

ALLERGEN THREE WEEK ROTATING MENU 2026-2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chicken patty sandwich—MILK, SOY, WHEAT, SESAME Lettuce, tomato, cheese Green beans Apple slices	Burritos—WHEAT, SOY, COTTONSEED, MILK, MILK Lettuce, sour cream, salsa Queso—MILK Mandarin orange/Pineapple blend Corn	Scrambled eggs—EGG, MILK, SOY Sausage Biscuit—MILK, WHEAT Banana	Chicken Alfredo—EGG, MILK, SOY, WHEAT Peas Seasonal fresh fruit Rolls—EGG, MILK, SOY, WHEAT Salad (PS only)	Pizza—WHEAT, SOY, MILK, GARLIC Carrots Ranch—MILK, EGG, GARLIC Apple slices
WEEK 2	Hot Dogs—SESAME Baked Beans Carrots Ranch—MILK, EGG, GARLIC Fresh fruit	Chicken fried rice—WHEAT, SOY Fresh Pineapple Broccoli *elem* Spring roll—WHEAT *MS/HS*	Grilled cheese—MILK, SOY, WHEAT Tater tots Fresh Cantaloupe Yogurt—MILK	Spaghetti—WHEAT w/meat sauce—SOY, COTTONSEED Tossed salad Garlic toast—GARLIC Pears Fresh baked cookie—EGG, MILK, WHEAT, SOY	Pizza—WHEAT, SOY, MILK, GARLIC Fresh broccoli Oranges
WEEK 3	Mini corn dogs—EGG, MILK, SOY, WHEAT Carrots Ranch—MILK, EGG, GARLIC Peaches Oreo—WHEAT, SOY	Southern style chicken—WHEAT, SOY Mac-n-cheese—WHEAT, MILK, GARLIC OR Mashed Potatoes—Green beans—GARLIC Roll—EGG, MILK, SOY, WHEAT Fruit (PS only)	Quesadilla—MILK, WHEAT, SOY Lettuce, salsa, sour cream Corn Seasonal Fruit	Cheeseburger—MILK, SOY, WHEAT, SESAME Lettuce/tomato Fresh Fruit Chips Brownie—RED DYE, WHEAT, EGG, SOY	Pizza—WHEAT, SOY, MILK, GARLIC Cucumber/tomato Seasonal Fruit

● EGG
● MILK
● SOY
● WHEAT
● SESAME
● GARLIC
● COTTONSEED
● RED DYE



New Daily Option!

**GRAB AND GO
PROTEIN POWER PACK**

- Wrap or Pita — Wheat & Soy
- Oven Roasted Turkey
- Cheese — Milk
- Carrots
- Apple Slices
- Hummus — Sesame