

ALLERGY / SENSITIVITY GUIDE FOR SUMMER 2023 MENU

Summer Menu (Week 1 – 7/17/23 until 10/9/23)

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Cinnamon Roll (Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Buttermilk Biscuits</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Blueberry Pancakes (Baked Egg & Baked Milk)</p> <p>Orange Juice (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Assorted Muffins (Baked Egg & Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Lunch	<p>Virginia Baked Ham</p> <p>American Cheese</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Cheese Pizza Red Sauce (Tomato)</p> <p>Ranch (Straight Egg)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>American Cheese</p> <p>Ketchup (Tomato)</p> <p>Fruit Salad (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Veggie Rice (Contains Peas)</p> <p>Side of "Yum Yum" Sauce (Straight Egg & Tomato)</p> <p>Snow Peas (Contains Peas)</p> <p>Ranch (Straight Egg)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Dino Nuggets (Baked Milk)</p> <p>BBQ Sauce (Tomato)</p> <p>Ranch (Straight Egg)</p> <p>Rainbow Rotini (Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Snack	<p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Nilla Wafers</p>	<p>Organic Vanilla Yogurt</p> <p>Granola (Contains Oats)</p>	<p>Cinnamon Rice Cakes</p>	<p>Colby-Jack or Cheddar Cheese Cubes / Cuts</p>

Summer Menu (Week 2 – 7/17/23 until 10/9/23)

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast	<p>Granola (Contains Oats)</p> <p>Whole Wheat Bagel (Contains Oats)</p> <p>Cream Cheese</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Blueberry Waffle (Baked Egg & Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Vanilla, Raspberry, Strawberry or Blueberry Organic Yogurt</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Mango "Smoothie" (Made with 1% Cow's Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Lunch	<p>Zweigle's Beef Bologna</p> <p>American Cheese</p> <p>Ranch (Straight Egg)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Beef/Pork Italian Meatballs (Baked Milk)</p> <p>Red Sauce (Tomato)</p> <p>Mandarin Oranges (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Beef Burger American Cheese</p> <p>Ketchup (Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Shredded Cheese</p> <p>Sour Cream</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Tuna Noodle Casserole (Straight Egg, Tuna Fish, Mushroom)</p> <p>Ranch (Straight Egg)</p> <p>Pineapple Chunks (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Snack	<p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Vanilla Pizelle's (Baked Egg)</p> <p>Organic Vanilla Yogurt</p>	<p>Marshmallow Fluff (Straight Egg Whites)</p>	<p>Queso</p>	<p>Cream Cheese</p>

Summer Menu (Week 3 – 7/17/23 until 10/9/23)

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Cinnamon Roll (Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Buttermilk Biscuits</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Blueberry Pancakes (Baked Egg & Baked Milk)</p> <p>Greek Vanilla Yogurt</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Assorted Muffins (Baked Egg & Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Lunch	<p>Virginia Baked Ham</p> <p>American Cheese</p> <p>Tomato Soup (Made with 1% Cow's Milk; Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Cheese Pizza Red Sauce (Tomato)</p> <p>Ranch (Straight Egg)</p> <p>Tomato</p> <p>Mozzarella Cheese Pearls</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Ketchup (Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Ketchup (Tomato)</p> <p>Garlic Farfalle Pasta (Tomato)</p> <p>Feta Cheese (Made with 1% Cow's Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Dino Nuggets (Baked Milk)</p> <p>BBQ Sauce (Tomato) Ranch (Straight Egg)</p> <p>Rainbow Rotini (Tomato)</p> <p>Pineapple Chunks (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Snack	<p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Mozzarella String Cheese</p> <p>Sliced Pepperoni (Contains Pork and Beef)</p>	<p>Assorted Cereal (Multi-Grain O's Contains Oats)</p>	<p>Naan Bread Dippers (Straight Egg & Baked Milk)</p> <p>Tzatziki Dip</p>	

Summer Menu (Week 4 – 7/17/23 until 10/9/23)

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast	<p>Granola (Contains Oats)</p> <p>Whole Wheat Bagel (Contains Oats)</p> <p>Cream Cheese</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Belgian Waffles (Baked Egg & Baked Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Vanilla, Raspberry, Strawberry or Blueberry Organic Yogurt</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Assorted Cold Cereal (O's Contains Oats)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Granola (Contains Oats)</p> <p>Mango "Smoothie" (Made with 1% Cow's Milk)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Lunch	<p>American or Mozzarella Cheese</p> <p>Ranch (Straight Egg)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Mac and Cheese Lasagna</p> <p>Ground Beef</p> <p>Red Sauce (Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Beef Burger</p> <p>Mozzarella Cheese</p> <p>Side of Red Sauce (Tomato)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Shredded Cheese</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Tuna Fish Sandwich (Straight Egg)</p> <p>Ranch (Straight Egg)</p> <p>Fruit Salad (Contains Citrus)</p> <p>Milk</p> <p>Oat Milk (Contains Oats)</p>
Snack	<p>Tzatziki Dip</p>	<p>Organic Vanilla Yogurt with Chocolate Syrup</p>		<p>Milk</p> <p>Oat Milk (Contains Oats)</p>	<p>Goldfish Crackers</p>

