

# Allergens for Middle and High School Lunch Menu

(Big 9 Only: Soy, Egg, Milk, Fish, Wheat, Shellfish, Tree Nuts, Peanuts, Sesame)

## \*CROSS CONTAMINATION POSSIBLE IN FOOD PREPARATION AREAS

\*Deli Station (BHS) high risk of cross contamination: Wheat, egg, soy, sesame, milk

Buffalo Ranch Chicken Wrap w/ Spinach and Romaine Salad	<ul style="list-style-type: none"><li>• Wrap: Wheat, milk, soy</li><li>• Salad: Milk, soy, egg</li></ul>
Chicken Tenders w/ Cheesy Broccoli	<ul style="list-style-type: none"><li>• Chicken Tenders: Wheat, soy</li><li>• Cheesy Broccoli: Milk, soy</li></ul>
Walking Taco w/ Black Beans	<ul style="list-style-type: none"><li>• Walking Taco: Milk</li><li>• Black Beans: None</li></ul>
French Toast w/ Chicken Sausage Patty and Ruby Refresher	<ul style="list-style-type: none"><li>• French Toast: Wheat, milk, soy, egg</li><li>• Chicken Sausage Patty: Soy</li><li>• Ruby Refresher: None</li></ul>
Bosco Sticks w/ Carrot Coins and Marinara	<ul style="list-style-type: none"><li>• Bosco: Wheat, milk</li><li>• Marinara: Soy</li><li>• Carrot Coins: None</li></ul>
Philly Cheesesteak Eggrolls w/ Seasoned Peppers and Onions	<ul style="list-style-type: none"><li>• Philly Eggroll: Wheat, milk, soy</li><li>• Seasoned Peppers/Onion: None</li></ul>
The Boat (chicken poppers, mashed potato, corn, gravy) w/ WG roll	<ul style="list-style-type: none"><li>• The Boat: Wheat, milk, soy</li><li>• WG Roll: Wheat, soy, sesame</li></ul>
Mozzarella Sticks w/ carrot, celery, ranch and marinara	<ul style="list-style-type: none"><li>• Mozzarella Sticks: Wheat, milk, soy</li><li>• Carrot/Celery sticks w/ranch: Milk, egg</li></ul>
Sweet n Sour Chicken Poppers w/ Brown Rice and Green Beans	<ul style="list-style-type: none"><li>• Sweet n Sour Chicken: Soy, wheat</li><li>• Rice: None</li><li>• Green Beans: None</li></ul>
WG Chicken Corn Dog w/ Tater Tots	<ul style="list-style-type: none"><li>• Corn Dog: Wheat, egg, milk, soy</li><li>• Tater Tots: None</li></ul>

Chicken Pizza Flatbread w/  
Spinach and Romaine Salad

- Flatbread: Wheat, soy, milk, sesame
- Salad: Egg, milk

WG Chicken Nuggets w/  
Vegetable Medley

- Chicken Nuggets: Wheat, soy
- Vegetable Medley: None

Beef and Cheese Nachos w/  
Corn

- Nachos: Milk
- Corn: None

Mini Eggo Confetti Pancakes w/  
Chicken Sausage Patty and Ruby  
Refresher

- Pancake: Soy, egg, wheat
- Chicken Sausage Patty: None
- Ruby Refresher: None

Chicken Snack Wrap w/ Baked  
Beans

- Snack Wrap: Wheat, soy, milk
- Baked Beans: None

BBQ Chicken Flatbread  
w/ Spinach and  
Romaine Salad

- Flatbread: Soy, wheat, egg, milk
- Salad: Milk, egg

WG Spicy Chicken  
Tenders w/ Cheez-Its  
and Vegetable Medley

- Spicy Tenders: Soy, wheat
- Cheez-ITs: Wheat, milk, soy
- Vegetable Medley: None

Beef Soft Tacos w/  
Black Beans

- Taco: Wheat, soy, milk
- Black Beans: None

Bosco Sticks w/ Green  
Beans

- Bosco: Wheat, soy, milk
- Green Beans: None
- Marinara: None

Meatball Marinara Sub  
w/ Tater Tots

- Meatball Sub: Milk, wheat, soy
- Tater Tots: None

Spicy Honey Garlic  
Chicken Wings w/  
Cornbread Muffin and  
Carrot/celery sticks

- Wings: Wheat, egg, soy
- Muffin: Wheat, egg, soy
- Carrot/Celery w/ Ranch: Milk, egg

Spicy/Regular Chicken  
Patty Sandwich

- Soy, wheat, soy, sesame

Cheeseburger

- Soy, wheat, milk, sesame

Turkey Chef Salad

- Milk, egg

Chicken Popper Salad

- Soy, wheat, milk

Cheese/Veggie Pizza

- Milk, wheat, soy