

2019-20 Middle School PRODUCTION EGG FREE Lunch Menu v = vegetarian entree c≠ could be vegetarian entrée



* A Complete lunch includes one of the entrées below, a choice of milk and selection of fruits and vegetables (varies daily). Rev 8-1-19 draft

THE EGG FREE MENU BELOW IS FOR STUDENTS WITH AN APPROVED MEDICAL STATEMENT ON FILE WITH SMUSD CHILD NUTRITION SERVICES

Monday "Munchie Monday"	Tuesday	Wednesday	Thursday	Friday
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ALL RECIPES HIGHLIGHTED IN YELLOW BELOW (EF) ARE EGG FREE AS IS:

EF Spicy Chicken Sandwich w/Fritos 154M EF Bosco Sticks w/Marinara Sauce 508M v EF Stuft Crust Pepperoni (p) Pizza 507M EF Hummus, Co-Jack Cheese & Crackers 627M v	EF All Beef Hotdog 226M EF BBQ Pulled Pork (p) Sliders w/BBQ Beans 645M EF Personal Pan Pepperoni (p) Pizza 518M	EF Cheeseburger w/ Chips 222M EF Bosco Sticks w/Marinara Sauce v EF PB & J Sandwich 634M	<u>"Throw Back Thursday"</u> EF Chicken Poppers, Biscuit w/ Smiley Potatoes 104M EF Frozen Fruit Juice Treat served with item above only EF Premium Chicken Sandwich 157M EF French Bread Cheese v or Pepperoni Pizza (p) 502/503 M	EF PB & J Sandwich EF Stuft Crust Pepperoni (p) Pizza EF Bosco Sticks w/ Marinara Sauce v
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ALL ITEMS BELOW CAN BE MODIFIED TO BE EGG FREE - FOLLOW SUBSTITUTIONS

Can make Chicken (Diced) w/ Rice & San J Orange Sauce (S) (115M with Modification)	Chicken Caesar Salad w/ Savory Bites Herb Crackers (NO ROLL cont egg & NO CAESAR dressing Marzettis cont egg) & Croutons -- offer italian dressing (chicken served on the side) (143M with Modification) CV	Spicy Chicken Sandwich (NO RANCH DRESSING) (142 M with Modification)	Can Make Rice Spaghetti (S) with Homemade Beef Meatsauce (V) w/ Garlic Toast (V) (228M with modification)	Spicy Chicken Sandwich (NO RANCH DRESSING HAS EGG) (142M with Modification)
BLANK	Yogurt & Savory Herb Crackers (V) (NO MUFFIN) (615M with Modification)	Can make Chicken (Diced) w/ Rice & San J Orange Sauce (S) (115M with Modification)	Yogurt & Savory Herb Crackers (V) (NO MUFFIN) (615M with Modification) v	Chicken Caesar Salad w/ Savory Bites Herb Crackers (NO ROLL cont egg & NO CAESAR dressing Marzettis cont egg) & Croutons offer italian dressing (chicken served on the side) (143M with Modification) CV
BLANK	BLANK	Spicy Ranch Salad w/ Crackers ONLY (NO ROLL cont Egg or Ranch Dressing) (140M with modifications)	BLANK	

ITEMS BELOW ARE NOT AVAILABLE IN AN EGG FREE FORM

Buffalo Bites w/ Celery & Jalapeno Cornbread 160M	Fiery Chicken Wrap 156M	NONE	Mini Corndogs w/Smiley Potatoes 123M	Fish & Chips w/Roll 411M
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(p) = Pork

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2019-20 Middle School PRODUCTION EGG FREE Breakfast Menu √ = vegetarian entree ^C√ could be a vegetarian entrée



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Monday	Tuesday	Wednesday	Thursday	Friday
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ALL RECIPES HIGHLIGHTED IN YELLOW BELOW (EF) ARE EGG FREE AS IS:

EF Bagel w/ Cream Cheese B38 EF Raisin Bran Cereal B18M [√]	EF Breakfast Pizza B07 EF PB & J Bar B30 EF Fruit Yogurt Parfait B24 [√] EF Raisin Bran Cereal B18M [√]	EF Raisin Bran Cereal B18M [√] OR ANY OTHER EFF FREE ITEM ON WEEKLY MENU	EF Turkey Sausage Sliders B22 EF Fruit Yogurt Parfait B24 [√] EF Raisin Bran Cereal B18M [√]	EF Breakfast Pizza B07 EF Raisin Bran Cereal B18M [√]
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ITEMS BELOW ARE NOT AVAILABLE IN AN EGG FREE FORM

Banana Chunk Bar B25 Sunrise Sausage Sandwich B33 Mexican Breakfast Bread B12	Cocoa Bread B04	Sunrise Bacon Sandwich B17 Banana Chunk Bar B25 WW Breakfast Bun B37 French Toast & Sausage B15	Cinnamon Yogurt Bread B03 Mexican Breakfast Bread B12	"Homemade" Chorizo Breakfast Burrito B36 Banana Chunk Bar B25 Mini Pancakes B29
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