All Dairy Items (Summer 2023)

(*Baked Milk Items / **Optional Dairy Item)

American Cheese **
Assorted Muffins*
Beef Burger with American Cheese**
Beef Burger with Mozzarella Cheese **
Beef/Pork Italian Meatballs *
Belgian Waffles *
Blueberry Pancakes**
Blueberry Waffle *
Butter**
Buttermilk Biscuits
Cheese Pizza
Cheese Quesadilla
Cinnamon Bread*
Cinnamon Rolls*
Cinnamon Rice Cakes*
Colby-Jack or Cheddar Cheese Cubes / Cuts
Cream Cheese **
Cucumber, Tomato and Mozzarella Salad
Dino Nuggets*
Feta Cheese**
Goldfish Crackers*
Greek Dressing **
Grilled Ham and Cheese Sandwich
Ham and Cheese Sandwich **
Holy Cannoli's**
Honey Mustard **
Mac and Cheese Lasagna
Milk (Whole and 1%)
Mango "Smoothie"
Mozzarella Cheese Pearls
Mozzarella String Cheese
Naan Bread Dippers*
Nilla Wafers
Queso **
Ranch Dressing **
Shredded Cheese
Sour Cream
Tomato Soup
Tuna Noodle Casserole
Turkey Cheese Hot Dogs **
Turkey Wrap**
Tzatziki Dip **
Yogurt (Greek, Organic Vanilla and Chocolate, Various Berry)

All Straight Egg Items (Summer 2023)

(*Baked Egg Items / **Optional Egg Item)

Assorted Muffins*
Belgian Waffles*
Blueberry Pancakes*
Blueberry Waffle*
Honey Mustard
Marshmallow Fluff**
Naan Bread Dippers
Ranch Dressing**
Tuna Fish Sandwich
Tuna Noodle Casserole
Vanilla Pizelle's**
"Yum Yum" Sauce**

All Pork Items (Summer 2023)

Grilled Ham and Cheese Sandwich
Ham and Cheese Sandwich
Italian Meatballs
Sliced Pepperoni

All Beef Items (Summer 2023)

Beef Burger with American Cheese
Beef Burger with Mozzarella Cheese
Italian Meatballs
Lunchables with Zweigle's Beef Bologna
Mac and Cheese Lasagna with Ground Beef
Sliced Pepperoni

All Oat Items (Summer 2023)

(**Optional Oat Item)

Assorted Cereal (O's & Multi-Grain O's)**
Banana Muffin
Granola
Oat Milk**
Whole Wheat Bagel

All Citrus Items (Summer 2023)

(**Optional Citrus Item)

Fruit Salad
Mandarin Oranges
Orange Juice
Pineapple Chunks

All Mushroom Items (Summer 2023)

Tuna Noodle Casserole

All Pea Items (Summer 2023)

Snow Peas
Veggie Rice

All Tomato Items (Summer 2023)

(*Contains Little Tomato / **Optional Tomato Item)

BBQ Sauce
Beef/Pork Italian Meatballs with Red Sauce
Cheese Pizza*
Cucumber, Tomato and Mozzarella Salad*
Garlic Farfalle Pasta*
Ketchup**
Mac and Cheese Lasagna
Corn and Pasta Salad (Rainbow Rotini)*
Side of Red Sauce**
Tomato Soup
“Yum Yum” Sauce*/**

All Fish/Shellfish Items (Summer 2023)

Tuna Noodle Casserole|
Tuna Sandwiches

All Restricted Items for Vegetarian Diet (Summer 2023)

Beef Cheeseburger
Beef Pizza Burger
Beef/Pork Italian Meatballs
Bologna, Cheese and Ritz Cracker “Lunchables”
Crescent Rolls with Turkey Sausage
Dino Nuggets
Grilled Ham and Cheese
Ham and Cheese Sandwich
Mac and Cheese Lasagna
Sliced Pepperoni
Tacos with Ground Turkey
Tuna Noodle Casserole
Tuna Salad Sandwich
Turkey and Cheese Wraps
Turkey Cheese Hot Dogs
Turkey Hot Dogs
Vegetable Rice and Chicken

All Items for Juice Restricted Diets (Summer 2023)

(**Optional Juice Item)

100% Kiwi Strawberry Juice
100% White Grape Juice
Mango 100% Juice
Orange Juice**

All Items for Canned Fruit/Vegetables Restricted Diets (Summer 2023)

(**Optional Canned Item)

Baked Beans
Black Beans**
Mandarin Oranges
Pears
Peaches (Canned)
Pineapple Chunks