

The following is a list of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

**Possible Allergens**  
**December 1-5, 2008**

Menu Item	Potential Allergen
<b>Monday</b>	
Meatball Sub	Soy, Wheat, Milk, Eggs
Mozzarella Shreds	Milk
Italian Dressing	Soy
Cinnamon Goldfish Graham	Soy, Wheat
<b>Tuesday</b>	
Chicken Burrito on a Soft Tortilla	Soy, Wheat
Shredded Cheese	Milk
Corn & Bean Salad	Soy, Wheat
<b>Wednesday</b>	
Open Faced Turkey Patty Melt	Soy, Wheat, Milk, Eggs
Brown Rice Pilaf	Soy, Milk
Dill Dip	Soy, Milk, Eggs
<b>Thursday</b>	
French Toast	Soy, Wheat, Milk, Eggs
Cheesy Omelet	Soy, Wheat, Milk, Eggs
<b>Friday</b>	
Spaghetti with Meat Sauce	Soy, Wheat, Milk
Focaccia Squares	Soy, Wheat
Shredded Cheese	Milk
Italian Green Beans	Soy

**Possible Allergens  
December 8-12, 2008**

Menu Item	Allergen
<b>Monday</b>	
Beef Hot Dog on a Bun	Soy, Wheat
Tri Color Rotini Salad	
Honey Glazed Carrot Coins	
<b>Tuesday</b>	
Chicken Tetrazini	Soy, Wheat, Milk, Eggs
Parmesan Zucchini Batons	Soy, Wheat, Milk, Eggs
Breadstick	Soy, Wheat, Milk
<b>Wednesday</b>	
Beef Tacos	Soy, Wheat, Milk
Cheese Shreds	Milk
South of the Border Rice	Soy, Wheat
<b>Thursday</b>	
Chicken Breast Nuggets	Soy, Wheat, Milk, Eggs
Honey Mustard Dip	Soy, Milk, Eggs
Asian Rice	Soy, Wheat
Stir Fry Veggies	Soy
<b>Friday</b>	
Veggie Chili	Soy, Wheat, Milk, Eggs
Cheese Shreds	Milk
Cornbread Muffins	Soy, Milk, Wheat, Eggs
Ranch Dip	Soy, Milk, Eggs

**Possible Allergens  
December 15-19, 2008**

Menu Item	Potential Allergen
<b>Monday</b>	
Grilled Hamburger	Soy, Wheat
Bun	Soy, Wheat, Eggs
American Cheese Slices	Soy, Milk
Dolphin Crackers	
<b>Tuesday</b>	
Whole Wheat Cheese Pizza	Soy, Wheat, Milk
Caesar Salad	Soy, Wheat, Milk, Eggs
Oatmeal Raisin Cookie	Soy, Wheat, Milk, Eggs
<b>Wednesday</b>	
BBQ Beef Sandwich	Soy, Wheat
Corn	Soy
Potato Salad	Soy, Milk, Eggs
<b>Thursday</b>	
Turkey and Gravy	Soy, Wheat, Milk
Mashed Potatoes	Soy, Milk
Mixed Veggies	Soy
Honey Wheat Roll	Soy, Wheat
<b>Friday</b>	
Chicken Pitas	Soy, Wheat, Milk, Eggs
Ranch Dressing	Soy, Milk, Eggs
Creamy Penne Pasta	Soy, Wheat, Milk