

# Quincy Public Schools - Middle Schools, September

## Allergen List - By Recipe

Recipe Name	Allergen(s)
Baked Potato Bar	Milk
BBQ Beef Rib on WW Bun	Milk, Soy, Wheat
Beef Burger	Wheat
Breaded Chicken Fritters	Soy, Wheat
Caesar Salad	Egg, Milk, Soy, Wheat
Cajun Chicken Wings & Drumsticks	Soy, Wheat
Carrot Packs	
Chicken and Waffles	Egg, Milk, Soy, Wheat
Chicken Fajita Strips w/ Cheese, WW Tortilla	Milk, Wheat
Chicken Pattie on WG Bun	Wheat
Corn Muffin	Egg, Milk, Soy, Wheat
Corn, Steamed	
Cucumber Tomato Salad	
Dressing Dippers	Egg, Fish, Milk, Soy, Wheat
Egg, Ham, and Cheese Croissant-wich	Egg, Milk, Wheat
Garden Salad	Salad itself has none. Dressings may contain: Egg, Fish, Milk, Soy, Wheat
Garden Salad - With Cheese	Salad contains milk/cheese. Dressings may contain: Egg, Fish, Milk, Soy, Wheat
Garden Salad, Spinach	Salad itself has none. Dressings may contain: Egg, Fish, Milk, Soy, Wheat
Garlic Toast, WW, Texas Style	Milk, Soy, Wheat
Greek Salad	Salad contains milk/cheese. Dressings may contain:
Green Beans, steamed	
Grilled Cheese	Milk, Soy, Wheat
Ham & Cheese on WG Sub Roll	Wheat
Homemade Pizza, BBQ Chicken	Milk, Soy, Wheat
Homemade Pizza, Hawaiian	Milk, Soy, Wheat
Homemade Pizza, Plain	Milk, Soy, Wheat
Homemade Pizza, w/ Chicken Meatballs	Milk, Soy, Wheat
Homemade Pizza, w/ Chicken Pepperoni	Milk, Soy, Wheat
Homemade Pizza, w/ Peppers & Onions	Milk, Soy, Wheat
Hot & Spicy Chicken on WG Bun	Egg, Milk, Soy, Wheat
Italian Combo on WW roll	Egg, Soy, Wheat
Italian Sub	Egg, Soy, Wheat
Italian WW Hoagie	Egg, Soy, Wheat
Oven Baked Fries	

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Philly Cheesesteak Flatbread	Milk, Wheat
Pork Riblet with BBQ sauce, on WW bun	Milk, Soy, Wheat
Potato Wedges	Wheat
Roast Beef & Cheese on WG Sub Roll	Wheat
Roll, Dinner, WW, Fantini	Wheat
Salad Bar	Egg, Soy
Seasonal Fruit	
Side Romaine Salad	Salad itself has none. Dressings may contain: Egg, Fish, Milk, Soy, Wheat
Sweet Potato Tots	Soy, Wheat
Tater Tots	Soy
Teriyaki Chicken Strips with WW Noodles	Soy, Wheat
Three Bean Salad	
Tortilla Chips	
Tuna on WG Sub Roll	Egg, Fish, Soy, Wheat
Turkey & Cheese on WG Sub Roll	Wheat
Turkey Sausage	
Turkey, Mozz, & Pesto Mayo Panini on WW Flatbread	Egg, Milk, Soy, Wheat
Vegetable Medley	
WW Bagel	Soy, Wheat



