

CODES 4-DAY MENU

MEAL	DAY 1	DAY 2	DAY 3	DAY 4
Breakfast	-	Waffles Bacon Cereal Toast bar: Bread, mini bagels Quaker Oatmeal	Breakfast sandwich: Egg, Sausage patty, American cheese Hash brown patty Cereal Toast bar: Bread, mini bagels Quaker Oatmeal	Pancakes Sausage links Cereal Toast bar: Bread, mini bagels Quaker Oatmeal
Lunch	Hamburger patty Hamburger bun Fries Peaches or Pears Salad bar	Pizza: cheese or pepp. Peaches or Pears Soup Salad bar Dessert: Jell-O	Turkey hoagie Lettuce Tomato American cheese Mayo/Mustard Chips Capri-Sun Oreos or Cookies	Snack: Granola bar
Dinner	Chicken Tenders Mac-n-Cheese Green beans Hawaiian roll Salad bar Dessert: Cookie	Ground beef tacos Corn taco shells Spanish rice Refried beans Lettuce Cheese Salsa Tomatoes Dessert: Churro	Spaghetti pasta Marinara w/ground beef & kielbasa Garlic breadsticks Salad bar Dessert: Ice cream	-
Evening Snacks	Ritz Bitz cheese cracker sandwiches Punch/Gatorade	-	S'mores: Honey Maid graham crackers Jet puffed marshmallow Hershey's milk chocolate Punch/Gatorade	-
Notes	<ul style="list-style-type: none"> - PREPARE and LABEL all snack/meal substitutes with: Student's FIRST and LAST name, the MEAL or DATE that the food should be served. Please ensure that all items require little to no prep (microwaving is fine). - For an itemized menu showing allergens and carb counts see page 2, download the menu from our website, or contact us. 			

ITEMIZED ALLERGEN & CARB COUNT MENU

Day	Meal	Food	Portion Size	Carb Count (g) per serving	Allergens	Alternative Item?
TU	Lunch	Hamburger	4oz	1.06	Beef	Veggie burger, contains soy
		Hamburger bun	1 bun	30	Wheat, soy	GF bun
		Fries	4oz	28	Soy, wheat	
		Lettuce, Tomato, Pickles	-	2, 1, 7 (per pickle)	-	-
		American cheese	1 slice	0	Dairy, soy	-
		Pears, canned	4oz	15	-	-
	Dinner	Chicken tenders	4oz	16	Chicken, gluten, wheat	Grilled chicken
		Mac n Cheese	3oz	21.61	Dairy, wheat, soy	GF, dairy free version
		Green beans	3oz	12.34	Butter	No butter
		Hawaiian roll	1 roll	16	Egg, milk, wheat, soy	-
		Sugar cookie	1 cookie	23	Wheat, egg, butter	GF alternative
		Salad (no dressing)	1 cup	5	-	-
Snack	Ritz Bitz cheese cracker sandwiches Or Teddy Grahams	1 package	17 15	Wheat, milk, soy Wheat, soy	-	
	Punch, Gatorade	6oz	32.05, 11	Red or blue dye	Water	
W	Breakfast	Waffle	4"	27	Egg, milk, wheat, soy	GF pancake contains milk, almonds, egg
		Syrup	¼ cup	6 sugar-free, 29 reg.	-	-
		Margarine	1 packet	0	Milk, soy	-
		Bacon	2 strips	0	Pork	Turkey bacon
		Mini bagels	1 bagel	14.5	Wheat, sesame	-
	Lunch	Pizza, cheese	1 slice	17.14	Wheat, milk, soy, egg, sesame	No cheese, GF bun
		Salad (no dressing)	1 cup	5	-	-
		Soup, tomato	4oz	20	-	-
		Parmesan cheese	5g	0	Dairy	-
		Peaches, canned	3oz	8	-	-
		Jell-O, kosher	3.5oz	17	-	-
	Dinner	Taco, ground beef	3oz	2	Beef	-
		Taco shell, corn	2 shells	16	-	-
Mexican rice		4oz	28	-	-	

		Refried beans	4oz	17.6	Pork	-
		Lettuce, Tomato	-	2, 1	-	-
		Cheddar/Jack cheese	28g	1	Dairy	-
		Salsa	30mL	3	-	-
		Churro	1ea	26	Egg, milk, wheat, gluten, soy	Varies
TH	Breakfast	Egg patty	1.5oz	1	Dairy, soy, egg	Fresh, cracked egg
		Sausage patty	1 patty	0	Pork	Veggie sausage, contains soy, wheat, egg, gluten,
		English muffin	1 muffin	25	Wheat, soy, milk	GF bun
		American cheese	1 slice	0	Dairy, soy	-
		Hash brown patty	1 patty	15	Soy	-
		Ketchup	1 packet	3	-	-
		Mini bagels	1 bagel	14.5	Wheat, sesame	-
	Lunch	Turkey	2.2oz	0	Turkey	Hummus
		Hoagie roll	1 roll	38	Wheat, soy	GF bread
		Lettuce, Tomato, Pickle	-	2, 1, 7 (per pickle)	-	-
		American cheese	1 slice	0	Dairy, soy	-
		Oreo cookies	2 cookies	16	Wheat, soy	GF oreos may contain egg
		Doritos, variety	1oz bag	16	Varies	-
		Capri-sun	1 pouch	14	Pear, grape, orange, apple, pineapple juice	-
		Apple	1 medium	34	-	-
		Mayo	1 packet	0	Soy, egg	-
	Mustard	1 packet	0	-	-	
	Dinner	Spaghetti	2oz dry	41	Gluten	GF version
		Homemade Meat sauce	4.5oz	15	Beef, pork	-
		Garlic breadstick	1 breadstick	25	Gluten, soy, egg, dairy	-
		Salad (no dressing)	1 cup	5	-	-
		Ice cream	4oz cup	15	Milk	Italian ice
		Parmesan cheese	5g	0	Dairy	-
	Snack	Marshmallow	1 mallow	6	Gelatin, blue dye	-
		Graham cracker	1 full cracker	12.5	Wheat, soy	GF wafers may contain egg
		Hershey's milk chocolate	2 squares	4.3	Milk, soy	-
		Punch, Gatorade	6oz	32.05, 11	Red or blue dye	Water

F	Breakfast	Pancake	1.76oz dry	36.92	Dairy, gluten, soy	GF pancake contains milk, almonds, egg
		Syrup	¼ cup	6 sugar-free, 29 reg.	-	-
		Margarine	1 packet	0	Milk, soy	-
		Sausage link	2 links	0	Pork	Veggie sausage, contains soy, wheat, egg
		Mini bagels	1 bagel	14.5	Wheat, sesame	-
	Snack	Granola bar, chocolate chip	1 bar	19	Soy, milk	Oatmeal raisin flavor
		Granola bar, oatmeal raisin	1 bar	19	Soy	-
		Punch, Gatorade	6oz	32.05, 11	Red or blue dye	Water