



September 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
September 1	Breakfast Skillet with Cinnamon Roll	Scrambled Egg	1/4 c	egg, milk, soybean oil	2g
		Battered Diced Potatoes	1/2 cup (3.22 oz.)	wheat, gluten, soybean oil	19g
		Diced Turkey Ham	0.75 oz	NA	0 g
		Shredded Cheese	1/2 oz	milk	0.5 g
		Cinnamon Roll	1 each (2.75 oz.)	wheat, gluten, milk, egg, soy	34 g
	OR				
	Yogurt & Cheese w/ Grahams	Yogurt	1- 4oz. Cup	milk	14 g
		Cheese stick	1 each (1oz stick)	milk	1 g
		Teddy Grahams	1 each (0.75 oz)	wheat, gluten, soy	16 g
	Baby Carrots	Baby Carrots	1 pack	NA	3 g
September 2	Salisbury Steak with Mashed Potatoes OR Battered Diced Potatoes	Hamburger patty	1 each (3 oz. patty)	none	0 g
		Mashed Potatoes	1/2 cup (4.32 oz)	milk	18 g
		Battered Diced Potatoes	1/2 cup (3.22 oz.)	wheat, gluten, soybean oil	19g
		Gravy	1 oz (28.63 g)	wheat, gluten, soy	2g
	OR				
	Vegetarian Cobb Salad	Romaine lettuce	1.5 cup	NA	2.25 g
		Diced Egg	1 oz.	egg	1 g

		Shredded Cheese	1 oz	milk	0 g
		Ranch Dressing	1 packet	milk, soybean oil	2g
	Cornbread	Cornbread	1 each	wheat, gluten, milk, egg, soy	28g
September 3	Tony's Cheese Pizza	Tony's Cheese Pizza	1 each	wheat, gluten, milk, may contain soybean oil	26 g
	OR				
	Turkey & Cheese Sandwich	Turkey slices	3 slices (1.5 oz)	none noted	0
		Cheese Slice	1 slices	milk	2 g
		Diamond Jim roll	1 each (57 g)	wheat, gluten, soybean oil	26 g
	Garden Salad	Romaine lettuce	1 cup	none noted	1.5 g
		Grape Tomatoes	3 each (~1/2 cup)	none noted	4 g
		Ranch Dressing	1 packet	milk, soybean oil	2g
September 6	NO CLASSES				
September 7	Grilled Chicken Sandwich	Grilled Chicken Breast	1 each (3.1 oz)	none noted	
	OR	Bun	1 each	wheat, gluten, soybean oil	25 g
	Cheesy Nachos with Cheese Stick	Corn Tortilla Chips	1 each (0.88 oz bag)	May contain sunflower oil	19g
		Cheese sauce cup	1 each	milk	14 g
		Cheese stick	1 each (1oz stick)	milk	0 g

	Baby Carrots	Baby Carrots	1 pack	NA	3 g
September 8	Turkey Sausage & Pancakes	Turkey Sausage Link	2 each	caramel coloring	0 g
		Pancakes	3 each	wheat, gluten, milk, egg, soy	44 g
		Syrup	1 each	caramel coloring	31 g
	OR				
	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
	Tri Tater Hashbrowns	Tri Taters	3 each	May contain sunflower and/or soybean oil	21g
September 9	Mac N Cheese	Mac N Cheese	6 oz	wheat, gluten, milk, egg	28g
	OR				
	Sun Jammer Sandwich & Cheese Stick	Sun Jammer Sandwich	1 each (2.8 oz. sandwich)	wheat, gluten, soy	33 g
		String Cheese Stick	1 each (1oz stick)	milk	1 g
	Green Peas	Green Peas	1/2 cup	none noted	9g
September 10	Double Stuffed Cheese Pizza	Double Stuffed Cheese Pizza	1 each (3.74 oz)	wheat, gluten, milk, soy	30g
	OR				
	Turkey & Cheese Pasta Salad	Diced Turkey Ham	1.5 oz.	none noted	0 g

		Shredded Cheese	1 oz	milk	0 g
		WG rotini Pasta	1 cup	wheat gluten	29 g
		OR Bowtie Pasta	1 cup	wheat, gluten, egg	78 g
	Broccoli	Broccoli	1- 1/2 cup bag	NA	5 g
September 13	Chicken Nuggets	Chicken Nuggets	5 each	wheat, gluten, milk, egg, soy	13 g
	Grahams	Teddy Grahams	1 each	Wheat, gluten, soy	
	OR				21 g
	BYO Egg Salad Sandwich	Diced Hardboiled Egg	2 oz (58 g)	egg	1.2 g
		Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
		Mayonnaise packet	1 each	egg, soybean oil	2 g
	Cherry Tomatoes	Cherry Tomatoes	1/2 cup	none noted	4 g
September 14	Beef Rib Patty Sandwich	Beef Rib Patty	1 each	wheat, gluten, milk, soy	13 g
		Bun	1 each	wheat, gluten	26g
	OR				
	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
	Baked Beans	Baked Beans	1/2 cup	caramel color	29 g

