**North Syracuse 10-12 September Allergen List – Second Choice - 2023**

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| **MONDAY** |  |  | **THURSDAY** |  |
| **Popcorn Chicken w/Dipping Sauce** | **(Chicken) Soy, Corn, Gluten/Wheat, Milk; (BBQ) Corn; (Ranch & Honey Mustard Sauce) Soy, Corn, Egg** |  | **Cheeseburger on Bun** | **(Burger – Advance Pierre #69050) None; (Cheese) Milk, Soy;****(Bun) Gluten/Wheat, Soy** |
| Cheese Pizza  |  Gluten/Wheat, Milk, Soy |  | Homemade Pizza  |  Gluten/Wheat, Corn, Milk, Soy |
| Garden Salad w/Cheese & Roll  | (Salad) None; (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |  | Garden Turkey Salad w/Roll  | (Salad) None; (Turkey) None (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |
| **TUESDAY** |  |  | Fruit Box, Peanut Butter | (Peanut Butter) Peanuts, Soy, Corn; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn |
| **Hamburger on Bun** | **(Burger – Advance Pierre #69050) None; (Bun) Gluten/Wheat, Soy** |  | Chicken Patty on Bun | (Chicken Patty – Goldkist #7516) Gluten/Wheat, Milk, Corn;(Bun) Gluten/Wheat, Soy |
| Stuffed Crust Pizza  | Corn, Gluten, Milk, Soy |  | **FRIDAY** |  |
| Fruit Box, Cheese | (Cheese) Milk; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn |  | **Beef Hot Dog on** **Whole Wheat Roll**  | **(Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy,**  |
| Garden Chicken Salad w/Roll  | (Salad) None; (Chicken) Corn; (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |  | French Bread Garlic Cheese Pizza  | Gluten, Milk, Soy, Corn  |
| **WEDNESDAY** |  |  | Garden Tuna Salad w/Roll  | (Salad) None, (Tuna) Fish/Seafood, Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |
| **Beef Hot Dog on** **Whole Wheat Roll**  | **(Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy,**  |  | **DAILY** |  |
| Buffalo Chicken Pizza  | Gluten/Wheat, Milk, Soy |  | Peanut Butter/Jelly Sandwich w/Cheese Stick | (Bread) Gluten/Wheat, Soy; (Peanut Butter) Peanuts, Soy; (Cheese) Milk |
| Garden Veggie Salad w/Roll | (Salad) None; (Egg) Egg, (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg |  | **MILK CHOICES** |  |
|  |  |  | **White 1% & Fat-Free Milk** | **Milk** |
| **Yogurt Meal Lunch**  | **(Yogurt) Milk, Corn; (Cheese Stick) Milk;** **(Pretzel) Gluten/Wheat, Corn (Bug Bites) Gluten/Wheat, Soy; (Granola) Gluten/Wheat, Soy, Corn;**  |  | **Chocolate 1%/Fat-Free Milk****Upstate** | **Milk** |