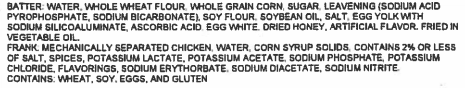
K-12 Lunch Ingredient Lists with Allergens

**Mini Corn Dogs**

(Mini Honey Crunchy Wrapped Turkey Franks)

Allergens: Wheat, Soy, Eggs, and Gluten

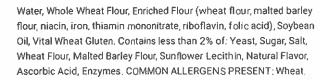


**Turkey Cheese Sub**

(Smoked Turkey and Cheese on a Fresh Roll, Baby Carrots, and Garden Salsa Sun Chips K-8 and Nacho Doritos 9-12 with LF Ranch Cup)

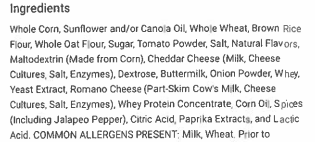
### Fresh Bread Sub

Allergens: Wheat



### Garden Salsa Sun Chips K-8

Allergens: Milk and Wheat



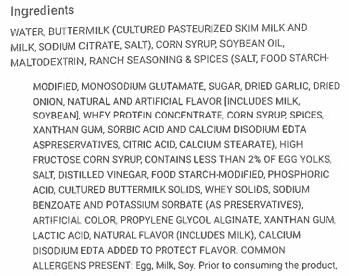
### Reduced Fat Doritos- Nacho Cheese 9-12

### Allergens: Milk



### Low Fat Ranch Cup

### Allergens: Eggs, Milk, and Soy

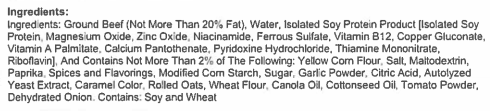


**Soft Beef Taco and Chips and Salsa**

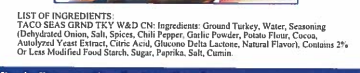
(Beef Taco Filling and Cheddar Cheese on Flour Tortilla served with Choice of Tortilla Chips and Salsa)

### Beef Taco Filling

### Allergens: Soy and Wheat

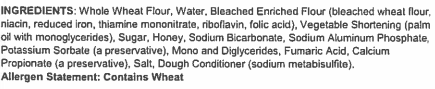


### Turkey Taco Filling (Substitute)



### Flour Tortilla- 8”

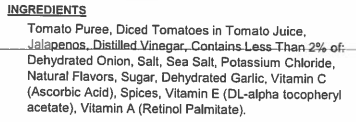
### Allergens: Wheat



### Tortilla Chips



### Salsa



**Bacon Cheeseburger**

(Hamburger Patty with Turkey Bacon and American Cheese on Hamburger Bun)

### Turkey Bacon

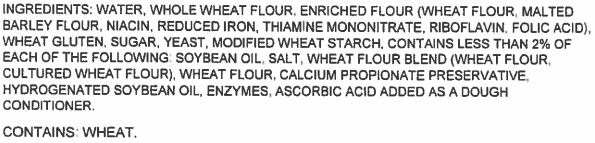


### Beef Hamburger Patty



### Hamburger Bun

### Allergens: Wheat

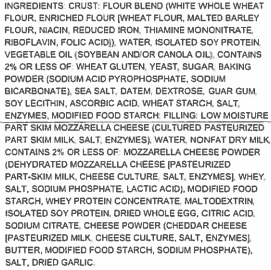


**Cheese Stuffed Bread Sticks and Marinara Cup**

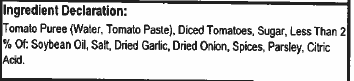
(Cheese Filled Breadsticks served with Choice of Marinara Sauce Cup)

### Cheese Stuffed Breadsticks

### Allergens: Milk, Egg, Wheat, and Soy



### Marinara Sauce Cup

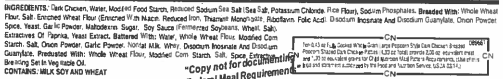


**Chicken Smackers, Macaroni and Cheese, and Wheat Roll**

(Breaded Chicken Pieces served with Macaroni and Cheese. Choice of a Wheat Roll)

