

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). - If you'd like to see an in-depth, itemized menu showing allergens, please let us know or download the menu from our website. 			

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	Gluten	GF bun
		Fries	4oz	28	Soy	
		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	Chicken breast
		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, dairy, gluten, soy	GF biscuit
Sugar cookie		1 cookie	23	Wheat, egg, butter	GF alternative	
Salad (no dressing)		1 cup	5	-	-	
Snack	Ritz Bitz cheese cracker sandwiches	1oz	17	Wheat, milk, soy	-	
	Punch, Gatorade	6oz	32.05, 11	Red or blue dye	Water	
W	Breakfast	Waffle	4"	27	Egg, milk, gluten, soy	GF pancake
		Syrup	¼ cup	6 sugar-free, 29 reg.	-	-
		Margarine	1 packet	0	Dairy, soy	-
		Bacon	2 strips	0	Pork	-
	Lunch	Pizza	1 slice	17.14	Dairy, gluten	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, dairy, gluten, soy	Lemon shortbread
TH	Breakfast	Egg patty	1.5oz	1	Dairy, soy	Fresh egg
		Sausage patty	1 patty	0	Pork	Vegetarian sausage, contains soy
		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	-	-
	Lunch	Turkey	2.2oz	0	Turkey	Hummus
		Hoagie roll	1 roll	38	Gluten	GF bun
		Lettuce, Tomato, Pickle	-	2, 1, 7 (per pickle)	-	-
		American cheese	1 slice	0	Dairy, soy	-
		Oreo cookies	2 cookies	16	Gluten, soy	-
		Doritos, variety	1oz bag	16	Varies	-
		Capri-sun	1 pouch	14	Citrus	-
		Apple	1 medium	34	-	-
	Dinner	Mayo, Mustard	1 packet	0, 0	Dairy	-
		Spaghetti	2oz dry	41	Gluten	GF version
		Homemade Meat sauce	4.5oz	15	Beef, pork	-
		Garlic breadstick	1 breadstick	25	Gluten, soy	GF version
		Salad (no dressing)	1 cup	5	-	-
		Ice cream	4oz cup	15	Dairy	Italian ice
Snack	Parmesan cheese	5g	0	Dairy	-	
	Marshmallow	1 mallow	6	Gelatin, blue dye	-	
	Graham cracker	1 full cracker	12.5	Wheat, soy	GF wafers	
	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	Diary, gluten, soy	GF pancake
		Syrup	¼ cup	6 sugar-free, 29 reg.	-	-
		Margarine	1 packet	0	Dairy, soy	-
		Sausage link	2 links	0	Pork	Vegetarian sausage, contains soy
	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