*** Highlighted Items * are Allergy Friendly or Can Be Made Allergy Friendly (do not contain any of the top 8 allergens)**

For Less Common Allergens Please Refer to our Ingredients List or Check with Kitchen Manager or Food Service Director

Product Availability is Subject to Change – Please Check with Kitchen Manager Before Ordering

Menu Item	Peanuts	Tree Nuts	Soy	Wheat	Milk	Eggs	Fish	Shellfish
Entrees								
American Chop Suey				X (macaroni)	X (mozzarella cheese)			
Baked Ziti				X (pasta)	X (parmesan + ricotta)	X (liquid eggs)		
Beef or Bean Tacos with Lettuce and Tomato *remove cheese					**X (cheddar cheese)**			
BBQ Pulled Pork								
b.good Cheeseburger on WW Bun			X (roll)	X (roll)	X (cheese)			
Chicken Tenders (Homemade)				X (bread crumbs)	X (parmesan + skim milk)	X (liquid eggs)		
Fish Sticks			X	X		X	X	
Grilled Chicken Sandwich on WW Roll *remove roll				**X (roll)**				

Menu Item	Peanuts	Tree Nuts	Soy	Wheat	Milk	Eggs	Fish	Shellfish
b.good Hamburger on WW Bun *remove roll			**X (roll)**	**X (roll)**				
Macaroni and Cheese (Homemade)				X (pasta + bread crumbs)	X (milk, cheese, butter, breadcrumbs)			
Pineapple Sweet and Sour Chicken				X (popcorn chicken)				
Pizza (Homemade)			X (crust)	X (crust)	X (cheese)			
Pizza (Papa Johns)				X (crust)	X (cheese)			
Rotini with Plain or Meat Sauce				X (pasta)				
Spaghetti with Plain or Meat Sauce				X (pasta)				
Sloppy Joe's on WW Bun *remove roll				**X (roll)**				
Vegetarian Chili (Homemade) with Tortilla Chips			X (soybean oil)	X (bulgur)	X (cheddar cheese)			
Veggie Burger on WW Bun			X (roll and burger)	X (roll and burger)	X (burger)			

Menu Item	Peanuts	Tree Nuts	Soy	Wheat	Milk	Eggs	Fish	Shellfish
Sandwiches								
Turkey Wrap with (nut-free) Pesto Mayo				X (wrap)		X (mayo)		
Tuna Salad on WW Bread				X (bread)	X (yogurt)	X (mayo)		
Grilled Cheese Sandwich on WW Bread				X (bread)	X (cheese)			
Peanut Butter Sandwich on WW Bread *May Substitute with Sunflower Butter	X (peanutbutter)			X (bread)				
Sunflower Butter Sandwich on WW Bread				X (bread)				
Egg Salad on WW Bread				X (bread)	X (yogurt)	X (mayo + hard boiled eggs)		

Menu Item	Peanuts	Tree Nuts	Soy	Wheat	Milk	Eggs	Fish	Shellfish
Salads								
Corn and Black Bean Salad *remove pita				**X (pita)**				
Cucumber Apple Salad								
Cucumber Dill Salad								
Cucumber and Tomato Salad					X (feta cheese)			
Greek Salad with Mint and Pita Bread				X (pita)	X (parmesan + feta)			
Salad with Hummus, Feta Cheese and Pita Bread				X (pita)	X (feta)			
Sesame Noodle Salad with Edamame			X (soy sauce, edamame)	X (pasta)				
Southwestern Potato Salad								
Tossed Salad without Dressings								