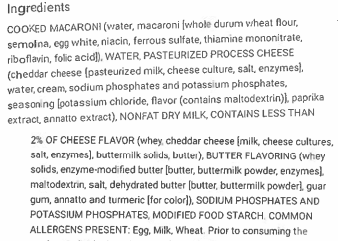
### Chicken Smackers

### Allergens: Milk, Wheat, and Soy



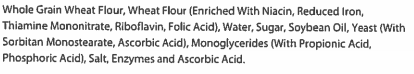
### Macaroni and Cheese

### Allergens: Egg, Milk, Wheat



### Dinner Roll

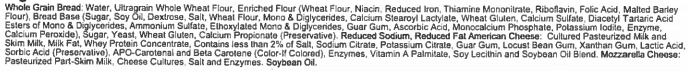
### Allergens: Wheat



**Grilled Cheese**

(American and Mozzarella Grilled Cheese Sandwich)

### Allergens: Wheat, Milk, Soy, and Gluten

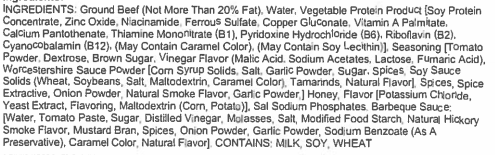


**BBQ Rib Sub**

(BBQ Rib Patty on French Bread Roll)

## Beef Rib Pattie w/BBQ Sauce

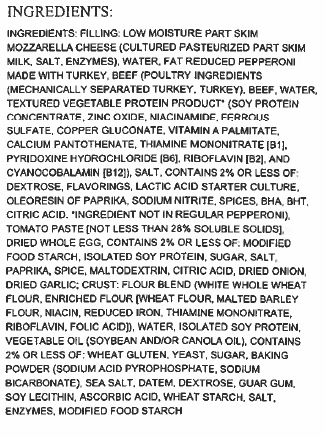
### Allergens: Milk, Soy, and Wheat



**Italian Stuffed Sandwich**

(Whole Grain Pepperoni Stuffed Sandwich)

### Allergens: Milk, Eggs, Wheat, and Soy

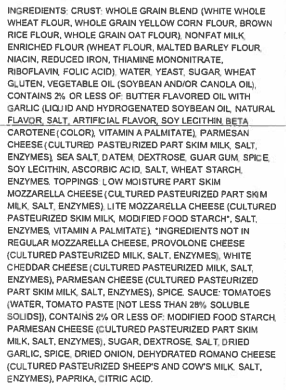


**Big Daddy Pizza**

(Slice of Cheese OR Pepperoni Pizza)

### Big Daddy Pizza- Cheese

### Allergens: Milk, Wheat, and Soy



### Big Daddy Pizza- Turkey Pepperoni

### Allergens: Milk, Wheat, and Soy

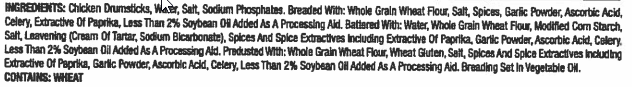


**Chicken Drumstick and Wheat Roll**

(Breaded and Baked Chicken Drumstick served with a Choice of Wheat Roll)

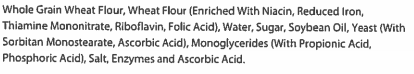
### Breaded Chicken Drumstick

### Allergens: Wheat



### Dinner Roll

### Allergens: Wheat



**Crispy Chicken Sandwich**

(Breaded Chicken Patty on a Hamburger Bun)

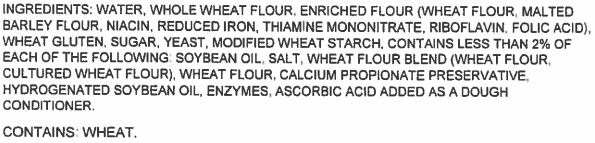
### Breaded Chicken Breast Filet

### Allergens: Milk and Wheat



### Hamburger Bun

### Allergens: Wheat



**Chicken Fried Steak Sandwich**

(Breaded and Baked Beef Patty on Hamburger Bun)

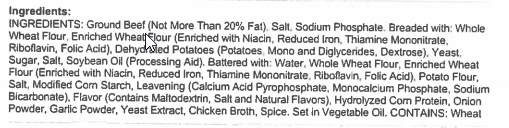
### Breaded Steak Patty

### Allergens: Soy and Wheat

### 

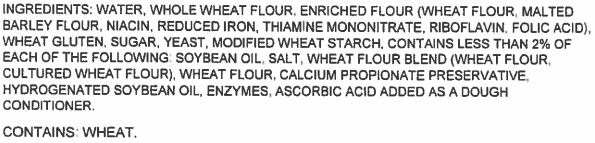
### Breaded Steak Patty- Alternate

### Allergens: Wheat



### Hamburger Bun

### Allergens: Wheat

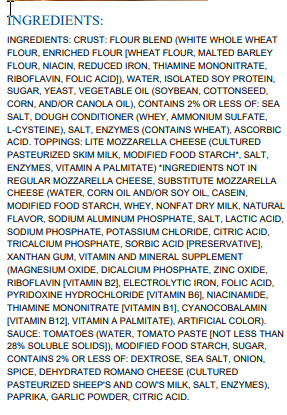


**Personal Pan Pizza**

(Whole Grain Crust, Tomato Sauce, and Mozzarella Cheese-Pepperoni has Coin Pepperoni Pieces)

