

<b>Elementary Plate Lunch Item 2017-2018</b> V=Vegetarian GF= Gluten Free	<b>Allergen</b>	<b>No Known Allergens</b>
<b>Fish Tenders</b>	Fish, Wheat, Milk, Soy	Mandarin Oranges V, GF
Sunchips Snack Mix V	Wheat, Milk	Baked Beans V,GF
<b>Macaroni &amp; Cheese V</b>	Milk, Wheat, Egg	
Peas(Margarine) V, GF	(Milk , Soy)	Fresh Fruit V, GF
Soft Wheat Pretzel Rod V	Wheat	
<b>Pepperoni Pizza</b>	Milk, Soy, Wheat	Cucumber sliced V, GF
		Green Salad-lettuce V, GF
		Pears V, GF
<b>Pancakes V</b>	Wheat, Milk, Eggs	Chicken Sausage
Sweet potato fries V, GF	Soy	Fresh Fruit V, GF
<b>Stuffed Cheese Stick V</b>	Milk, Wheat, Soy, Eggs	Green salad V, GF
Cookie V	Wheat, egg, soy, milk(made in facility with nuts)	Applesauce V, GF

		<b>Hot Dog (Turkey &amp; Beef) GF</b>
6" Whole Grain Rich Hot Dog Bun V	Wheat, Soy	Baked Beans V, GF
Sweet Potato Fries V, GF	Soy	Fresh Fruit V, GF
<b>Beef Pepperoni Calzone</b>	Wheat, Soy, Milk, Eggs	Frozen Fruit Treat V, GF
Corn (Margarine) V, GF	(Milk, Soy)	Green salad V, GF
<b>Popcorn Chicken Salad</b>	Soy, Wheat	Peaches V, GF
Whole Grain Roll V	Wheat, Soy	Cherry Tomatoes V, GF
Margarine V, GF	Milk, Soy	Chickpeas V, GF
<b>Chicken Patty Sandwich</b>	Soy, Wheat	Fresh fruit V, GF
3.25" Whole Grain Bun V	Wheat	
Green Beans (Margarine) V, GF	(Milk, Soy)	
Mashed Potato V GF	Milk, Soy	
Gravy	Milk, Soy, Wheat (made on equip that processes egg)	
<b>Donatos Cheese Pizza V</b>	Wheat, Soy, Egg, Milk	Green Salad V, GF
Graham Snack V	Wheat,Soy, Milk	Mixed fruit V,GF

<b>Crispy Chicken Nuggets</b>	Soy, Wheat	Applesauce V, GF
Green Beans (Margarine) V, GF	(Milk, Soy)	
Whole Grain Roll V	Wheat, Soy	
<b>Pasta/Sauce V &amp; Meatballs</b>	Pasta-wheat Meatballs-Milk, Wheat, Soy	Green Salad V,GF
Whole Grain Pasta Rotini V	Wheat	Fresh Fruit V, GF
Margarine V, GF	Soy, Milk,	
Whole Grain Breadstick V	Wheat, Soy	
<b>Cheese Quesadilla V</b>	Wheat, Milk, Soy, Egg	Pineapple V,GF
Hummus-V, GF	Soybean Oil	Baby Carrots V, GF
<b>Cheeseburger- GF</b>	Soy, Milk,	
3.25" Whole Grain Rich Bun V	Wheat	Fresh Fruit V, GF
Ice Cream Cup V,GF	Milk	Baked Beans V, GF
<b>Chicken Breast Tenders</b>	Soy, Wheat	Mixed Fruit V, GF
Broccoli (margarine) V, GF	Milk, Soy	
Cheez-It Whole grain- V	Wheat, Milk, Soy	

