

# Cupertino Union School District

## Student Nutrition Services

### Allergens for Middle School Lunch Menu

All entrée items are nut-free

<u>Lunch 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 (Chiminada)	√		√	√
BBQ Chicken Patty on a bun	√			√
BBQ rib patty on a Hoagie roll	√		√	√
Beef Teriyaki dippers w/ rice	√			√
Burrito bowl			√	
Cheese Breadsticks			√	√
Cheeseburger on a bun	√		√	√
Cheese Calzone	√		√	√
Cheese Quesadilla	√	√	√	√
Chicken Alfredo and pasta			√	√
Chicken Nuggets w/ potato wedges	√			√
Chicken Noodle Soup	√			√
Chicken Patty on a bun	√			√
Chicken Patty(spicy) on a bun	√			√
Chicken Drumsticks (spicy) w/ onion rings	√		√	√
Chicken Tikka masala w/ rice			√	
Chicken Wings(siracha) w/ potato rounds				√
Falafel Box	√			√
Fish Nuggets w/ Tater tots	√		√	√
Garden Salad	√		√	√
Grilled Cheese Sandwich	√		√	√
Hamburger	√			√
Macaroni and Cheese			√	√
Mashed potato Bowl	√		√	√

January 2020

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Mandarin Orange Chicken w/ rice	✓			✓
Mini Corn Dogs w/ tater tots	✓	✓		✓
Mini Cheeseburgers	✓		✓	✓
Nacho Pretzel Pocket	✓	✓	✓	✓
Pizza, Cheese	✓		✓	✓
Pizza, Pepperoni	✓		✓	✓
Protein Box			✓	✓
Ramen Bowl w/ chicken	✓			✓
Ramen Bowl w/ Tofu	✓			✓
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	✓			✓
Turkey Pizza Pocket	✓		✓	✓
Turkey BBQ Pocket	✓		✓	✓
Turkey Habanero Pocket	✓		✓	✓
Veggie Nuggets w/ potato wedges	✓	✓		✓
Veggie Nuggets w/ tater tots	✓	✓		✓

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Veggie Patty on a bun	✓	✓	✓	✓
Yogurt Basket			✓	✓

<u>Breakfast Entrees</u>	<u>Soy</u>	<u>Egg</u>	<u>Milk</u>	<u>Wheat</u>
Bagel				✓
Breakfast Bar	✓	✓	✓	✓
Cinnamon roll	✓	✓	✓	✓
Chocolate Chip Muffin	✓	✓	✓	✓
Coffee Cake		✓	✓	✓
Double Chocolate Chip Muffin	✓	✓	✓	✓
French Toast Sticks	✓	✓	✓	✓
Mini Pancakes	✓	✓	✓	✓
Pancake on a stick	✓	✓		✓
Pepperoni Pizza Strip	✓	✓	✓	✓
Scrambled eggs and mini Muffin	✓	✓	✓	✓
Yogurt Parfait			✓	✓

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