

## **Elementary - September 2017: Food Allergens by Recipe**

<b>Recipe Name</b>	<b>Allergen(s)</b>
Baked Beans	
BBQ Pulled Pork	Soy, Wheat
Beef Burger with Cheese	Wheat
Broccoli Salad	Egg, Milk, Soy
Brown Rice, Cooked	
Carrot Packs	
Chicken Salad	Egg, Soy
Chicken Salad Sandwich	Egg, Soy, Wheat
Chickpeas, Roasted Cinnamon	
Corn and Black Bean	
Corn Muffin	Egg, Milk, Soy, Wheat
Dressing Dippers (Served with carrot packs)	Egg, Fish, Milk, Soy, Wheat
Egg and Cheese Croissant-wich	Egg, Milk, Wheat
Elementary Veggie Plate	Egg, Milk, Soy, Wheat
Fajita Chicken w/ Cheese over Brown Rice	Milk
Fortune Cookie	Wheat
French Bread Pizza	Milk, Soy, Wheat
Green Beans, steamed	
Grilled Turkey Frank	Wheat
Mashed Potatoes	Milk, Soy
Popcorn Chicken	Soy, Wheat
Potato Wedges	Wheat
Power Packed Cold Lunch	Milk, Soy, Wheat
Roll, Dinner, WW, Fantini	Wheat
Seasonal Fruit	
Steamed Broccoli	
Sweet Potato Tots	
Tater Tots	Soy
Teriyaki Beef Dippers	Soy, Wheat
Teriyaki Chicken Strips with WW Noodles	Soy, Wheat
Three Bean Salad	
Tortilla Chips	
Turkey Sandwich, with Cheese	Milk, Wheat
Whole Wheat Personal Pizza	Milk, Soy, Wheat
WW Pizza Sticks with Marinara Dipping Sauce	Egg, Milk, Soy, Wheat
WW Spaghetti and Beef Meatballs	Soy, Wheat
WW Spaghetti and Chicken Meatballs	Soy, Wheat

