed Vegetables	Mixed Vegetables	1/2 cup	none	8 g
August 31	Cheesy Omelet Croissant	Cheese Omelet patty	1 each	milk, egg, soybean oil	1 g
	OR	Croissant	1 each	wheat, gluten, milk, egg, soy	28 g
	Turkey, Cheese and Goldfish Power Pack	Turkey coins	5 each	none noted	0 g
		Cheese Stick	1 each (1oz stick)	milk	1 g
		Goldfish Pretzels	1 each	wheat, gluten, milk	16 g
	Garden Salad	Romaine lettuce	1 cup	none noted	1.5 g
		Grape Tomatoes	3 each (~1/2 cup)	none noted	4 g

Updated 8/11/2021

Questions regarding ingredients? Contact Christine Cliff, U-46 District Dietitian at ChristineCliff@u-46.org.