

# North Syracuse 10-12 September Allergen List – Second Choice - 2024

<u>MONDAY</u>		<u>THURSDAY</u>	
<b>Chicken Patty on Bun</b>	(Chicken Patty – Rich Chicks #13440) Gluten/Wheat, Corn; (Bun) Gluten/Wheat, Soy, Sesame	<b>Cheeseburger on Bun</b>	(Burger –JTM #CP5683) None; (Cheese) Milk, Soy; (Bun) Gluten/Wheat, Soy, Sesame
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
<u>TUESDAY</u>		Fruit Box, Peanut Butter	(Peanut Butter) Peanuts, Soy, Corn; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn
<b>Hamburger on Bun</b>	(Burger – JTM #CP5683) None; (Bun) Gluten/Wheat, Soy, Sesame	Chicken Patty on Bun	(Chicken Patty – Rich Chicks #13440) Gluten/Wheat, Corn; (Bun) Gluten/Wheat, Soy
Stuffed Crust Pizza	Corn, Gluten, Milk, Soy	<u>FRIDAY</u>	
Fruit Box, Cheese	(Cheese) Milk; (Dinner Roll) Gluten/Wheat, Milk, Egg, Soy; (Pretzels) Gluten/Wheat, Corn	<b>Beef Hot Dog on Whole Wheat Roll</b>	(Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy, Sesame
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
<u>WEDNESDAY</u>		Garden Tuna Salad w/Roll	(Salad) None, (Tuna) Fish/Seafood, Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg
<b>Beef Hot Dog on Whole Wheat Roll</b>	(Hot Dog – Armour/Smithfield) None (Bun) Gluten/Wheat, Soy, Sesame	<u>DAILY</u>	
Buffalo Chicken Pizza	Gluten/Wheat, Milk, Soy	Peanut Butter/Jelly Sandwich w/Cheese Stick	(Bread) Gluten/Wheat, Soy; (Peanut Butter) Peanuts, Soy; (Cheese) Milk; (Uncrustable) Gluten/Wheat, Peanuts, Soy
Garden Veggie Salad w/Roll	(Salad) None; (Egg) Egg, (Cheese) Milk; (Ranch) Milk Egg, Soy, Corn (Italian) Soy; (Roll) Gluten/Wheat, Milk, Soy, Egg	<u>MILK CHOICES</u>	
<b>Popcorn Chicken</b>	(Goldkist) Gluten/Wheat, Milk, Soy, Corn	<b>White 1% &amp; Fat-Free Milk</b>	<b>Milk</b>
<b>Yogurt Meal Lunch</b>	(Yogurt) Milk, Corn; (Cheese Stick) Milk; (Pretzel) Gluten/Wheat, Corn (Bug Bites) Gluten/Wheat, Soy; (Granola) Gluten/Wheat, Soy, Corn;	<b>Chocolate 1%/Fat-Free Milk Upstate</b>	<b>Milk</b>

