

2019 High School PRODUCTION EGG FREE Lunch Menu

V = vegetarian entree

CV 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 11-6-2019

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:

<p>EF Spicy Chicken Sandwich w/Fritos 154H</p> <p>EF Bosco Sticks w/Marinara Sauce 508H V</p> <p>EF Stuft Crust Pepperoni (p) Pizza 507H</p> <p>EF Hummus, Co-Jack Cheese & Crackers 627H V</p> <p>EF Premium Chicken Sandwich MIYW 157H</p> <p>EF Personal Pan Meat Lovers 511H or Vege 512H V</p>	<p>EF BBQ Pulled Pork (p) Sliders w/BBQ Beans 645H</p> <p>EF French Bread Cheese or Pepperoni (p) Pizza 503H</p> <p>EF Teriyaki Chicken w/Rice 119H EF Burrito Bowl w/ Cilantro-Lime Rice MIYW 231H EF Personal Pan BBQ Chicken Pizza 513H or Vege 512H V</p>	<p>EF Premium Chicken Sandwich 157H</p> <p>EF PB & J Sandwich 634M</p> <p>EF Bosco Sticks w/Marinara Sauce V</p> <p>Hummus, Co jack Cheese & Crackers 627H V</p> <p>EF Bacon Cheeseburger with Doritos MIYW 210H</p> <p>EF Personal Pan Pepperoni (p) Pizza 518H or Vege 512H V</p>	<p>"Throw Back Thursday"</p> <p>EF Chicken Poppers, Biscuit w/ Smiley Potatoes 104M</p> <p>EF Frozen Fruit Juice Treat served with above item only</p> <p>EF Cheeseburger w/ Chips-- Fritos 222H</p> <p>EF French Bread Cheese V or Pepperoni Pizza (p) 502/503 M</p> <p>EF All Beef Hotdog MIYW 226H</p> <p>EF Personal Pan Vege V Pizza 512H</p>	<p>EF PB & J Sandwich</p> <p>EF Stuft Crust Pepperoni (p) Pizza 507H</p> <p>EF Bosco Sticks w/ Marinara Sauce 508H EF</p> <p>Premium Chicken Sandwich 157H EF</p> <p>Monster Chicken Taco 150H</p> <p>EF Personal Pan Supreme Pizza 516H or Vege 512H V</p>
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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) (115H with Modification)	Chicken Caesar Salad w/ Savory Bites Herb Crackers (NO ROLL cont egg & no Marzetti's dressing) & Croutons--offer Italian dressing (chicken served on the side) (143H CV with Modification)	Chicken Strips (NO CORNBREAD cont egg) (109H with Modification)	Spicy Chicken Sandwich (NO RANCH HAS EGG) (142H with Modification)	Fish & Chips w/Roll 411H
Turkey Club Sandwich & Savory Bites Herb Crackers (NO PASTA SALAD) (310H with Modification)	Chicken Ciabatta Sandwich (NO PASTA SALAD OR ROLL) Savory Bites Herb Crackers (116H with Modification)	Can Make Rice Spaghetti (S) with Homemade Beef Meatsauce (V) w/ Garlic Toast (V) (228H with modification)	Oriental Chicken Salad (NO ROLL) (138H with Modification)	Turkey Povolone Cali Wrap (NO RANCH cont egg) (333H with Modification)
Oriental Chicken Salad (NO ROLL) (138H with Modification)	Yogurt & Savory Herb Crackers (V) (NO MUFFIN) (615H with Modification) V	Can make Chicken (Diced) w/ Rice & San J Orange Sauce (S) (115H with Modification)	Yogurt & Savory Herb Crackers (V) (NO MUFFIN) (615H with Modification) V	Spicy Chicken Ranch Salad w/ Savory Bites Herb Crackers & Croutons (NO ROLL & NO RANCH--cont egg) (chicken served on the side) 143H CV
BLANK	BLANK	Turkey Bacon (p) Club Salad (NO ROLL cont egg) & Croutons (313H with Modification)	BLANK	BLANK

ITEMS BELOW ARE NOT AVAILABLE IN AN EGG FREE FORM

Buffalo Bites w/ Celery & Jalapeno Cornbread 160H	Asian Noodle Chicken Salad 148H	NONE	Mini Corndogs w/Smiley Potatoes 123M	Fish & Chips w/Roll 411M
BLANK	BLANK	BLANK	Personal Pan Pizza Buffalo Chicken 514H	Chicken Chow Mein 129H
BLANK	BLANK	BLANK	Baked Chicken "N" Biscuit 169H	Chicken Chow Mein 129H

(p) = Pork

SEE NEXT PAGE FOR BREAKFAST EGG FREE



NO MAYO (toppings & condiments ok from main menu except for mayo & Marzetti's Caesar Dressing packet 1.5oz serving--cont eggs)



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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 ♡
Apple-Berry Juice Pears Pineapple	Orange Juice Fresh Fruit Peaches	Apple Juice Mixed Fruit Fresh Fruit	Orange Juice Fresh Fruit Applesauce	Apple-Berry Juice Mandarin Oranges Fresh Fruit

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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This institution is an equal opportunity provider.