<b>Corn Dog</b>	Egg, Milk, Soy, Wheat	Capri Sun Juice V,GF
Smiley Fries V, GF	Soy	Green Salad V, GF
<b>Beef(GF), Bean, (V,GF), *Cheese(V,GF), Nachos(Scoops, V, GF)</b>	*Cheese contains Soy and Milk	Tortilla Chips V, GF
Corn (Margarine) V, GF	(Milk, Soy)	Black Beans/Salsa V, GF
		Fresh Fruit V, GF
<b>Flyers Cheese Pizza V</b>	Wheat, Soy, Milk	Peaches V, GF
Hummus V, GF	Soy	Snow peas V, GF
		Baby carrots V, GF
<b>Chicken Drumstick with Dinner Roll</b>	Wheat (Drumstick) Wheat, Soy (Dinner Rol)	Fresh Fruit V,GF
Broccoli/Rice (Margarine) V, GF	Milk, Soy	
<b>Grilled Cheese- V</b>	Milk, Soy, Wheat	
Sandwich Bread	Wheat, Soy	Celery Sticks V, GF
Cheese Amer reduced fat V,GF	Milk, Soy	
Goldfish Crackers V	Milk, Wheat, Soy	
Tomato Soup V	Wheat	Fresh Fruit V, GF

## Yogurt/String Cheese/Bread Item Alt Entrée Options

<b>Yogurt - V, GF</b>		Apple V, GF
Yogurt Strawb Danimal	Milk	Bananas V, GF
Yogurt Strawb Ban Danimal	Milk	Grapes V, GF
Yogurt Strawberry Banana Bash Yoplait	Milk	Kiwi V, GF
Yogurt Raspberry Rainbow Yoplait	Milk	Oranges V, GF
<b>String Cheese- V, GF</b>		
CHEESE COJACK STIX	Milk	
Cheese Ched Stix	Milk	
Cheese Mozz Lt.	Milk	
<b>Breads - V</b>		
Dinner Roll(Margarine)	Wheat, Soy, (Milk, Soy)	
WowButter Sandwich	Wheat, Soy	
<b>Turkey Breast Sandwich</b>	Bread-Wheat, Soy	Turkey GF
<b>Cheese Sandwhich V</b>	Cheese-Milk (may contain soy), Bread-Wheat, Soy	
<b>Graham Snacks V</b>		
Keebler Elf Grahams Chocolate	Wheat, Soy,	
Keebler Gripz Chips delux	Wheat , Soy and Milk Ingredients	
Keebler Gripz Grahams	Wheat, soy and Milk Ingredients	
Keebler Grahams Bug Bites	Wheat, Soy	
Keebler Scooby Doo Grahams Cinn	Wheat, Soy	
Keebler Grahams Honey with Fiber	Wheat, Soy	
Chocolate Milk	Milk	
1% Low Fat Milk	Milk	Mustard V, GF
Strawberry Milk Fat Free	Milk	Chicken Broth
Mayonnaise Lt V, GF	Egg, Soy	BBQ Sauce V, GF
<b>Dressings</b>		
Dressing Italian Red Cal V, GF	Soy	
Dressing Ranch Lt V, GF	Milk, Egg	

<b>Frozen Treats V, GF</b>		
Ice cream cup Strawberry Ripple	Milk(manufactured on equipment used to process other allergens)	
Ice Cream Cup Choc Ripple	Milk(manufactured on equipment used to process other allergens)	
Ice Cream Cup Cotton Candy	Milk(manufactured on equipment used to process other allergens)	
Fudge Bar	Milk	
Ice Cream Sandw, Mini V	Milk, Wheat, Soy	Please Note: Items are subject to change. Substitutions may be necessary. Revised 8/16/17

**This nutritional/allergen information should not be used for menu planning for children with medical conditions or food allergies. Please consult a medical professional for assistance.**

**IT IS IMPORTANT TO NOTE THAT INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITH OR WITHOUT NOTICE. Please note that the School District nor the Nutritional Analysis software provider, CANNOT guarantee that the information provided is 100% accurate and up-to-date. The nutritional and allergen information that is displayed is provided by food manufacturers, distributors, and other third parties.**

Menu items are chosen based on the Dietary Guidelines for Americans and USDA National School Lunch Program requirements.