

Cupertino Union School District
Student Nutrition Services
Allergens for Middle School Menu

| <u>Entrees</u> | <u>Soy</u> | <u>Egg</u> | <u>Milk</u> | <u>Wheat</u> | <u>Nuts</u> |
|---|-------------------|-------------------|--------------------|---------------------|--------------------|
| Bean and Cheese Burrito | ✓ | ✓ | ✓ | ✓ | |
| Bean and Cheese Burrito, Spicy | ✓ | | ✓ | ✓ | |
| Bean and Cheese Pocket | ✓ | | ✓ | ✓ | |
| Cheese Breadsticks | | | ✓ | ✓ | |
| Cheeseburger on a bun | | | ✓ | ✓ | |
| Cheeseburger meatloaf w/ mashed potatoes | ✓ | | ✓ | ✓ | |
| Cheese Calzone | | ✓ | ✓ | ✓ | |
| Cheese Quesadilla | ✓ | | ✓ | ✓ | |
| Cheese Ravioli | | ✓ | ✓ | ✓ | |
| Cheese Ravioli w/ dinner roll | ✓ | ✓ | ✓ | ✓ | |
| Cheese Pizza | ✓ | | ✓ | ✓ | |
| Cheese Pizza, Veggie Delite | ✓ | | ✓ | ✓ | |
| Chicken Egg Roll | ✓ | | | ✓ | |
| Chicken Egg Roll w/ Rice | ✓ | | | ✓ | |
| Chicken Nuggets w/ tater tots | ✓ | | | ✓ | |
| Chicken Patty on a bun | ✓ | | | ✓ | |
| Chicken Patty(spicy) on a bun | ✓ | | | ✓ | |
| Chicken drumstick w/ onion rings | ✓ | | | ✓ | |
| Chicken drumstick w/ potato wedges | ✓ | | | ✓ | |
| Chicken Tenders w/ mashed potatoes | ✓ | | ✓ | ✓ | |
| Chicken Tenders (spicy) w/ mashed potatoes & roll | ✓ | | ✓ | ✓ | |
| Chicken Wings w/ tater tots & roll | ✓ | | | ✓ | |

December 2017

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|---|-------------------|-------------------|--------------------|---------------------|--------------------|
| Chowmein | ✓ | | | ✓ | |
| Dinner Roll | ✓ | | | ✓ | |
| General Tso's chicken w/ rice | ✓ | | | ✓ | |
| Grilled Cheese Sandwich | ✓ | | ✓ | ✓ | |
| Hamburger | | | | ✓ | |
| Hummus and veggie tray | ✓ | | | ✓ | |
| Pepperoni Pocket | ✓ | ✓ | ✓ | ✓ | |
| Pepperoni Pizza | ✓ | | ✓ | ✓ | |
| Macaroni and Cheese | | | ✓ | ✓ | |
| Mini Corn Dogs w/ tater tots | ✓ | ✓ | | ✓ | |
| Mini Cheeseburgers | ✓ | | ✓ | ✓ | |
| Popcorn Chicken w/ tater tots & roll | ✓ | | ✓ | ✓ | |
| Sandwich, Turkey & Cheese on a Hoagie | ✓ | | ✓ | ✓ | |
| Sandwich, Turkey Ham & Cheese on a Hoagie | ✓ | | ✓ | ✓ | |
| Sandwich, Turkey on a Hoagie | ✓ | | | ✓ | |
| Tangerine Chicken w/ rice | ✓ | | | ✓ | |
| Tangerine Chicken w/ chowmein | ✓ | | | ✓ | |
| Teriyaki Chicken w/ rice | ✓ | | | ✓ | |
| Turkey Pizza Pocket | ✓ | | ✓ | ✓ | |
| Turkey BBQ Pocket | ✓ | | ✓ | ✓ | |
| Turkey Habanero Pocket | ✓ | | ✓ | ✓ | |
| Veggie Nuggets w/ tater tots & roll | ✓ | ✓ | | ✓ | |
| Veggie Nuggets w/ mashed potatoes | ✓ | ✓ | ✓ | ✓ | |
| Veggie Patty on a bun | ✓ | | ✓ | ✓ | |

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