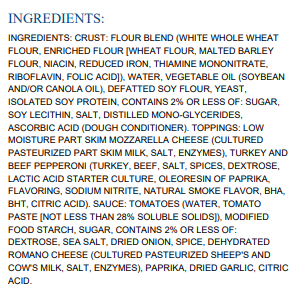
### Personal Pan Pizza- Cheese

### Allergens: Milk, Wheat, and Soy



### Personal Pan Pizza- Turkey and Beef Pepperoni

### Allergens: Milk, Wheat, and Soy

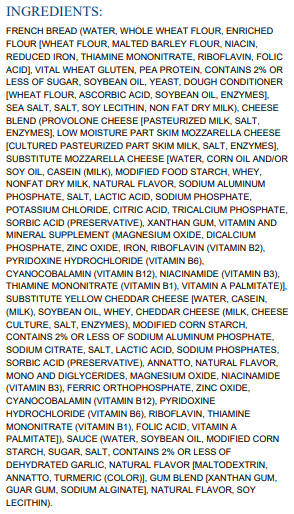


**French Bread Pizza**

(Half loaf shape with crispy crust, zesty garlic sauce, finished with mozzarella and provolone cheese)

### French Bread Pizza- Cheese

### Allergens: Milk, Wheat, and Soy

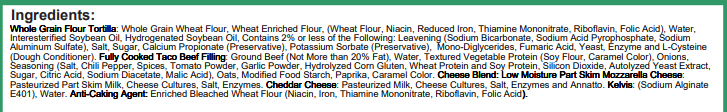


**Beef and Cheese Taco Roll**

(Beef and cheese taco stick on whole grain flour tortilla)

### Beef and Cheese Taco Stick- Cheese

### Allergens: Milk, Wheat, Gluten, and Soy

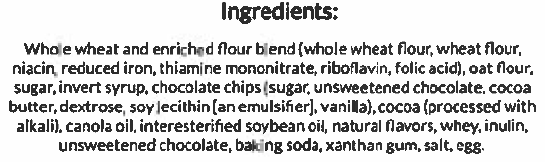


**Veggie Go Pak**

(Smoked Turkey Breast, Mozzarella Sting Cheese, Benefit Bar, and Fresh Celery Sticks with Ranch Cup)

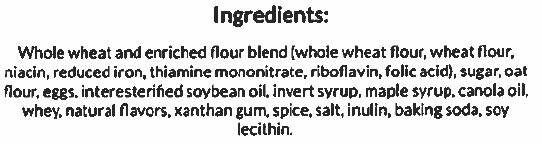
**BeneFIT Bar - Cocoa Chip**

Allergens: Eggs, Milk, Soy Beans, and Wheat



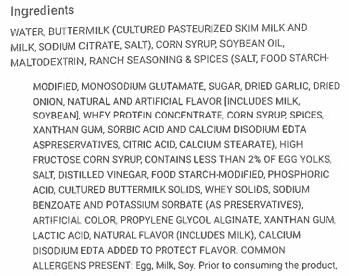
**BeneFIT Bar – French Toast**

Allergens: Eggs, Milk, Soy Beans, and Wheat



### Low Fat Ranch Cup

### Allergens: Egg, Milk, Soy

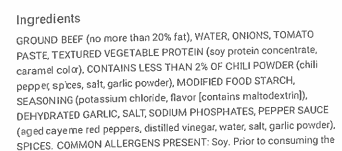


**Chili Pie**

(Beef chili, cheddar cheese, and Tostitos Chips)

### Beef Chili

Allergens: Soy



### Tostitos Chips

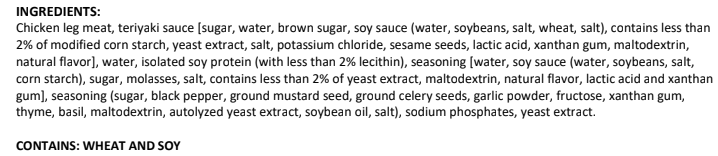


**Teriyaki Chicken and Noodles (K-8 Only)**

(Seasoned teriyaki chicken strips with sauce on a bed of whole grain spaghetti noodles)