September 15	Cheesy Egg on a English Muffin	Cheese Omelet patty	1 each	milk, egg, soybean oil	1 g
		English Muffin	1 each	wheat, gluten, milk, soy	24 g
	OR				
	Turkey & Cheese Diamond Jim	Turkey slices	3 slices (1.5 oz)	none noted	0
		Cheese Slice	1 slices	milk	2 g
		Diamond Jim	1 each	wheat, gluten, soybean oil	26 g
	Tater Tots	Tater tots	2.52 oz (1/2 cup)	may contain soybean and/or sunflower oil	14 g
September 16	Chicken Garlic Parmesan with Pasta	Diced Chicken	1/2 cup (2 oz)	none noted	
	OR	Garlic Parmesan Sauce	1.25 oz	milk, soy	2.5 g
		WG rotini Pasta	1 cup	wheat gluten	29 g
		OR Bowtie	1 cup	wheat, gluten, egg	78 g
	Yogurt & Cheese w/ Grahams	Yogurt	1- 4oz. Cup	milk	14 g
		Cheese stick	1 each (1oz stick)	milk	1 g
		Teddy Grahams	1 each (0.75 oz)	wheat, gluten, soy	16 g
	Baby Carrots	Baby Carrots	1 pack	NA	3 g
September 17	Grilled Cheese	Grilled Cheese Sandwich	1 each	wheat, gluten, milk/dairy, soy	31 g
	OR				
	Turkey, Cheese & 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
September 20	Pizza Bites	Cheese Pizza Bites	4 each	wheat, gluten, milk, soy	28 g
	Marinara Sauce	Marinara Cup	1 each	none noted	3 g
	OR				
	BYO Chicken Salad Sandwich	Diced Chicken	1/2 cup (2 oz)	none noted	
		Mayonnaise packet	1 each	egg, soybean oil	2 g
		Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
	Mixed Vegetables	Mixed Vegetables	1/2 cup	none	8 g
September 21	Chicken Patty on a Bun	Chicken patty	1 each	wheat, gluten, milk, egg, soy	13 g
	OR	Bun	1 each	wheat, gluten, soybean oil	25 g
	Yogurt & Cheese w/ Grahams	Yogurt	1- 4oz. Cup	milk	14 g
		Cheese stick	1 each (1oz stick)	milk	1 g
		Teddy Grahams	1 each (0.75 oz)	wheat, gluten, soy	16 g
	Baby Carrots	Baby Carrots	1 pack	NA	3 g
September 22	Waffles & Turkey Sausage	Turkey Sausage Link	2 each	caramel coloring	0 g
	OR	Waffles	2 each	wheat, gluten, milk, egg, soy	27g
		Syrup	1 each	caramel coloring	31 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
	Tri Tater Hashbrowns	Tri Taters	3 each	May contain sunflower and/or soybean oil	21g
September 23	Pasta with Meatballs & Marinara	WG rotini Pasta	1 cup	wheat gluten	29 g
		OR Bowtie	1 cup	wheat, gluten, egg	78 g
		Meatballs	4 each	none noted	1.6 g
	OR	Marinara Sauce	1/2 cup	none	3 g
	Pretzel Nuggets with Cheese Cup & Cheese Stick	Pretzel Nuggets	6 each	wheat, gluten	42 g
		Cheese Cup	1 each	milk	14 g
		String Cheese Stick	1 each	milk	
	Edamame	Edamame	1/2 cup (2.23 oz)	soy	4.5 g
September 24	Cheesy Pull Apart Bread	Italian Cheesy Bread	1 each	wheat, gluten, milk, soybean oil	33g
	OR				
	Turkey & Cheese Croissant	Turkey slices	3 slices (1.5 oz)	none noted	0
		Cheese Slice	1 slices	milk	2 g
		Croissant	1 each	wheat, gluten, milk, egg, soy	28 g
	Broccoli	Broccoli	1- 1/2 cup bag	NA	5 g

September 27	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
	BYO Egg Salad Sandwich	Diced Hardboiled Egg	2 oz (58 g)	egg	1.2 g
		Flatbread	2 each	wheat, gluten, milk, soybean oil	26g
		Mayonnaise packet	1 each	egg, soybean oil	2 g
	Corn	Corn	1/2 cup	none noted	16 g
September 28	Hot Dog on a Bun	All beef hotdog	1 each	NA	1 g
	OR	Hot dog bun	1 each	wheat, gluten, soybean oil	26 g
	Southwest Bean, Cheese & Pasta Salad	WG rotini Pasta	1 cup	wheat gluten	29 g
		OR Bowtie	1 cup	wheat, gluten, egg	78 g
		Fiesta Beans	1/4 cup	none noted	11 g
		Shredded Cheese	1 oz	milk	1 g
	Potato Wedges	Potato Wedges	1/2 cup (2.89 oz)	may contain soybean oil	20 g
September 29	Vegetarian Breakfast Skillet with Cinnamon Roll	Scrambled Egg	1/4 c	egg, milk, soybean oil	2g
		Battered Diced Potatoes	1/2 cup (3.22 oz.)	wheat, gluten	19g
		Shredded Cheese	1 oz	milk	1 g
		Cinnamon Roll	1 each (2.75 oz.)	wheat, gluten, milk, egg, soy	34 g
	OR				

	Sun Jammer Sandwich & Cheese Stick	Sun Jammer Sandwich	1 each (2.8 oz. sandwich)	wheat, gluten, soy	33 g
		String Cheese Stick	1 each (1oz stick)	milk	1 g
	Baby Carrots	Baby Carrots	1 pack	NA	3 g
September 30	Zesty Turkey Nachos	Turkey taco meat	3.01 oz	none	2 g
	OR	Corn Tortilla Chips	1 each (0.88 oz bag)	May contain sunflower oil	19g
	Cheesy Nachos with Cheese Stick	Corn Tortilla Chips	1 each (0.88 oz bag)	May contain sunflower oil	19g
		Cheese sauce cup	1 each	milk	14 g
		Cheese stick	1 each (1oz stick)	milk	0 g
	Bean Dip	Bean Dip Cup	1 each	Color from fruit & vegetable juice	12 g

Updated 9/2/2021

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