

SEPTEMBER

GREAT HEARTS IRVING LOWER LNC - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	TURKEY & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots Mixed Fruit Cup Light Mayonnaise Choice of Milk	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Orange Cherry Loaf ^ Choice of Milk	Orange Juice Light Italian Dressing Choice of Milk DELI SUB SANDWICH ^ Italian Corn Salad	TURKEY HAM & CHEESE SANDWICH ^ Celery Sticks Fat Free Ranch Dressing Sun Splash Veggie Juice Fresh Banana Mustard Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad Applesauce Cup Light Mayonnaise Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Sun Splash Veggie Juice Celery Sticks Light French Dressing Diced Peaches Mustard Choice of Milk	DELI SUB SANDWICH ^ Hummus Cup Fresh Baby Carrots Fresh Pear Light Italian Dressing Choice of Milk	STRAWBERRY YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Orange Corn Muffin Choice of Milk	TURKEY & CHEESE SANDWICH ^ Fresh Broccoli Cucumbers Light Ranch Dressing Pineapple Tidbits Light Mayonnaise Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
TURKEY HAM & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots Mixed Fruit Cup Mustard Choice of Milk	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Orange Cherry Loaf ^ Choice of Milk	TURKEY & CHEESE SANDWICH ^ Romaine Lettuce Cauliflower Light French Dressing Fresh Pear Light Mayonnaise Choice of Milk	Orange Juice Mustard Choice of Milk TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad	DELI SUB SANDWICH ^ Mustard Light Ranch Dressing Sun Splash Veggie Juice Fresh Banana Light Italian Dressing Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
TURKEY & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots Mixed Fruit Cup Light Mayonnaise Choice of Milk	TURKEY BOLOGNA SANDWICH ^ Romaine Lettuce Cauliflower Light French Dressing Fresh Pear Light Mayonnaise Choice of Milk	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Orange Cherry Loaf ^ Choice of Milk	DELI SUB SANDWICH ^ Italian Corn Salad Orange Juice Light Italian Dressing Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Celery Sticks Fat Free Ranch Dressing Sun Splash Veggie Juice Fresh Banana Mustard Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad Applesauce Cup Light Mayonnaise Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com

Nutritional Information: GREAT HEARTS IRVING LOWER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-03-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-04-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-05-2019	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
09-06-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-09-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-10-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: GREAT HEARTS IRVING LOWER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-11-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-12-2019	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Corn Muffin	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-13-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-16-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-17-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-18-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cauliflower	9	0	0	0	0	11	2	1	1	1	0	18	8	0	
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-19-2019	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
09-20-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-24-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cauliflower	9	0	0	0	0	11	2	1	1	1	0	18	8	0	
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-25-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-26-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: GREAT HEARTS IRVING LOWER

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-27-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-30-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: GREAT HEARTS IRVING LOWER

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-03-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots								
	Mixed Fruit Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
09-04-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Orange								
	Cherry Loaf ^								X
	Choice of Milk	X							
09-05-2019	Orange Juice								
	Light Italian Dressing							X	
	Choice of Milk	X							
	DELI SUB SANDWICH ^	X						X	X
	Italian Corn Salad	X						X	
09-06-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Fresh Banana								
	Mustard								
Choice of Milk	X								
09-09-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Italian Corn Salad	X						X	
	Applesauce Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
09-10-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Sun Splash Veggie Juice								
	Celery Sticks								
	Light French Dressing							X	
	Diced Peaches								
	Mustard								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-11-2019	DELI SUB SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots								
	Fresh Pear								
	Light Italian Dressing							X	
	Choice of Milk	X							
09-12-2019	STRAWBERRY YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Orange								
	Corn Muffin								X
	Choice of Milk	X							
09-13-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Fresh Broccoli								
	Cucumbers								
	Light Ranch Dressing	X	X					X	
	Pineapple Tidbits								
	Light Mayonnaise		X					X	
Choice of Milk	X								
09-16-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots								
	Mixed Fruit Cup								
	Mustard								
	Choice of Milk	X							
09-17-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Orange								
	Cherry Loaf ^								X
	Choice of Milk	X							
09-18-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Romaine Lettuce								
	Cauliflower								
	Light French Dressing							X	
	Fresh Pear								
	Light Mayonnaise		X					X	
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-19-2019	Orange Juice								
	Mustard								
	Choice of Milk	X							
	TURKEY BOLOGNA SANDWICH^							X	X
	Italian Corn Salad	X						X	
09-20-2019	DELI SUB SANDWICH ^	X						X	X
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Fresh Banana								
	Light Italian Dressing							X	
	Choice of Milk	X							
09-23-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots								
	Mixed Fruit Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
09-24-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Romaine Lettuce								
	Cauliflower								
	Light French Dressing							X	
	Fresh Pear								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
09-25-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Orange								
	Cherry Loaf ^								X
	Choice of Milk	X							
09-26-2019	DELI SUB SANDWICH ^	X						X	X
	Italian Corn Salad	X						X	
	Orange Juice								
	Light Italian Dressing							X	
	Choice of Milk	X							

Allergen Information: GREAT HEARTS IRVING LOWER

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-27-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Fresh Banana								
	Mustard								
	Choice of Milk	X							
09-30-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Italian Corn Salad	X						X	
	Applesauce Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							