			FOOD	ALLE	RGEN	S						FOOD	ALLEF	RGENS	
FOOD ITEM	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	<sup>T</sup> ree Nut	7	FOOD ITEM	Wheat	Milk	EBB	Soy	Shellfish/Fish	Peanut Tree Nut
REAKFAST ITEMS *Does not		de con	dimen						BREAD & GRAIN						
biscuit, chicken									flatbread, wg						
biscuit, sausage w/gravy									hushpuppies						
chicken sausage bites									pasta, lo mein						
chicken & waffles									rice, stir fry						
dutch waffle									rice, brown						
pancake roll-up									roll						
cereal, cinnamon toast crunch									toast						
cereal, fruit flavor trix									cornbread						
cereal, honey nut oats									tortilla chips, white corn						
cereal, golden grahams									biscuit						
cereal, lucky charms									hot dog bun						
cereal, cocoa puffs									hamburger bun						
cereal, rice chex									ENTRÉE SALADS* Grain con	nponen	tinclu	ded. Co	ondime	ents no	t included.
egg and cheese omelet									taco salad						
grits w/ cheese									crispy chicken salad						
goodybun									oriental chicken salad						
french toast sticks									grilled chicken caesar salad						
hasbrown									grilled chicken/fruit salad						
pop tart, cinnnamon & stawberry									grilled chicken chipotle salad						
pb&j jamwich									buffalo chicken salad						
waffle, mini (cinnamon & blueberry)									blt salad						
donut									italian salad						
donut holes															
oatmeal															
yogurt, strawberry															
muffin, blueberry															
muffin, apple, choc chip, banana															
pancakes, mini, maple															

								LINGLI	NJ LI.	J 1 J	CHOOL YEAR 18-19							
				FOOD	ALLE	RGENS	S		<u> </u>				F	OOD	ALLER	GENS		
	FOOD ITEM	Wheat	Milk	$\int_{gg}$	Zo <sub>V</sub>	Shellfish/Fish	Peanut	Tree Nut			FOOD ITEM	Wheat	Milk	$\int_{gg}$	Soy	Shellfish/Fish	Peanut	Tree Nut
GETABLE	S mini cinnamon rolls									,	VEGETABLES & FRUITS							
																		$\neg$
	crisp, apple & peach																	
	beans, baked																	
	beans, green																	
	beans, ranch																	
	beans, refried																	
_	beans, pinto																	
	beans, black-eyed peas																	
_	beans, charro															ļ		
_	broccoli salad																	
_	cucumber salad																	
	cabbage, coleslaw																	_
_	carrots, glazed																	_
_	corn, skillet																	
_	dippers, veggie (ranch included)																	
_	peas & carrots mix																	_
	potato, crinkle cut																	
	potato, mashed												ļ			ļ		_
	potato, tater tots												ļ					_
F	potato, sweet mashed																$\vdash \vdash$	
L	potato, sweet tots																$\vdash \vdash$	
L	salad, side (ranch included)																$\square$	
L	onion rings																$\square$	—
F	salad, mandarin org (dressing incl.)																	
<u> </u>	salsa, cowboy															-		
																	Щ	

			FOOD	ALLE	RGEN:	S						F	OOD	ALLEF	RGENS		
FOOD ITEM	Wheat	Milk	$f_{gg}$	Soy	Shellfish/Fish	Peanut	<sup>Tr</sup> ee Nut	$\int$		FOOD ITEM	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
include condiments, see condime	nt section								L	UNCH ENTRÉE *Does not in	clude	condin	nents,	see co	ndime	nt se	ction
										pizza (HS homemade)							
burrito grande										pizza, cheese sticks							
cheeseburger on bun										pizza, pepperoni							
bbq pork on bun										pizza, cheese							
bbq pork (no bun)										sandwich, deli meat & cheese on slice	ed brea	d					
beef & cheese, nachos										sandwich, peanut butter & jelly							
steak fingers										sandwich, turkey/cheese on sub roll							
quesadilla										sandwich, tuna flatbread							
chicken wings, buffalo										sandwich, grilled cheese on sliced bre	ad						
chicken wings, sweet chili										soup, chicken fiesta							
chicken tenders (original & spic	y)									soup, chili							
chicken enchiladas										pack, protein							
general tso's chicken										pack, yogurt/pretzel/cheese							
grilled chicken sandwich										pack, pbj/cheez-its/cheese							
chicken filet sandwich (ES/MS)										wrap, buffalo chicken							
chicken filet sandwich (HS/MS)										wrap, chicken tender							
chicken philly cheeseteak										wrap chicken caesar							
chicken nuggets										wrap, hawaiian chicken							
chicken chili crispito										wrap, chicken salad							
chicken drumstick										wrap, turkey club							
tangerine chicken																	
chicken & rice casserole																	
corn dogs																	
fish nuggets																	
hot dog on bun																	
hot dog with chili on bun																	
egg roll																	
lasagna, cheese																	

			FOOD	ALLE	RGEN:	S				FOOD	OOD ALLERGENS					
FOOD ITEM	Wheat	Milk	$f_{gg}$	Soy	Shellfish/Fish	Peanut	<sup>Tr</sup> ee Nut	/[	FOOD ITEM	Wheat	Milk	$f_{gg}$	Soy	Shellfish/Fish	Peanut	Tree Nut
macaroni & cheese																
ACKS									CONDIMENTS & SAUCE	S						
									dressing, boom boom sauce							
cereal bar, coco puff									dressing, honey must. indvidual							
cereal bar, cinn. toast crunch									dressing, blue cheese							
cereal bar, trix									dressing, mandarin orange bulk							
chips, baked potato									dressing, ranch individual cup							
chips, Lay's bbq baked									dressing, ranch bulk							
chips, cheetos cheddar/hot puffs									dressing, italian individual cup							
chips, dorito nacho cheese									dressing, caesar individual cup							
chips, dorito Cool Ranch									jelly							
chips, dorito Spicy Sweet Chili									ketchup							
chips, doritos flamas									mayonnaise, packet							
cookie, chocolate chip and carnival									mustard, yellow							
cookies, Grandma's packaged									salsa							
cookie, fortune									sauce, bbq individual cup							
cracker, graham									sauce, bbq bulk							
cracker, cheez-It, cheddar & hot									sauce, hot							
cupcake, vanilla/chocolate wg									sauce, marinara individual cup							
popcorn									sauce, marinara bulk							
rice krispy treat, wg									sauce, taco							
snack mix, kid's mix									sauce, tartar							
soft pretzel									syrup, maple							
yogurt, strawberry									sour cream, lite							
beef jerky									sauce, sweet and sour							