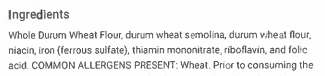
### Teriyaki Chicken

Allergens: Soy and Wheat



### Spaghetti Noodles

Allergens: Wheat

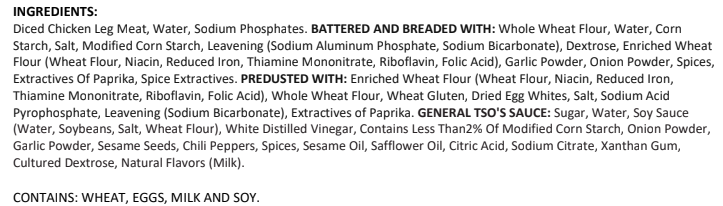


**General Tso’s Chicken and Noodles (9-12 Only)**

(Breaded chicken strips with General Tso sauce on a bed of whole grain spaghetti noodles)

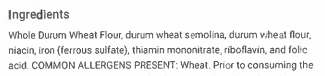
### General Tso

Allergens: Wheat, Eggs, Milk, and Soy



### Spaghetti Noodles

Allergens: Wheat

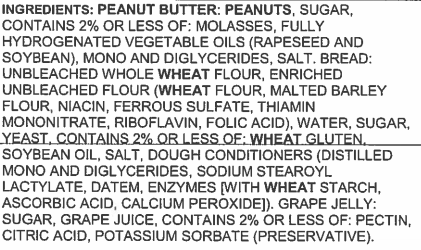


**PB and J Meal (9-12 Only)**

(Uncrustable Peanut Butter and Grape Jelly Sandwich, Mozzarella Sting Cheese, and Sweet Spicy Chili Doritos with LF Ranch Cup)

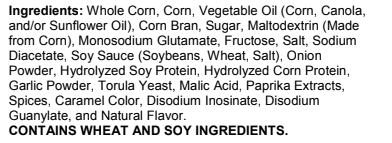
### Uncrustable Sandwich- Peanut Butter and Grape

### Allergens: Peanuts and Wheat



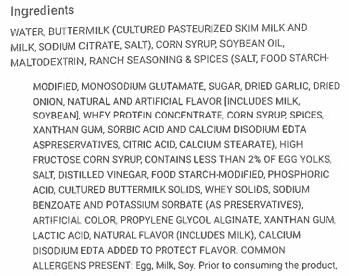
### Sweet Spicy Chili Doritos

### Allergens: Wheat and Soy



### Low Fat Ranch Cup

### Allergens: Egg, Milk, and Soy



# **VEGETABLES**

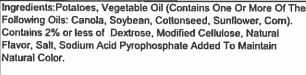
### Crinkle Cut French Fries



### Refried Beans



### Potato Rounds



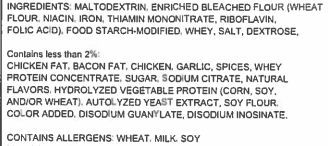
### Mashed Potatoes

### Allergens: Milk



### County Style Gravy

### Allergens: Wheat, Milk, and Soy



Glazed Carrots





# **FRUITS**

### Diced Peach Fruit Cup



### Diced Pear Fruit Cup

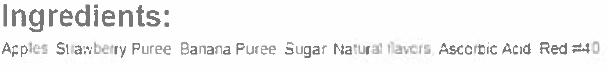


### Fresh Apple Slices

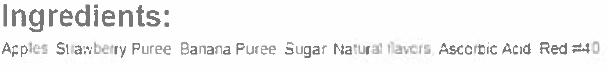


### Flavored Applesauce Cup

Applesauce Cup- Strawberry Banana



Applesauce Cup- Wild Watermelon



Applesauce Cup- Rockin’ Blue Raspberry

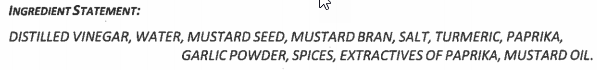


### Strawberry Cup



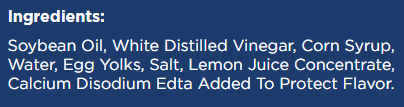
# **CONDIMENTS**

### Mustard Packet

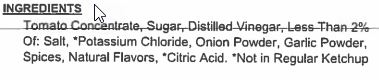


### Lite Mayonnaise Packet

### Allergens: Eggs



### Ketchup Packet

Low Fat Ranch Cup

Allergens: Egg, Milk, Soy

## 