

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

<u>Entrees</u>	<u>Soy</u>	<u>Egg</u>	<u>Milk</u>	<u>Wheat</u>
Bean and Cheese Burrito	√	√	√	√
Bean and Cheese Burrito, Spicy	√		√	√
Bean and Cheese Pocket	√		√	√
Beef rib patty on a Hoagie roll	√		√	√
Broccoli and cheese stuffed croissant	√	√	√	√
Cheese Breadsticks			√	√
Cheeseburger on a bun	√		√	√
Cheese Calzone		√	√	√
Chicken Corn Dog	√	√		√
Cheese Quesadilla	√	√	√	√
Cheese Ravioli		√	√	√
Chef salad (does not include dressing)			√	√
Chicken Nuggets w/ emoticons	√			√
Chicken Patty on a bun	√			√
Chicken Patty(spicy) on a bun	√			√
Chicken drumstick w/ onion rings	√		√	√
Chicken w/ waffle	√	√	√	√
Chicken Tenders (spicy) w/ tater tots	√			√
Chicken Wings(siracha) w/ tater tots				√
Grilled Cheese Sandwich	√		√	√
Grilled cheese Sandwich (spicy)	√		√	√
Hamburger				√
Lemongrass chicken with rice				√
Macaroni and Cheese			√	√
Mini Corn Dogs w/ tater tots	√	√		√
Mini corn Dogs w/ wedges	√	√		√
Mini Cheeseburgers	√		√	√
Pizza, Cheese	√		√	√
Pizza, Veggie Delite	√		√	√
Pizza, Pepperoni	√		√	√
Popcorn Chicken w/ tater tots	√		√	√
Sandwich, Turkey & Cheese on a Hoagie	√		√	√
Sandwich, Turkey Ham & Cheese on a Hoagie	√		√	√
Sandwich, Turkey on a Hoagie	√			√
Sandwich, Turkey Ham on a Hoagie	√			√
Sandwich, soy butter	√			√
Spaghetti w/ meatballs	√			√
Spaghetti w/ veggie meatballs	√	√	√	√
Teriyaki chicken salad	√			√
Teriyaki Chicken w/ rice	√			√
Turkey gravy w/ mashed potatoes	√		√	
Turkey Pizza Pocket	√		√	√
Turkey BBQ Pocket	√		√	√
Turkey Habanero Pocket	√		√	√
Veggie Nuggets w/ Emoticons	√	√		√
Veggie Patty on a bun	√	√	√	√

November 2018

This data is provided for informational purposes only. Menu items are subject to change or substitution without notice. Please consult a medical professional in planning or treatment of medical conditions.