

North Syracuse 8-9 September Allergen List – Second Choice - 2024

| <u>MONDAY</u> | | | <u>THURSDAY</u> | |
|-------------------------------------|---|--|--|---|
| Chicken Patty on Bun | (Chicken Patty – Rich Chicks #13440) Gluten/Wheat, Corn; (Bun) Gluten/Wheat, Soy, Sesame | | Cheeseburger on Bun | (Burger –JTM #CP5683) None; (Cheese) Milk, Soy; (Bun) Gluten/Wheat, Soy, Sesame |
| Cheese Pizza | Gluten/Wheat, Milk, Soy | | Homemade Pizza | Gluten/Wheat, Corn, Milk, Soy |
| Garden Salad w/Cheese & Roll | (Salad) None; (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg | | Garden Turkey Salad w/Roll | (Salad) None; (Turkey) None (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |
| <u>TUESDAY</u> | | | Fruit Box, Peanut Butter | (Peanut Butter) Peanuts, Soy, Corn; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn |
| Hamburger on Bun | (Burger – JTM #CP5683) None; (Bun) Gluten/Wheat, Soy, Sesame | | Chicken Patty on Bun | (Chicken Patty – Rich Chicks #13440) Gluten/Wheat, Corn; (Bun) Gluten/Wheat, Soy |
| Stuffed Crust Pizza | Corn, Gluten, Milk, Soy | | <u>FRIDAY</u> | |
| Fruit Box, Cheese | (Cheese) Milk; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn | | Beef Hot Dog on Whole Wheat Roll | (Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy, Sesame |
| Garden Chicken Salad w/Roll | (Salad) None; (Chicken) Corn; (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg | | French Bread Garlic Cheese Pizza | Gluten, Milk, Soy, Corn |
| <u>WEDNESDAY</u> | | | Garden Tuna Salad w/Roll | (Salad) None, (Tuna) Fish/Seafood, Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |
| Beef Hot Dog on Whole Wheat Roll | (Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy, Sesame | | <u>DAILY</u> | |
| Buffalo Chicken Pizza | Gluten/Wheat, Milk, Soy | | Peanut Butter/Jelly Sandwich w/Cheese Stick | (Bread) Gluten/Wheat, Soy; (Peanut Butter) Peanuts, Soy; (Cheese) Milk; (Uncrustable) Gluten/Wheat, Peanuts, Soy |
| Garden Veggie Salad w/Roll | (Salad) None; (Egg) Egg, (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg | | <u>MILK CHOICES</u> | |
| Popcorn Chicken | (Goldkist) Gluten/Wheat, Milk, Soy, Corn | | White 1% & Fat-Free Milk | Milk |
| Yogurt Meal Lunch | (Yogurt) Milk, Corn; (Cheese Stick) Milk; (Pretzel) Gluten/Wheat, Corn (Bug Bites) Gluten/Wheat, Soy; (Granola) Gluten/Wheat, Soy, Corn; | | Chocolate 1%/Fat-Free Milk Upstate | Milk |